



## MENU IDEAS

<b>30 g CARB BREAKFAST</b>	Breakfast sandwich <i>1 English muffin (30g)</i> egg, cheese, ham or Canadian bacon	<i>1 slice whole grain toast (15g)</i> melted cheese or peanut butter <i>6 oz low sugar yogurt (15 g)</i>	<i>1 bowl Chicken rice soup (30g)</i> Chinese broccoli	tea w/ <i>1 cup milk (15g)</i> <i>1 wheat chapatti (6") (15g)</i> cheese	<i>1 6 in. flour tortilla (15 g)</i> scrambled egg (w/onion) cheddar cheese chopped ham <i>1 cup milk (15 g)</i>
<b>15 g Snack</b>	4 crackers (15 g) Peanut butter	<i>1 oz pretzels (15 g)</i> <i>String cheese</i>	<i>1/3 cup rice (15 g)</i> <i>Minced chicken</i>	1 cup yogurt (15 g) 1 oz walnuts	<i>1 piece bread (15g)</i> <i>Ham, chicken, or beef</i>
<b>45 g CARB LUNCH</b>	Turkey /Cheese Sandwich <i>2 slices whole wheat bread (30g)</i> carrot sticks <i>1 1/4 cup strawberries (15g)</i>	Caesar Salad with chicken parmesan cheese <i>Croutons (15g)</i> <i>1 oz hard roll (15g)</i> margarine <i>15 grapes (15 g)</i>	Stir fry beef, pork or shrimp with vegetables <i>2/3 cup rice (30g)</i> <i>Small Asian Pear(15g)</i>	<i>1 6" wheat chapatti (15g)</i> Tur Dal (thin) Cauliflower Bhaji <i>1/3 cup rice (15 g)</i> oil/butter <i>1c buttermilk (15g)</i>	Chicken soup with assorted vegetables <i>2 6-inch corn tortillas (30g)</i> Cheese <i>1 cup cubed papaya (15g)</i>
<b>15 g Snack</b>	15 grapes Cottage cheese	<i>1/2-1 protein bar (15 g)</i>	<i>1/2 banana (15g)</i> cashews	<i>1 medium Samosa (15g)</i>	<i>Small Quesadilla (15)</i>
<b>45 g CARB DINNER</b>	Baked pork chop <i>1/2 Small baked sweet potato (15g)</i> Green beans Tossed salad w/ dressing <i>Small Apple (15g)</i> <i>1 cup milk (15g)</i>	Baked salmon <i>1/2 cup steamed potatoes(15g)</i> Steamed carrots with mint Coleslaw <i>1 cup raspberries (15g)</i> <i>1/2 cup sugar free pudding (15g)</i>	Spinach and tofu soup Stir-fried beef with bok choy Stir-fried broccoli with garlic <i>2/3 cup rice (30g)</i> <i>1 orange (15g)</i>	<i>1 6" Puri (15g)</i> <i>1/2c Cooked Chickpea (15g)</i> mixed vegetable oil/butter 1c salad w dressing <i>1 cup yogurt (15 g)</i>	Seasoned minced chicken <i>1/2 cup cooked whole beans (15g)</i> <i>1/3 cup Mexican rice (15g)</i> <i>1 (6") corn tortillas (15g)</i> lettuce and tomato salad
<b>15 g snack</b>	6 crackers (15 g) Almond butter	<i>3 cups popcorn (15 g)</i> <i>1 oz cheese</i>	<i>1/2 cup oatmeal (15 g)</i> <i>1 oz almonds</i>	<i>3 dates (15 g)</i> cheese	<i>1 slice whole grain bread</i> <i>Cooked chicken or beef</i>