

The following meals include breakfast, lunch and dinner for both men and women. Each of these meals are in accordance with the guidelines of Robert Ferguson's Diet Free Life methodology. Beginning with protein in mind (minimum of 15 grams), each meal does not exceed 45 less-fiber grams for women, and 50 less-fiber grams for men.



SUBWAY'S BREAKFAST OPTIONS

MEN	WOMEN
6" Bacon, Egg and Cheese Omelet Sandwich on 9-Grain Bread w/ three veggies of choice *	Egg and Cheese Omelet Sandwich on 6" Flatbread w/ three veggies of choice
Sausage, Egg and Cheese Omelet on 6" Flat Bread w/ three veggies of choice	Egg White and Cheese (with ham) Omelet on 6" Flatbread w/ three veggies of choice
Steak, Egg White and Cheese Omelet on 6" Flat Bread w/ three veggies of choice *	Black Forest Ham, Egg and Cheese Omelet on 6" Flat Bread w/ three veggies of choice
Mega Melt Omelet Sandwich on 6" 9 grain bread w/ three veggies of choice	Egg White and Cheese Omelet on 6" Flat Bread w/ three veggies of choice
Egg and Cheese (with ham) on 6" Flat Bread w/ three veggies of choice *	Bacon, Egg White and Cheese Omelet on 6" Flat Bread w/ three veggies of choice
Steak, Egg and Cheese on 9-Grain Bread w/ three veggies of choice *	Turkey, Egg and Cheese Omelet on 6" 9-Grain Bread w/ three veggies of choice

SUBWAY'S LUNCH & DINNER OPTIONS

MEN	WOMEN
Pepperoni Flatizza *	Veggie Flatizza *
6" Veggie Max on 9-Grain Bread w/ Provolone Cheese, and Mustard	Cheese Flatizza
6" B.L.T on 9-Grain Bread w/ Provolone Cheese, Light Mayonnaise, Mustard and Avocado *	6" Turkey Breast, Extra Turkey on 9- Grain Bread w/ Cheese and Mustard
6" Chicken, Bacon Ranch Melt on 9- Grain Bread	6" Veggie Delight on 9- Grain Bread w/ Cheese, Light Mayonnaise and Mustard
Tuna Chopped Salad w/ Extra Tuna	6" Spicy Italian on 9 Grain Bread with Mustard *
6" Steak and Cheese on 9-Grain Bread w/ Extra Steak *	6" Turkey, Bacon and Avocado on 9-Grain Bread w/ Light Mayonnaise and Mustard *
6" Tuna on 9-Grain Bread w/ Light Mayonnaise and Mustard	6" Subway Club on 9-Grain Bread w/ Cheese and Mustard*
Double Chicken Chopped Salad w/ Cheese and Ranch Dressing *	Veggie Max Chopped Salad w/ Cheese and Ranch Dressing *
6" Cold Cut Combo on 9-Grain Bread w/ Cheese, Light Mayonnaise and Mustard *	6" Roast Beef on 9-Grain Bread w/Cheese, Light Mayonnaise and Mustard *
Sweet Onion Chicken Teriyaki Chopped Salad w/ Chicken Noodle Soup *	Tuna Chopped Salad
6" Black Forest Ham on 9- Grain Bread w/ Cheese, Light Mayonnaise, Mustard and Broccoli and Cheese Soup	Spicy Italian Chopped Salad w/ Cheese and Vinaigrette Dressing *
6" Big Philly Cheesesteak on 9-Grain Bread *	6" Oven Roasted Chicken on 9-Grain Bread w/ Avocado, Light Mayonnaise and Mustard *
6" Buffalo Chicken on 9-Grain Bread w/ Ranch Dressing*	Spicy Italian Flatizza *

**Values for sandwiches include 9-grain wheat bread, lettuce, tomatoes, onions, green peppers and cucumbers

** Values on all omelets include cheese

*This is a fat burning meal for both men and women.

As of July 11, 2017 | Source: www.dietfreelife.com