

Name: _____

Daily Carbohydrate Choices: _____

Sample Breakfast Menu

30 grams or 2 carb choices (approximately 250-300 calories each):

*For more protein use Greek Yogurt, or add Protein Powder to the smoothie

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| <p><u>Overnight Oats:</u> 1/2 C of milk (1/2) 1/4 cup of dry oats (1) 1 Tbsp. Chia Seeds (1/2) 2 Tbsp. Peanut Butter</p> | <p><u>Fruit and Almond Smoothie:</u> 1/2 cup almond milk (1/2) 1 Cup Frozen Strawberries and Peaches (1) Berry Yogurt (1/2)</p> | <p><u>Apple Cinnamon Oatmeal:</u> 1/2 Cup Cooked Oatmeal (1) 1 tsp. Cinnamon 1/2 C cubed Apples (1) 2 oz. chopped walnuts</p> |
| <p><u>Biscuits and Gravy:</u> 4 oz. turkey sausage 1 Buttermilk Biscuit (1 1/2) 1/2 Cup Country Gravy (1/2)</p> | <p><u>Egg and cheese Bagel:</u> 1 Bagel Thin (1 1/2) 1 over easy egg 1 oz. cheese 1/8 of an Avocado 1/2 Cup of Berries (1/2)</p> | <p><u>Almonds and Fruit Parfait:</u> 2 oz. of Almonds 1/2 C Blueberries (1/2) 1/2 C Raspberries (1/2) 6 oz. plain Yogurt (1)</p> |
| <p><u>Blueberry Pancakes:</u> 1 4" pancake (1) 2 Tbsp. sugar free syrup 1/2 cup blueberry's (1/2) 1/2 cup of milk (1/2)</p> | <p><u>Asparagus and Salmon Eggs:</u> 1 egg scrambled 1 oz. Salmon 1/2 Cup Asparagus 1 Slice whole-wheat toast (1) 1 Cup of milk (1)</p> | <p><u>Breakfast Pizza:</u> 1 6" tortilla (1) 1 scrambled egg 1 oz. shredded cheese 1 oz. diced Ham 1/2 cup Bell peppers 1 cup Blueberries (1)</p> |
| <p><u>Avocado Toast:</u> 1 slice Toast (1) 1 over-easy egg 2 Tbsp. Avocado 1/2 Cup Apple Juice (1)</p> | <p><u>Cereal:</u> 3/4 C cold cereal (1) 1/2 C milk (1/2) 1/2 C Raspberries (1/2)</p> | <p><u>Bagel:</u> 1 Bagel Thin (1 1/2) 2 Tbsp. Light Cream Cheese 1/2 Tbsp. Jelly or Jam (1/2)</p> |

Sample Breakfast Menu

45 grams or 3 carb choices (approximately 300-350 calories each):

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| <p align="center"><u>Overnight Oats:</u></p> <p>1/2 C of milk (1/2) 1/4 cup of dry oats (1) 1 Tbsp. Chia Seeds (1/2) 2 Tbsp. Peanut Butter 1/2 of a medium banana (1)</p> | <p align="center"><u>Smoothie:</u></p> <p>6oz. of yogurt (1) 1/2 cup of mangos (1) 1/2 cup of raspberries (1/2) 1/2 cup of milk (1/2)</p> | <p align="center"><u>Peanut Butter Jelly Oatmeal:</u></p> <p>1 Cup Cooked Oatmeal (2) 2 Tbsp. Peanut Butter 1/2 Cup Strawberries (1/2) 1/2 Tbsp. Jelly or jam (1/2)</p> |
| <p align="center"><u>Biscuits and Gravy:</u></p> <p>4 oz. turkey sausage 1 Buttermilk Biscuit (1 1/2) 1/2 Cup Country Gravy (1/2) 1 cup of cherries (1)</p> | <p align="center"><u>Egg and cheese Bagel:</u></p> <p>1 Bagel Thin (1 1/2) 1 over easy egg 1 oz. cheese 1/8 of an Avocado 1 Cup of Berries (1) 1/2 Cup of Milk (1/2)</p> | <p align="center"><u>Muffin Parfait:</u></p> <p>1 small muffin (1 1/2) 1/2 C Yogurt (1/2) 1/2 C Berries (1/2) 2 Tbsp. Granola (1/2)</p> |
| <p align="center"><u>Chocolate Coconut Pancakes:</u></p> <p>1 4" pancake (1) 2/3 oz. Dark Chocolate (1) 1/4 Cup Unsweetened coconut flakes (1)</p> | <p align="center"><u>Mexican Egg Scramble:</u></p> <p>1 scrambled egg 1/4 cup Bell pepper 1/2 cup Black Beans (1) 1/4 cup Corn (1/2) 1/2 cup salsa (1/2) 3 oz. Cubed Sweet potato (1) 2 Tbsp. Avocado 1 oz. shredded cheese</p> | <p align="center"><u>Breakfast Pizza:</u></p> <p>1 6" whole wheat tortilla (1) 1 scrambled egg 1 oz. shredded cheese 1 oz. diced Ham 1/2 cup Bell peppers 1 cup Blueberries (1) 1/2 cup orange juice (1)</p> |
| <p align="center"><u>Avocado Toast:</u></p> <p>2 slices whole-wheat Toast (2) 2 over-easy egg 2 Tbsp. Avocado 1/2 Cup Apple Juice (1)</p> | <p align="center"><u>Cereal:</u></p> <p>3/4 C cold cereal (1) 1 C milk (1) 1 C Raspberries (1)</p> | <p align="center"><u>Bagel:</u></p> <p>1 4" bagel (3) 2 Tbsp. Light Cream Cheese</p> |

*For more protein use Greek Yogurt, or add Protein Powder to the smoothie

Sample Breakfast Menu

60 grams or 4 carb choices (approximately 350-400 calories each):

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| <p><u>Overnight pumpkin pie</u> <u>Oats:</u> 1/4 Cup uncooked old-fashioned rolled oats (1) 1/2 cup pumpkin puree (1/2) 1/2 cup almond milk (1/2) 1/2 teaspoon ground cinnamon 1/4 teaspoon ground nutmeg 1 teaspoon maple syrup</p> | <p><u>Smoothie:</u> 6oz. of yogurt (1) 1/2 cup of mangos (1) 1/2 cup of raspberries (1/2) 1/2 cup of milk (1/2)</p> | <p><u>Oatmeal:</u> 1 cup cooked oatmeal (2) 1 Tbsp. Brown sugar (1) 1/2 cup blueberries (1/2) 1/2 cup strawberries (1/2) 2 Tbsp. Almonds</p> |
| <p><u>Biscuits and Gravy:</u> 4 oz. turkey sausage 1 Buttermilk Biscuit (1 1/2) 1/2 cup Country Gravy (1/2) 1 cup of cherries (1) 1 cup of milk (1)</p> | <p><u>Egg and Cheese Bagel:</u> 1 4" bagel (3) 1 over easy egg 1 oz. cheese 1/8 of an Avocado 1/2 cup of milk (1/2) 1/2 cup of Raspberries (1/2)</p> | <p><u>Muffin Parfait:</u> 1 small muffin (1 1/2) 1 C Yogurt (1) 1 C Berries (1) 2 Tbsp. Granola (1/2)</p> |
| <p><u>Pancakes:</u> 1 4" pancake (1) 2/3 oz. Dark Chocolate (1) 1/4 cup Unsweetened coconut flakes (1) 1 cup of strawberries (1)</p> | <p><u>Eggs:</u> 1 scrambled egg 4 Tbsp. Bell pepper 1/2 Cup Black Beans (1) 1/4 Cup Corn (1/2) 1/2 cup salsa (1/2) 3 oz. Cubed Sweet potato (1) 1 oz. shredded cheese 1 6" whole wheat tortilla (1)</p> | <p><u>Breakfast Pizza:</u> 1 4" bagel (3) 1 scrambled egg 1 oz. shredded cheese 1 oz. diced Ham 1/2 cup Bell peppers 1 cup Blueberries (1)</p> |
| <p><u>Avocado Toast:</u> 2 slices whole-wheat Toast (2) 2 over-easy egg 2 Tbsp. Avocado 1 Starbucks short cup Latte, or Macchiato (1) 1 cup of cantaloupe (1)</p> | <p><u>Cereal:</u> 1 cup of cereal (1 1/2) 1 cup of milk (1) 1/2 of a banana (1) 1/2 cup of raspberries (1/2)</p> | <p><u>Bagel:</u> 1 4" Bagel (3) 2 Tbsp. Light Cream Cheese 1 Tbsp. Jelly or Jam (1)</p> |

*For more protein use Greek Yogurt, or add Protein Powder to the smoothie

Sample Lunch Menu

45 Grams or 3 carb choices (approximately 350-400 calories each):

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| <p align="center"><u>Turkey Avocado Wrap</u></p> <p>4 oz. turkey breast 1 Flatout multigrain wrap (1) 2 Tbsp. Avocado 1 cup of blueberries (1) 1 cup of soup (1)</p> | <p align="center"><u>Little Cesars</u></p> <p>1 slice of hot-N-Ready Pepperoni pizza (2) 1 cup of salad 2 Tbsp. Salad dressing 12 oz. diet pop 1 crazy bread breadstick (1)</p> | <p align="center"><u>Olive Garden</u></p> <p>1 mini pasta bowl Fettuccine Alfredo (2 ½) ½ serving of salad (1/2)</p> |
| <p align="center"><u>Taco's:</u></p> <p>2 6" corn tortillas (1 1/2) 4 oz. ground beef 2 oz. shredded cheese 1 oz. tortilla chips (1) 1/4 cup salsa ¼ cup of mangos (1/2)</p> | <p align="center"><u>Soup and Sandwich</u></p> <p>2 slices of bread (2) Your choice of meat and veggies and cheese Raw carrot sticks 1 cup of soup (1)</p> | <p align="center"><u>Dairy Queen</u></p> <p>2 chicken strips (1) ½ serving of kids fries (1 ½) ½ of a fudge bar (1/2)</p> |
| <p align="center"><u>Cheese Burger</u></p> <p>Whole wheat bun (2) 4 oz. burger patty Cheese and veggies of your choice 1 cup cantaloupe (1)</p> | <p align="center"><u>Lean Cuisine</u></p> <p>1 frozen lean cuisine meal (between 41-50 grams carbohydrates) (3) Raw carrots ¼ cup veggie dip or hummus</p> | <p align="center"><u>Adult Lunchable</u></p> <p>1 cheese stick 6 crackers (1) 3 oz. meat of choice 1 cup strawberries (1) ½ cup peas (1)</p> |
| <p align="center"><u>Panera</u></p> <p>1 Turkey cranberry flatbread (2) ½ Cesar salad (1/2) ½ bag of potato chips (1/2)</p> | <p align="center"><u>Mexican Quinoa</u></p> <p>½ cup quinoa (1) ½ cup black bean (1) ¼ cup salsa 3 oz. shredded chicken ½ cup corn (1) 1 oz. shredded cheese 2 Tbsp. Avocado</p> | <p align="center"><u>Chick-fil-A</u></p> <p>8-piece chicken nugget (1/2) 1 Chick-fil-A sauce (1/2) Diet coke 1 small waffle fry (2)</p> |

Sample Lunch Menu

60 grams or 4 carb choices (approximately 400-500 calories each):

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| <p style="text-align: center;"><u>Turkey Avocado Wrap</u></p> <p>4 oz. turkey breast 1 Flat-out multigrain wrap (1) 2 Tbsp. Avocado 1 cup of blueberries (1) 1 cup of soup (1) 4 oz. Sprite (1)</p> | <p style="text-align: center;"><u>Little Cesar</u></p> <p>1 slice of hot-N-Ready Pepperoni pizza (2) 1 cup of salad 2 Tbsp. Salad dressing 12 oz. diet pop 2 crazy bread breadsticks (2)</p> | <p style="text-align: center;"><u>Olive Garden</u></p> <p>1 mini pasta bowl Fettuccine Alfredo (2 ½) 1 portion of entrée salad (1) ½ of the fruit cup (1/2)</p> |
| <p style="text-align: center;"><u>Taco's:</u></p> <p>2 6" corn tortillas (1 1/2) 4 oz. ground beef 2 oz. shredded cheese 1 oz. tortilla chips (1) 1/2 cup salsa (1/2) 1/2 cup of mangos (1)</p> | <p style="text-align: center;"><u>Soup and Sandwich</u></p> <p>2 slices of bread (2) Your choice of meat and veggies and cheese Raw carrot sticks 1 cup of soup (1) 1 cup of berries (1)</p> | <p style="text-align: center;"><u>Dairy Queen</u></p> <p>4 chicken strips (2) ½ serving of kids fries (1 ½) ½ of a fudge bar (1/2)</p> |
| <p style="text-align: center;"><u>Cheese Burger</u></p> <p>Whole wheat bun (2) 4 oz. burger patty Cheese and veggies of your choice 1 cup cantaloupe (1) 1 oz. potato chips (1)</p> | <p style="text-align: center;"><u>Lean Cuisine</u></p> <p>1 frozen lean cuisine meal (between 41-50 grams carbohydrates) (3) Raw carrots ¼ cup veggie dip or hummus ½ cup apple juice (1)</p> | <p style="text-align: center;"><u>Adult Lunchable</u></p> <p>1 cheese stick 6 crackers (1) 3 oz. meat of choice 1 cup strawberries (1) ½ cup sugar snap pea pods (1) 5.3 oz. flavored yogurt (1)</p> |
| <p style="text-align: center;"><u>Panera</u></p> <p>1 Turkey cranberry flatbread (2) 1 Cesar salad (1) 1 bag of potato chips (1)</p> | <p style="text-align: center;"><u>Mexican Quinoa</u></p> <p>1 cup quinoa (2) ½ cup black bean (1) ¼ cup salsa ½ cup corn (1) 1 oz. shredded cheese 2 Tbsp. Avocado</p> | <p style="text-align: center;"><u>Chick-fil-A</u></p> <p>8 piece chicken nugget (1/2) 1 Chick-fil-A sauce (1/2) Diet coke 1 small waffle fry (2) Small chicken noodle soup (1)</p> |

Sample Dinner Menu:

45 grams or 3 carb choices (approximately 350-400 calories each):

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| <p align="center"><u>Caprese Chicken</u></p> <p>1 chicken breast 3 Tbsp. Balsamic Vinegar ¼ cup grape tomatoes 1 oz. mozzarella cheese 1 cup pasta (3)</p> | <p align="center"><u>Salmon and Rice</u></p> <p>4 oz. salmon fillet ½ cup brown rice (1 ½) ½ cup cooked broccoli 1 kiwi (1) ½ cup milk (1/2)</p> | <p align="center"><u>Chili</u></p> <p>1 cup chili with beans (2) Small cornbread 2-inch square (1) ½ cup Side salad 2 Tbsp. Dressing</p> |
| <p align="center"><u>Veggie Burger</u></p> <p>3 oz. veggie burger (1) 1 whole wheat bun (2) Cheese and vegetables of your choice 1 cup raw carrot sticks and celery</p> | <p align="center"><u>Chicken Fried Rice</u></p> <p>½ cup brown rice (1 ½) 4 oz. chicken 2 Tbsp. Teriyaki sauce 1 egg 1 cup edamame (1) 1/4 cup ice cream (1/2)</p> | <p align="center"><u>Chicken Alfredo Spaghetti Squash</u></p> <p>1 diced chicken breast ½ cup creamy alfredo sauce (1/2) 1 cup spaghetti squash (1) 1 cup raspberries (1) ½ cup milk (1/2)</p> |
| <p align="center"><u>Parmesan crusted Walleye</u></p> <p>1 fillet coated in parmesan and bread crumbs (1/2) ½ cup mashed potatoes (1) ½ cup cooked green beans 1 piece Naan Bread (1) 1/2 cup milk (1/2)</p> | <p align="center"><u>Pork Loin Sandwich</u></p> <p>1 whole wheat bun (2) 4 oz. pork loin ¼ cup vinegar coleslaw 1 oz. chips (1)</p> | <p align="center"><u>Pizza Hotdish</u></p> <p>½ cup noodles (1 ½) ½ cup Marinara sauce (1/2) 1 oz. turkey pepperoni ½ cup bell peppers ¼ cup spinach 1 cup milk (1)</p> |
| <p align="center"><u>Apple Fetta Salad</u></p> <p>½ bag mixed greens 1 oz. feta cheese ¼ cup dried cranberries (2) ½ of 1 large apple diced (1) 2 Tbsp. Pecans 2 Tbsp. apple vinaigrette</p> | <p align="center"><u>Pizza Hut</u></p> <p>2 slices of original pan pizza (2) 1-piece of garlic bread (1) Side salad 2 Tbsp. Dressing 12 oz. Diet pop</p> | <p align="center"><u>Shrimp Taco's</u></p> <p>2 6" flour tortilla (2) 4 oz. cooked shrimp 1 oz. shredded cheese ½ cup cooked bell peppers ¼ cup Pico de Gallo 1/4 cup corn salsa (1/2) ½ cup blackberries (1/2)</p> |

Sample Dinner Menu

60 grams or 4 carb choices (approximately 400-450 calories each):

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| <p align="center"><u>Caprese Chicken</u></p> <p>1 chicken breast 3 Tbsp. Balsamic Vinegar ¼ cup grape tomatoes 1 oz. mozzarella cheese 1 cup pasta (3) 1 slice garlic toast (1)</p> | <p align="center"><u>Salmon and Rice</u></p> <p>4 oz. salmon fillet 1/2 cup brown rice (1 1/2) ½ cup cooked broccoli 1 kiwi (1) 1/2 cup milk (1/2) 1 slice bread (1)</p> | <p align="center"><u>Chili</u></p> <p>1 cup chili with beans (2) Medium cornbread 4-inch square (2) ½ cup Side salad 2 Tbsp. Dressing</p> |
| <p align="center"><u>Veggie Burger</u></p> <p>3 oz. veggie burger (1) 1 whole wheat bun (2) Cheese and vegetables of your choice ½ cup grilled pineapple (1) 1 cup raw carrot sticks and celery</p> | <p align="center"><u>Chicken Fried Rice</u></p> <p>1 cup brown rice (3) 4 oz. chicken 2 Tbsp. Teriyaki sauce 1 egg 1 cup edamame (1)</p> | <p align="center"><u>Chicken Alfredo Spaghetti Squash</u></p> <p>1 diced chicken breast ½ cup creamy alfredo sauce (1/2) 1 cup spaghetti squash (1) 1 cup raspberries (1) ½ cup milk (1/2) 1-piece garlic bread (1)</p> |
| <p align="center"><u>Parmesan crusted Walleye</u></p> <p>2 large fillets coated in parmesan and bread crumbs (1) ½ cup mashed potatoes (1) ½ cup cooked green beans 1-piece Naan Bread (1) 1 cup milk (1)</p> | <p align="center"><u>Pork Loin Sandwich</u></p> <p>1 whole wheat bun (2) 4 oz. pork loin ¼ cup vinegar coleslaw 1 oz. chips (1) 1 cup berries (1)</p> | <p align="center"><u>Pizza Hotdish</u></p> <p>1 cup noodles (3) ½ cup Marinara sauce (1/2) 1 oz. turkey pepperoni ½ cup bell peppers ¼ cup spinach ½ cup milk (1/2)</p> |
| <p align="center"><u>Apple Fetta Salad</u></p> <p>½ bag mixed greens 1 oz. feta cheese ¼ cup dried cranberries (2) ½ of 1 large apple diced (1) 2 Tbsp. Pecans 2 Tbsp. apple vinaigrette 1 cup soup (1)</p> | <p align="center"><u>Pizza Hut</u></p> <p>2 slices of original pan pizza (2) 2-piece garlic bread (2) Side salad 2 Tbsp. Dressing 12 oz. Diet pop</p> | <p align="center"><u>Shrimp Taco's</u></p> <p>2 6" flour tortilla (2) 4 oz. cooked shrimp 1 oz. shredded cheese ½ cup cooked bell peppers ¼ cup Pico de Gallo 1/4 cup corn salsa (1/2) ½ cup cooked black beans (1) ½ cup blackberries (1/2)</p> |

Sample Dinner Menu

75 grams or 5 carb choices (approximately 450-500 calories each):

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| <p align="center"><u>Caprese Chicken</u></p> <p>1 chicken breast 3 Tbsp. Balsamic Vinegar ¼ cup grape tomatoes 1 oz. mozzarella cheese 1 cup pasta (3) 1 slice garlic toast (1) ½ cup ice cream (1)</p> | <p align="center"><u>Salmon and Rice</u></p> <p>4 oz. salmon fillet 1/2 cup brown rice (1 1/2) ½ cup cooked broccoli 1 kiwi (1) 1/2 cup milk (1/2) 1 slice bread (1) ½ cup frozen yogurt (1)</p> | <p align="center"><u>Chili</u></p> <p>1 cup chili with beans (2) Medium cornbread 4-inch square (2) ½ cup Side salad 2 Tbsp. Dressing ½ cup cooked corn (1)</p> |
| <p align="center"><u>Veggie Burger</u></p> <p>3 oz. veggie burger (1) 1 whole wheat bun (2) Cheese and vegetables of your choice ½ cup grilled pineapple (1) 1 cup raw carrot sticks and celery 3 oz. Sweet Potato French fries (1)</p> | <p align="center"><u>Chicken Fried Rice</u></p> <p>1 cup brown rice (3) 4 oz. chicken 2 Tbsp. Teriyaki sauce 1 egg 1 cup edamame (1) 2 egg rolls (1)</p> | <p align="center"><u>Chicken Alfredo Spaghetti Squash</u></p> <p>1 diced chicken breast ½ cup creamy alfredo sauce (1/2) 1 cup spaghetti squash (1) 1 cup raspberries (1) ½ cup milk (1/2) 1-piece garlic bread (1) ½ cup frozen yogurt (1)</p> |
| <p align="center"><u>Parmesan crusted Walleye</u></p> <p>2 large fillets coated in parmesan and bread crumbs (1) ½ cup mashed potatoes (1) ½ cup cooked green beans 1-piece Naan Bread (1) 1 cup milk (1) 1 cup berries (1)</p> | <p align="center"><u>Pork Loin Sandwich</u></p> <p>1 whole wheat bun (2) 4 oz. pork loin ¼ cup vinegar coleslaw 1 oz. chips (1) 1 cup berries (1) 1 cup milk (1)</p> | <p align="center"><u>Pizza Hotdish</u></p> <p>1 cup noodles (3) ½ cup Marinara sauce (1/2) 1 oz. turkey pepperoni ½ cup bell peppers ¼ cup spinach ½ cup milk (1/2) 1 cup watermelon (1)</p> |
| <p align="center"><u>Apple Fetta Salad</u></p> <p>½ bag mixed greens 1 oz. feta cheese ¼ cup dried cranberries (2) ½ of 1 large apple diced (1) ½ of 1 large pear diced (1) 2 Tbsp. Pecans 2 Tbsp. apple vinaigrette 1 cup soup (1)</p> | <p align="center"><u>Pizza Hut</u></p> <p>2 slices of original pan pizza (2) 1 piece garlic bread (1) 1 piece of the ultimate Hershey's chocolate chip cookie (2) Side salad 2 Tbsp. Dressing 12 oz. Diet pop</p> | <p align="center"><u>Shrimp Taco's</u></p> <p>2 6" flour tortilla (2) 4 oz. cooked shrimp 1 oz. shredded cheese ½ cup cooked bell peppers ¼ cup Pico de Gallo 1/4 cup corn salsa (1/2) ½ cup cooked black beans (1) ½ cup mango salsa (1) ½ cup blackberries (1/2)</p> |