

CONSISTENT CARBOHYDRATE MEAL PLAN - 1600 CALORIES

165 grams Carbohydrates (41%), 70grams Protein (18%)

| 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 | | | | |
| 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 | | | |