Texas Children's Hospital®

CONSISTENT CARBOHYDRATE MEAL PLAN - 2400 CALORIES

260 carbohydrates (43%), 105 gms protein (18%)

Meal	Number of Servings/Choices	Menu Ideas	Menu Ideas	Menu Ideas
Breakfast	3 Carbohydrates (starch/fruit/milk/other) 2 Lean meat (ounces) 2 Fats **No fruit juice at breakfast.			
Morning Snack	2 Carbohydrates (starch/fruit/milk/other) 2 Lean Meat (ounces)			
Lunch	3 Carbohydrates (starch/fruit/milk/other) 2 Vegetables (non starchy) 4 Lean meat/meat substitute (ounces) 2 Fats			
Afternoon Snack	2 Carbohydrates (starch/fruit/milk/other) 1 Lean Meat (ounces) 1 Fat			
Dinner	4 Carbohydrates (starch/fruit/milk/other) 2 Vegetables (non starchy) 4 Lean meat (ounces) 2 Fats			
Evening Snack	2 Carbohydrates (starch/fruit/milk/other) 2 Lean Meat (ounces) 1 Fat			