

<u>FOOD</u>	<u>EQUIVALENT</u>
<u>MUFFINS</u>	
Apple Cinnamon	3 = ½ Protein
Apricot	3 = ½ Protein
Banana Walnut	3 = ½ Protein
Blueberry	3 = ½ Protein
Chocolate Chip	3 = ½ Protein
Chocolate Coconut	3 = ½ Protein
Coffee Chocolate Chip	3 = ½ Protein
Milk Chocolate Almond	3 = ½ Protein
Mixed Berry	3 = ½ Protein
Peanut Butter & Banana	3 = ½ Protein
Peanut Butter & Jelly	3 = ½ Protein
Strawberry	3 = ½ Protein
<u>FRENCH TOAST</u>	
French Toast - Regular	½ Protein
French Toast - Cinnamon Flavored	½ Protein
French Toast - Cocoa Flavored	½ Protein
<u>PANCAKES</u>	
Pancakes - Plain w/3 Toppings	1 Protein
Apple Pancakes	1 Protein, Fruit
Apricot Pancakes	1 Protein, Fruit
Blueberry Pancakes	1 Protein, Fruit
Chocolate Chip Pancakes	1 Protein
Strawberry Pancakes	1 Protein, Fruit
<u>BLINTZES</u>	
Apple Cinnamon/Apricot/Blueberry	2 = 1 Protein
Banana Walnut/Maple Walnut/	2 = 1 Protein
Pineapple/Strawberry/Peach	2 = 1 Protein
Plain/Chocolate Chip/Choc Choc Chip	2 = 1 Protein
Peanut Butter & Jelly/Vanilla Chip	2 = 1 Protein *Cannoli -
Chocolate Chip/Vanilla Chip	2 = 1 Protein
*(Cannoli - Ricotta Cheese)	
<u>CHEESECAKES</u>	
Apricot Cheesecake	1 Protein
Blueberry Cheesecake	1 Protein
Chocolate Chip Cheesecake	1 Protein
Caramel Cheesecake	1 Protein
Chocolate Swirl Cheesecake	1 Protein
Pineapple Cheesecake	1 Protein
Plain (No Fruit) Cheesecake	1 Protein
Pumpkin Cheesecake	1 Protein
Strawberry Cheesecake	1 Protein
<u>FRUITS</u>	
Cranberry & Apple Compote	2 Fruits
Peach Cobbler	2 Fruits, ½ Protein
Sliced Apples	2 Fruits

<u>FOOD</u>	<u>EQUIVALENT</u>
<u>FARMER CHEESE</u>	
Apple Cinnamon/Apricot/Blueberry	1 Protein
Banana Walnut/Maple Walnut/1 Protein	
Pineapple/Strawberry/Peach	1 Protein
Plain/Chocolate Chip/Choc Choc Chip	1 Protein
Peanut Butter & Jelly/Vanilla Chip	1 Protein
*Cannoli -Chocolate Chip/Vanilla Chip	1 Protein
*(Cannoli - Ricotta Cheese)	
<u>BREADS</u>	
Bacon/Everything/Onion	¼ Protein
Plain/Sesame	
Cheddar Cheese Crackers	4 = 1/2 Protein
Cinnamon Pretzels	2 = 1 Protein
Dutch Pretzels	2 = 1 Protein
<u>FLAGELS</u>	
Assorted/Bacon/Coffee	6 = ¼ Protein
Onion/Plain	6 = ¼ Protein
<u>LOAVES</u>	
Focaccia Loaf	¼ Protein
<u>WRAPS</u>	
	5 = 1 Protein
<u>PROTEINS</u>	
Applesauce Meatloaf	1 Protein
Asian Baby Back Ribs	1 Protein
BBQ Pulled Pork Sliders	1 Protein
Beef Empanadas	1 Protein
Beef Stew	1 Protein, Vegetable
Beef Short Ribs & Veggies	1 Protein, Vegetable
Bison Burgers w/Butternut Squash Fries	1 Protein, Vegetable
Boneless Teriyaki Chicken	1 Protein
Calzone - Spinach & Cheese	1 Protein
Chicken Burgers - Hawaiian	2 = 1 Protein, Fruit
Chicken Burgers w/Spinach & Sundried Tomatoes	2 = 1 Protein
Chicken Chow Mein	1 Protein, Vegetable
Chicken Nuggets	1 Protein
Chicken Nuggets - Coconut	1 Protein
Chicken Parmigiana (Grilled)	1 Protein
Chicken Pot Pie	1 Protein, Vegetable
Chicken Quesadilla	1 piece = 1 Protein
Chicken Sausage w/Peppers	1 Protein, Veg.
Chicken Sorrentino	1 Protein, Vegetable
Chicken Stuffed w/Spinach & Feta	1 Protein, Vegetable
Chinese Chicken Salad	1 Protein
Chinese Pork Dumplings	1 Protein
Dijon Chicken Salad	1 Protein
Eggplant Parmigiana	1 Protein, Vegetable
Eggplant Rollatini	1 = 1 Protein, Veg.
Fried Rice	Vegetable
Hawaiian Chicken	1 Protein
Knish (Cauliflower)	½ Protein, Vegetable

<u>FOOD</u>	<u>EQUIVALENT</u>
<u>PROTEINS CONTINUED</u>	
Lasagne:	
Greek Eggplant Lasagne	½ Protein, Vegetable
Meatball Lasagne	1 Protein
Spinach Lasagne	1 Protein, Vegetable
Lemon Chicken	1 Protein
Manicotti	1 = 1 Protein, Vegetable
Maple Glazed Chicken w/Butternut Squash	1 Protein, Vegetable
Meatballs (Turkey):	
Italian Meatballs	1 Protein
Sweet & Sour Meatballs	1 Protein
Mexican Chicken	1 Protein, Vegetable
Moussaka	1 Protein, Vegetable
Mustard Chicken w/Brussels Sprouts	1 Protein, Vegetable
Onion Crusted Chicken w/Veggies	1 Protein, Vegetable
Orange Chicken	1 Protein, Vegetable
Pepper Steak	1 Protein, Vegetable
Pigs in Blankets	1 Protein
Pizza:	
Buffalo Chicken Pizza	1 Protein
Cauliflower Pizza	¼ Protein
Cheese Pizza	1 Protein
Margarita Pizza	1 Protein
Meatball Pizza	1 Protein
Mini Pizzas (Cheese)	1 Protein
Mushroom Pizza	1 Protein, Vegetable
Onion Bite Pizza	1 Protein
White Pizza with Spinach	1 Protein, Vegetable
Pot Roast with Veggies	1 Protein, Vegetable
Pulled Pork with Thai Noodles	1 Protein, Vegetable
Ravioli:	
Mushroom Ravioli	1 Protein
Squash Ravioli	1 Protein
Roast Pork Lo Mein	1 Protein, Vegetable
Sesame Chicken Nuggets w/Thai Noodles	1 Protein, Vegetable
Shepherd's Pie	1 Protein, Vegetable
Sliced Steak w/Mushrooms	1 Protein, Vegetable
Spinach & Cheese Pinwheels	1 Protein, Vegetable
Stuffed Chicken w/Spinach & Cheese	1 Protein, Vegetable
Sweet & Sour Chicken	1 Protein, Vegetable
Sweet Sesame Chicken & Veggies	1 Protein, Vegetable
Tacos (Turkey)	1 Protein
Turkey Vegetable Chili	1 Protein, Vegetable
Turkey Croquettes	1 Protein
Turkey Sliders on Flagels	1 Protein
Turkey Stuffed Cabbage	1 Protein, Vegetable
Turkey Stuffed Peppers	1 Protein, Vegetable
Wings:	
Spicy Buffalo Wings	1 Protein
Sweet & Savory Wings	1 Protein
Zucchini Bolognese	½ Protein, Vegetable

<u>FOOD</u>	<u>EQUIVALENT</u>
<u>FISH & SEAFOOD</u>	
Baked Clams	½ Protein,
Blackened Swordfish w/Broccoli	1 Protein, Vegetable
Buffalo Shrimp	1 Protein (Sauce = Fat)
Coconut Shrimp	1 Protein (Sauce = Fat)
Crab Cakes	1 Protein (Sauce = Fat)
Horseradish Crusted Tilapia	1 Protein
Mustard Salmon	1 Protein
Pesto Fish	1 Protein
Poached Salmon	1 Protein (Sauce = Fat)
Poached Salmon Salad	1 Protein
Popcorn Shrimp	1 Protein (Sauce = Fat)
Salmon Burgers	1 Protein
Salmon L'Orange	1 Protein
Salmon Kebobs	1 Protein
Seafood Ceviche	Unlimited
Seafood Fra Diavolo	1 Protein
Shrimp Cakes	1 Protein (Sauce = Fat)
Shrimp Oreganata	1 Protein
Shrimp Parmigiana	1 Protein
Sole Athenian	1 Protein
Sole Oreganata	1 Protein
Stuffed Shrimp w/Crabmeat	1 Protein
Swordfish w/Roasted Tomato & Basil	1 Protein
Yellowfin Tuna Salad	1 Protein
<u>SOUPS</u>	
Broccoli Soup	Vegetable
Butternut Squash Soup	Vegetable
Cabbage	Vegetable
Gazpacho	Vegetable
Chicken Soup	Vegetable
Hot & Sour	Vegetable
Italian Wedding Soup	½ Protein, Veg.
Manhattan Clam Chowder	Vegetable
Mushroom Soup	Vegetable
Stracciatella Soup	Vegetable
<u>SOUP SIDES</u>	
Matzoh Balls	Vegetable
<u>SOUFFLES</u>	
Apple Quiche	2 Proteins, Fruit
Broccoli Mushroom Quiche	1 Protein, Vegetable
Carrot Soufflé	Vegetable
Frittata	½ Protein
Spinach Soufflé	½ Protein, Vegetable

FOODVEGETABLES

Asian Stir Fry	Vegetable
Butternut Squash Fries	Vegetable
Butternut Squash Mash	Vegetable
Broccoli with Garlic	Vegetable
Burnt Broccoli	Vegetable
Burnt Cauliflower	Vegetable
Carrot Mango Pineapple Salsa	Vegetable
Cauliflower Mashed Potatoes	Vegetable
Cauliflower Potato Salad	Vegetable
Cole Slaw (Washed)	Vegetable
Eggplant Veggie Balls	Vegetable
Egg Rolls	Vegetable
Holiday Stuffing	Vegetable
Knish	½ Protein, Vegetable
Latkes:	
Broccoli Latkes	Vegetable
Carrot Latkes	Vegetable
Cauliflower Latkes	Vegetable
Spinach Latkes	Vegetable
Turnip Latkes	Vegetable
Onion Rings/Onion Ring Bites	Vegetable
Pumpkin Delights	Vegetable
Roasted Turnip Tots	Vegetable
Spaghetti Squash Marinara	Vegetable
Spaghetti Squash Noodle Pudding	Vegetable, Fruit
Spanish Rice	Vegetable
String Bean Casserole	Vegetable
Stuffed Portabello w/Eggplant	Vegetable
Thai Noodles	Vegetable
Unstuffed Cabbage - Vegetarian	Vegetable
Vegetable Chopped Liver	Vegetable
Vegetable Chow Mein	Vegetable
Vegetable Fried Rice	Vegetable
Veggie Burger	Vegetable
Zucchini Linguini	Vegetable
Zucchini Bolognese	Vegetable

DESSERTS

Black & White Mousse	1 Dessert
Chocolate Mousse/Chocolate Crunch Mousse	1 Dessert
Chocolate Crunch Mousse	1 Dessert
Custard - Cinnamon or Plain	½ Dessert
French Vanilla Mousse/Fr. Vanilla Crunch	1 Dessert
Lemon Meringue Crunch Mousse	1 Dessert
Marshmallow Mousse	1 Dessert
Marshmallow Chocolate Swirl Mousse	1 Dessert
Milk Chocolate Mousse/Milk Choc. Crunch	1 Dessert
Milk Chocolate Crunch Mousse	1 Dessert
Mocha Cappuccino Mousse	1 Dessert
Raspberry Mousse w/Chocolate Chips	1 Dessert
Tapioca Pudding	1 Dessert
Vanilla Chip Mousse	1 Dessert

EQUIVALENTFOODCREAM PUFFS

Chocolate Chip/Chocolate Filled	½ Protein, ½ Dessert
Chocolate Chip/Vanilla Filled	½ Protein, ½ Dessert
Mocha Coffee Chip	½ Protein, ½ Dessert
Chocolate w/Vanilla	½ Protein, ½ Dessert
Creamsicle Puffs	½ Protein, ½ Dessert
Devil Dog Puffs	½ Protein, ½ Dessert
Twinkie Puffs	½ Protein, ½ Dessert

CAKES & COOKIES

Angel Food w/Peanut Butter Topping	½ Protein, ½ Dessert
Apple Caramel Cinnamon Cake	½ Protein, ½ Dessert
Apple Cinnamon Turnovers	½ Protein, ½ Fruit
Banana Cake	½ Protein, ½ Dessert
Biscotti - Almond/Chocolate/ Mocha/Pumpkin/Vanilla	3 = 1 Protein 3 = 1 Protein
Bread Pudding	½ Protein
Brownies with/without nuts	½ Protein
Carrot Cake	½ Protein, ½ Dessert
Chocolate Chocolate Chip Cookies	½ Protein
Chocolate Cookies with White Chips	5 = 2 Proteins
Coffee Cake w/Apricot	½ Protein
Coffee Cake w/Chocolate Swirl	½ Protein
Coffee Cinnamon Cookies	¼ Protein
Devil's Food Cake	½ Protein, ½ Dessert
Honey Cake	½ Protein, ½ Dessert
Jelly Donuts	1/2 Protein
Lemon Balls	5 = 1 Protein
Macarons - Chocolate/Coconut	3 = 1 Protein
Mini Crumb Cakes—Almond/Vanilla	3 = 1 Protein
Munchkins	Vegetable, ½ Dessert
Oatmeal Cookies	5 = 2 Proteins
Peanut Butter Caramel Cookies	½ Protein
Peanut Butter Chocolate Chip Cookies	½ Protein
Peanut Butter & Jelly Sandwich	½ Protein
Piña Colada Cake	½ Protein, ½ Dessert
Pound Cake	½ Protein, ½ Dessert
Red Velvet Cake	½ Protein, ½ Dessert
Scones - Chocolate/Coconut/Lemon	½ Protein
Snickers Cake - White/Chocolate	½ Protein, ½ Dessert
Strawberry Banana Cake	½ Protein, ½ Dessert
Tarts - Apricot/Blueberry/Strawberry	1 = 1 Protein, Fruit
Toll House Cookies	5 = 2 Proteins
Vanilla Cookies w/Vanilla Chips	5 = 2 Proteins
Yodels—Chocolate/Vanilla Filled	½ Protein, ½ Dessert

EQUIVALENT

LONG ISLAND WEIGHT COUNSELING, INC.
633 JERICHO TURNPIKE
SYOSSET, NEW YORK 11791

Linda Fiveson's Food Equivalent List

**NO flour, NO sugar,
NO gluten, NO refined carbohydrates!**



FABULOUS "FAKE" FOODS
*are manufactured and distributed exclusively by
Linda Fiveson - Syosset, N.Y.*



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