Simple substitution ideas

Bacon, regular, 3 slices	A Portsolado	Points Flux®	Bacon, turkey, 3 slices
Granola cereal, 1/2 cup	6 Points Jaco	RointsFlus® S	Whole-grain unsweetened cereal, 1 cup
Potato skins with bacon, cheese & sour cream, 2	Point Flat	2 Points Plus®	Vegetable crudités, 1 cup, with 1/4 cup fat-free ranch-style dressing
Pound cake, 1 slice (5" x 3" x 1")	Pointsflus®	3 PointsPlus® value	Angel food cake, 1/16 of a 10" pan
Potato chips, 14 (1 oz)	Points 4 and on the state of th	Roints Plus® S	94% fat-free popcorn, 5 cups
Macaroni & cheese, prepared from a mix, 1 cup	Points in a comment of the comment o	5 PointsPlus® value	Rice, prepared from a mix, 1 cup
Egg salad sandwich, 1	12 Points Flan®	8 PointsPlus® value	Shrimp salad sandwich, 1
Cake, chocolate with icing, 3" square	Normality Owner Hand	2 PointsPlus®	Weight Watchers cake with icing, 1 cake*
Large bagel, 1 (4 oz)	Rocinis Aug.	PointsFlus® value	Hard roll, 1 (2 oz)
Eggs Benedict, 1 serving	Points Flat 9	11 PointsPlus®	Two-egg ham and cheese omelet and 1 slice of toast
General Tso's chicken, 1 cup (without rice)	Posselin ⁹	8 Points Plus® value	Chicken stir-fry with garlic sauce, 1 cup (without rice)
Chocolate candy bar, 1	8 Points Flui®	4 PointsPlus® value	Weight Watchers snack bar, 1†
Jelly doughnut, 1	R Protest Info	Points Plus®	English muffin, 1, with 1 Tbsp jelly
Fried chicken breast with skin, 1 small	Points Flat®	3 PointsPlus®	Grilled skinless, boneless, chicken breast, 1 small
Cream of mushroom, soup, 1 cup	Pontsi no	3 Points Plus® value	Chicken noodle soup, 1 cup
Fast-food French fries, 1 medium	Ponetho	6 S	Baked potato, 1 large with 1/4 cup fat-free sour cream and chives

^{*} In retail stores where available.



[†] Available in participating meeting locations only.