

45 g Carbohydrate Meals & 15 g Snack

Breakfast



1 large egg or 2 small



½ of a whole wheat English muffin

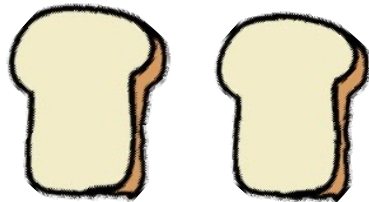


1 apple



1 cup milk (1% or skim)

Lunch



2 slices whole wheat or brown bread



2-3 slices lean turkey breast

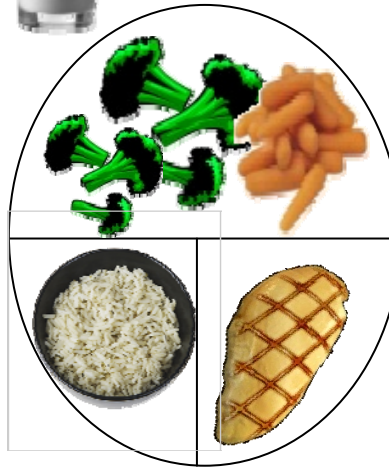


2-3 slices tomato + 2-3 leafs lettuce



1 portion applesauce

Dinner



1 piece chicken

1 cup mixed vegetables

2/3 cup rice

1 cup milk

Snack



½ cup cottage cheese (fat free or 1%)

+



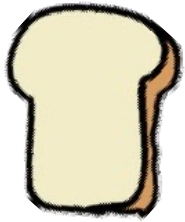
1 cup blueberries



1 cup water

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Breakfast



1 slice whole wheat toast



1 tablespoon light or natural
peanut butter



1 medium orange



1 cup milk (1% or skim)

Lunch



Salad

1 cup lettuce



$\frac{1}{4}$ cup tomato



$\frac{1}{4}$ cup carrots



$\frac{1}{4}$ cup cucumber



Canned tuna



1 whole wheat
English muffin



1 medium nectarine

Dinner



baked fish

1 cup mixed
vegetables

1 medium baked
potato

1 tablespoon ranch
dressing for potato

1 cup milk

Snack



1 individual yogurt cup



1 cup water

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Breakfast



2/3 cup cooked oatmeal



1 tablespoon flaxseed

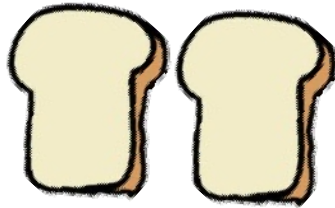


1 cup milk (1% or skim)



1 medium orange

Lunch



2 slices whole wheat or brown bread



3-4 leaves lettuce



2-3 slices tomato

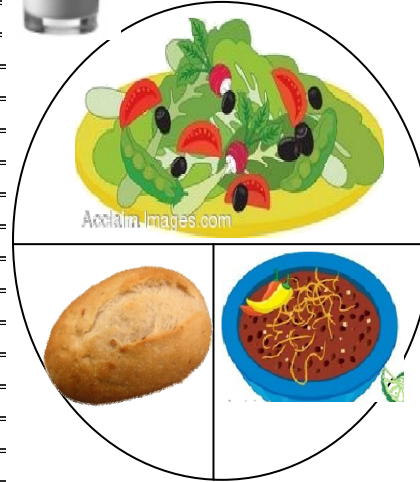


4-5 chicken strips



1 small pear

Dinner



3/4 cup chili

1 dinner roll

2 cups salad

1 cup milk

Snack



6 soda crackers (whole wheat)

+



1-2 ounces low fat cheese
(or size of 2 erasers)



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