

CONSISTENT CARBOHYDRATE MEAL PLAN - 3400 CALORIES

*365 gms carbohydrates (43%), 147 gms protein (17%)**

Meal	Number of Servings/Choices	Menu Ideas	Menu Ideas	Menu Ideas
Breakfast	4 Carbohydrates (starch/fruit/milk/other) 4 Lean meat (ounces) 2 Fats **No fruit juice at breakfast.			
Morning Snack	3 Carbohydrates (starch/fruit/milk/other) 2 Lean Meat (ounces)			
Lunch	5 Carbohydrates (starch/fruit/milk/other) 2 Vegetables (non starchy) 5 Lean meat/meat substitute (ounces) 3 Fats			
Afternoon Snack	3 Carbohydrates (starch/fruit/milk/other) 3 Lean Meat (ounces) 1 Fat			
Dinner	5 Carbohydrates (starch/fruit/milk/other) 2 Vegetables (non starchy) 5 Lean meat (ounces) 3 Fats			
Evening Snack	3 Carbohydrates (starch/fruit/milk/other) 2 Lean Meat (ounces) 1 Fat			

*With 3 servings of dairy throughout the day, protein increases to 171 grams of protein.