

Breakfast

3 carbs



- Scrambled Eggs
- Turkey Bacon (2 slices)



Lunch

20 carbs



- String Cheese Rolls (2 servings)
- Diet Cola



Dinner

7 carbs



- Grilled Chicken Breast (2 servings)
- Salad Dole Spring Mix All Natural
- Sprite Zero



Snacking

11 carbs

- Sargento String Cheese Snacks Light (2 servings)
- Fudge Bar (Breyers CarbSmart)

