



But I Love My Carbs Meal Plan

| Breakfast | Snack | Lunch | Snack | Dinner |
|--|--|--|--|--|
| 1 Slice Ezekial Bread, 1 Tablespoon Almond Butter, ½ Cup Unsweetened Applesauce, 1 Cup Milk of Your Choice | ½ Cup Cottage Cheese, 1 Cup Berries | Sandwich Using 100 Calorie Thins, 3 oz. Meat, 1 Slice Low-Fat Cheese, 2 Cups Mixed Green Salad | Cucumbers Dipped in 100 Calories of Hummus | Chicken With Beer Sauce, 1 Cup Mashed Cauliflower, 1 Cup Steamed Green Beans |
| 2-3 Veggie Egg “Muffins,” 1 Slice Ezekial Bread | Carrots Dipped in 100 Calories of Hummus | 3 oz. Leftover Chicken, 1 Cup Mashed Cauliflower | ½ Cup Cottage Cheese, 1 Cup Berries | Crock Pot Sausage and Tomatoes |
| 1 Slice Ezekial Bread, 1 Tablespoon Almond Butter, ½ Cup Unsweetened Applesauce, 1 Cup Milk of Your Choice | ½ Cup Cottage Cheese, 1 Cup Berries | 1 Cup Chicken Salad Made with Leftover Chicken from First Night’s Dinner, 1 Cup Green Salad, 1 Cup Tomato Soup | Cucumbers Dipped in 100 Calories of Hummus | Pork Chops With Mustard Cream Sauce, 1 Cup Leftover Mashed Cauliflower (reheat topped with 2 T Parmesan for a different flavor), 1 Cup Steamed Green Beans |
| 2-3 Veggie Egg “Muffins,” 1 Slice Ezekial Bread | Carrots Dipped in 100 Calories of Hummus | 3 oz. Leftover Pork, 2 Cups Mixed Green Salad with Small Sprinkle of Cheese | ½ Cup Cottage Cheese, 1 Cup Berries | Leftover Crock Pot Sausage and Tomatoes |
| 1 Slice Ezekial Bread, 1 Tablespoon Almond Butter, ½ Cup Unsweetened Applesauce, 1 Cup Milk of Your Choice | ½ Cup Cottage Cheese, 1 Cup Berries | Sandwich Using 100 Calorie Thins, 3 oz. Meat, 1 Slice Low-Fat Cheese, 2 Cups Mixed Green Salad | Cucumbers Dipped in 100 Calories of Hummus | Quick Breakfast For Dinner (2 Egg Omelet Using 1 Cup Peppers and Onions (from frozen is fine), Sprinkle of Low-Fat Cheese, 1 Slice Toasted Ezekial Bread |