CONSISTENT CARBOHYDRATE MEAL PLAN - 2400 CALORIES

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

<table>
<thead>
<tr>
<th>Meal</th>
<th>Number of Servings/Choices</th>
<th>Menu Ideas</th>
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</tr>
</thead>
</table>
| 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) |            |            |            |            |
| 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          |            |            |            |            |