

Day:

Time	Food	Carbs
BREAKFAST		
TOTAL CARBS		
Carb Goal for Meals = 45-60g Questions:		
SNACK		
TOTAL CARBS		
Carb Goal for Snacks = 15-20g Questions:		
LUNCH		
TOTAL CARBS		
Carb Goal for Meals = 45-60g Questions:		
SNACK		
TOTAL CARBS		
Carb Goal for Snacks = 15-20g Questions:		

SUPPER

TOTAL CARBS

Carb Goal for Meals = 45-60g

Questions:

SNACK

TOTAL CARBS

Carb Goal for Snacks = 15-20g

Questions: