

3 Carbohydrate Choice Sample Meals

tbsp = tablespoon

tsp = teaspoon oz = ounce

medium fruit = size of a tennis ball

| Day | <u>Breakfast</u> | <u>Choices</u> | <u>Lunch</u> | <u>Choices</u> | <u>Supper</u> | <u>Choices</u> |
|-------------------|--------------------------------------|----------------------------|---|---|--|----------------|
| Day 1 | 1 small, 2 oz whole grain bagel | 2 | 2 slices whole grain bread | 3 | 3 oz baked tilapia | 0 |
| | 1 tbsp peanut butter | 0 | 2 oz roast beef, ham or turkey | 0 | 1/2 cup carrots | 0 |
| | 1/2 medium peach or nectarine | 1 | 1 tsp light Miracle Whip | 0 | 1/2 cup broccoli | 0 |
| | | | 1 medium apple or orange | 1 | 1 – 6 oz, 4 inch medium baked potato | 2 |
| | | | | | 1 whole grain dinner roll | 1 |
| | | | | | 1 lemon wedge | 0 |
| | | | | | 1 tsp margarine | 0 |
| Day 2 | <u>Breakfast</u> | <u>Choices</u> | <u>Lunch</u> | <u>Choices</u> | <u>Supper</u> | <u>Choices</u> |
| | 1 cup cooked oatmeal | 2 | 2 oz tuna fish salad | 0 | 2 oz taco meat | 0 |
| | 1 tbsp raisins | ½ | 1 – 6 inch whole grain pita | 2 | 2 – 6 inch whole grain flour tortillas | 2 |
| | 1/4 cup unsalted almonds | 0 | Raw carrots, celery, cucumbers | 0 | Lettuce, onions, tomato | 0 |
| 1/2 cup skim milk | ½ | 2 tbsp low-fat dip | 0 | 1 oz low-sodium shredded cheese | 0 | |
| | | 1/2 cup sugar-free pudding | 1 | 15 grapes or cherries | 1 | |
| Day 3 | <u>Breakfast</u> | <u>Choices</u> | <u>Lunch</u> | <u>Choices</u> | <u>Supper</u> | <u>Choices</u> |
| | 1 egg | 0 | 2 cups salad greens | 0 | 2 oz ground turkey meatballs | 0 |
| | 2 slices whole wheat toast | 2 | 2 tbsp light salad dressing, spritzers, or oil and vinegar | 0 | 2/3 cup whole wheat spaghetti noodles | 2 |
| | 2 tsp margarine | 0 | 1 oz low-sodium cheese and 1 oz ham | 0 | 1/2 cup red sauce | 1 |
| | 1/2 cup canned peaches - light syrup | 1 | 2 slices whole grain bread | 2 | 1 cup salad greens | 0 |
| | | 1 tsp margarine | 0 | 2 tbsp light salad dressing, spritzers, or oil and vinegar | 0 | |
| | | 1 cup skim milk | 1 | 1/2 cup sugar-free jello | 0 | |

| Day 4 | <u>Breakfast</u> | <u>Choices</u> | <u>Lunch</u> | <u>Choices</u> | <u>Supper</u> | <u>Choices</u> |
|-------|------------------------------|----------------|-------------------------------|----------------|--------------------------------------|----------------|
| | 1 hardboiled egg | 0 | 1 cup casserole or hot dish | 2 | 3 oz lean roast beef | 0 |
| | 1 whole grain English Muffin | 2 | 1 cup green beans | 0 | 1 – 6 oz, 4 inch medium baked potato | 2 |
| | 1 tbsp margarine | 0 | 1 biscuit or whole grain roll | 1 | 1 tsp margarine or light sour cream | 0 |
| | 2 tsp sugar-free jam | 0 | 1 tsp margarine | 0 | 1 cup cauliflower or asparagus | 0 |
| | 1/2 medium banana | 1 | | | 1 – 3 inch cookie across | 1 |

| Day 5 | <u>Breakfast</u> | <u>Choices</u> | <u>Lunch</u> | <u>Choices</u> | <u>Supper</u> | <u>Choices</u> |
|-------|------------------------|----------------|---|----------------|---|----------------|
| | 3/4 cup shredded wheat | 1 | 2 oz chicken salad mixed with light or fat-free Miracle Whip | 0 | 3 oz grilled pork loin | 0 |
| | 1 cup skim milk | 1 | 1 – 6 inch whole grain pita | 1 | 1 cup salad greens | 0 |
| | 1 cup berries | 1 | 1/2 cup peaches - light syrup | 1 | 2 tbsp of light salad dressing, spriters, or oil and vinegar | 0 |
| | | | 1 – 6-8 oz light yogurt | 1 | 1/3 cup brown rice | 1 |
| | | | | | 1 tsp margarine | 0 |
| | | | | | 1/2 sugar-free pudding | 1 |
| | | | | | 1 cup skim milk | 1 |

| Day 6 | <u>Breakfast</u> | <u>Choices</u> | <u>Lunch</u> | <u>Choices</u> | <u>Supper</u> | <u>Choices</u> |
|-------|---------------------------------------|----------------|---|----------------|--|----------------|
| | 1 – 4 inch whole grain waffles across | 1 | 1 cup low-sodium bean or lentil soup | 1 | 3 oz chicken breast | 0 |
| | 1 cup blueberries | 1 | 1 cup salad greens | 0 | 2/3 cup brown rice cooked in low-sodium chicken broth | 2 |
| | 1 – 6-8 oz light yogurt | 1 | 2 tbsp of light salad dressing, spriters, or oil and vinegar | 0 | 1 cup Brussels sprouts | 0 |
| | 2 tbsp chopped unsalted nuts | 0 | 1 cup fruit salad | 1 | 1 tsp margarine | 0 |
| | | | 1 cup skim milk | 1 | 1 – 3 inch cookie across | 1 |

| Day 7 | <u>Breakfast</u> | <u>Choices</u> | <u>Lunch</u> | <u>Choices</u> | <u>Supper</u> | <u>Choices</u> |
|-------|---|----------------|---|----------------|---|----------------|
| | 1 scrambled egg | 0 | 1/2 cup (2 oz) low-sodium cottage Cheese | 0 | 2 oz turkey burger | 0 |
| | 2 – 4 inch pancakes across | 2 | 1 cup mixed fruit | 1 | 1 whole grain hamburger bun | 2 |
| | 2 tbsp sugar-free syrup | 0 | raw veggie sticks | 0 | 1 cup salad greens | 0 |
| | 1/2 cup natural / unsweetened applesauce | 1 | 1 cup low-sodium soup | 1 | 2 tbsp of light salad dressing, spriters, or oil and vinegar | 0 |
| | | | 1 whole grain roll | 1 | 1 – 2 inch square unfrosted brownie | 1 |