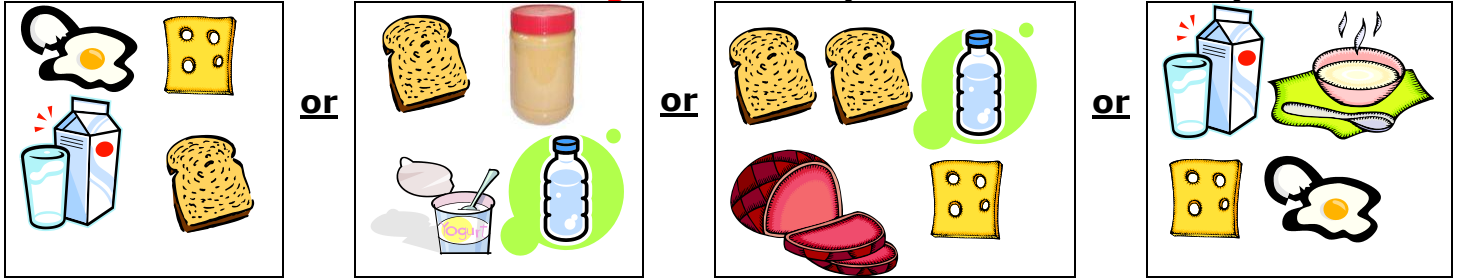


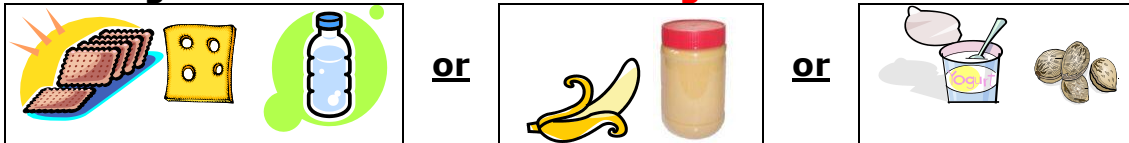
Sample Meals & Snacks...

Always put a protein and carbohydrate together.

Breakfast—2 Carb Choices or 30 grams carbs (No Fruit at Breakfast)



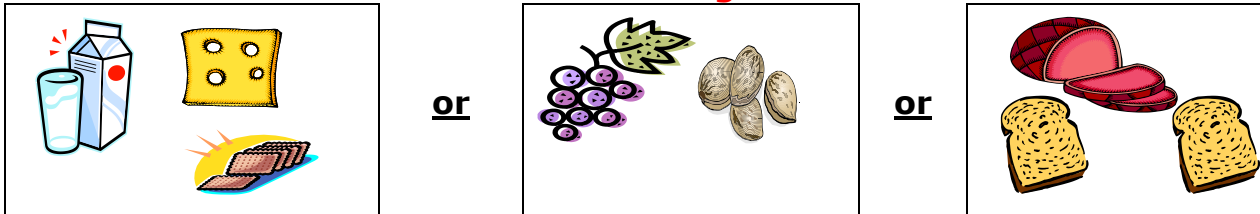
Morning Snack—1 Carb Choice or 15 grams carbs



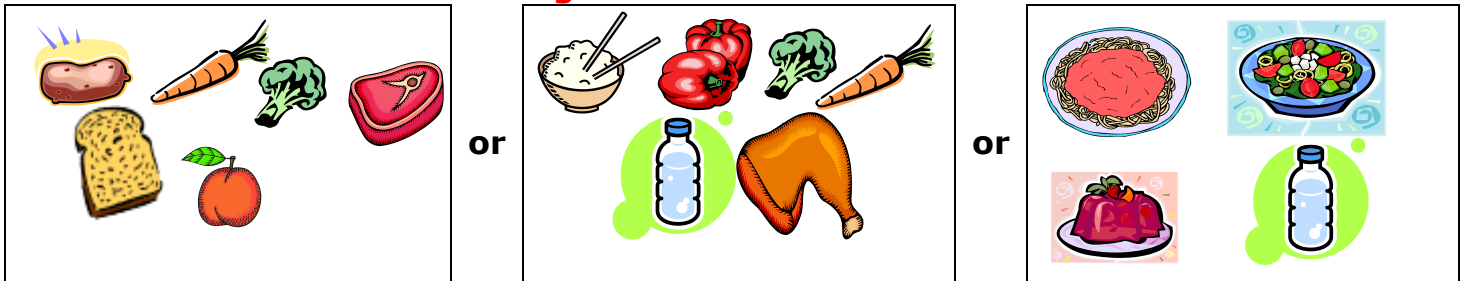
Lunch—3 Carb Choices or 45 grams carbs



Afternoon Snack—2 Carb Choices or 30 grams carbs



Dinner—3 Carb Choices or 45 grams carbs



Bedtime Snack—1 Carb Choice or 15 grams carbs (No Fruit at Bedtime Snack)

