

CONSISTENT CARBOHYDRATE MEAL PLAN - 1800 CALORIES

195 grams Carbohydrates (43%), 77grams Protein (17%)

Meal	Number of Servings/Choices	Menu Ideas	Menu Ideas	Menu Ideas
Breakfast	3 Carbohydrates (starch/fruit/milk/other) 2 Lean meat (ounces) 1 Fat **No fruit juice at breakfast.			
Morning Snack	1 Carbohydrate (starch/fruit/milk/other) 1 Lean Meat (ounces)			
Lunch	3 Carbohydrates (starch/fruit/milk/other) 1 Vegetables (non starchy) 3 Lean meat/meat substitute (ounces) 2 Fat			
Afternoon Snack	1 Carbohydrate (starch/fruit/milk/other) 1 Lean Meat (ounces)			
Dinner	3 Carbohydrates (starch/fruit/milk/other) 2 Vegetables (non starchy) 3 Lean meat (ounces) 1 Fat			
Evening Snack	1 Carbohydrate (starch/fruit/milk/other) 1 Lean Meat (ounces) 1 Fat			