

Sample Menu

Breakfast: Total Carbs: 36

- 4 ounces 2% milk (6 grams Carbs)
- 1 slice whole grain toast with 1 tsp margarine and 1 tsp jelly (grams carb)
- 4 ounces Low-fat greek yogurt (grams carb)

Mid-morning snack: Total Carbs 15 grams

- ½ Banana with 1 tablespoon Peanut Butter
- Water

Lunch: Total Carbs: 36

- ½ turkey and cheese sandwich
1 slice whole wheat bread (15 grams carb)
1 ounce turkey
1 ounce American cheese
- Cut up Grape tomatoes (3 tomatoes)
- 4 ounces 2% milk (6 grams carb)
- 8 animal crackers (15 grams carb)

Snack: Total Carbs: 15

- ½ cup applesauce (15 grams carb)
- Water

Dinner: Total Carbs: 35 grams total

- 2 ounces baked breaded chicken (4 grams carbs)
- ¼ cup cooked green beans (2 grams carb)
- ½ cup cubed melon (8 grams carb)
- 1 small dinner roll with 1 tsp margarine (15 grams)
- 4 ounces 2% milk (6 grams carb)

Before Bed Snack: Total Carbs: 15

- 3 Graham Cracker Squares with 1 tablespoon peanut butter
- Water



Healthy Snacks

Carb Free/Low Carb

Cheese Sticks

Hard Boiled Eggs

Pickles

Scrambled eggs made with 1 Tablespoon Cheddar Cheese

Deli meat (turkey/ham/roast beef) rolled with American Cheese Slices

Carrots/peppers/cucumbers sliced served with salad dressing as a dip

10-20 Grams Carb

½ Whole Wheat Bagel topped with 1 tablespoon peanut butter: 11 grams

Simply Gogurt yogurt: 13 grams

½ cup Cherrios with 1/3 cup lowfat milk: 14 grams

½ cup Lowfat Cottage Cheese with ½ large pears: 17 grams

7 Baked Tortilla Chips with 2 Tablespoons salsa: 14 grams

1 rice cake with 1 tablespoon peanut butter and ½ bananas: 15 grams

“Chobani Champions” Greek Style Yogurt, one 4 ounce cup: 14 grams

Kashi “TLC” Crackers, Honey Sesame, 10 crackers with 1 oz cheddar cheese 17 grams

Nutri-grain waffle (1) with 2 tsp low fat cream cheese and 1 tsp jelly: 20 grams

20-30 Grams Carb

Whole wheat pocket pita (1) with 2 tablespoons hummus: 29 grams

Kashi “TLC” Baked Snack Bar: 21 grams

Whole wheat flour tortilla (8 inch) with 1 ounce Monterey Jack Cheese and Salsa: 28 grams