

Breakfast

8 carbs



- **Broccoli-Mushroom Omelet**
- Breakfast Veggie Pattie



Lunch

4 carbs



- **Tuna Lettuce Wrap**
- Diet Cola

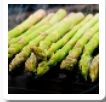


Dinner

21 carbs



- **Salmon with Berry Relish**
- Pan Cooked Asparagus



Snacking

11 carbs



- **Celery with peanut butter**
- Jack Link's Premium Cuts Beef Jerky Original

