## 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