

Healthy Menu Ideas Men 45–60g carbs per meal | Women 30–45g carbs per meal

<p>BREAKFAST: 2 Tbsp of Nut butter on 2 slices of Whole Wheat/Sprouted Bread or 1 Whole Wheat English muffin = 30g carbs</p> <p>30g carbs</p>	<p>2 Eggs / Egg beaters 2 Slices of Whole Wheat/Sprouted Bread or 1 cup of roasted red potatoes "home fries" = 30g carbs 1 cup berries=15g carbs</p> <p>45g carbs</p>	<p>2 eggs/ egg beaters 1 Tbsp of shredded cheese 2–6 in" Corn tortillas = 30g carbs Salsa</p> <p>30g carbs</p>	<p>1 cup cooked Oatmeal = 30g carbs 2 oz of Canadian Bacon 1 cup berries = 15g carbs</p> <p>45g carbs</p>	<p>1 slice cheese 1 slice ham or turkey 1 Whole Wheat English muffin = 30g carbs ½ cup canned pineapple in juice = 15g carbs 8 oz plain NF/LF yogurt = 15g carbs</p> <p>60g carbs</p>
<p>LUNCH: 2 slices of Whole Wheat/Sprouted Bread = 30g carbs 2 oz lunch meat ½ avocado Lettuce, Tomato, 1 Tbsp low-fat mayo & mustard 1 cup soup w/ veggies</p> <p>30g carbs</p>	<p>⅔ cup quinoa = 30g carbs 3 oz Grilled Chicken 1 cup roasted veggies 1 cup fruit = 15g carbs</p> <p>45g carbs</p>	<p>Fiesta Salad: 1–2 cups mixed greens ½ avocado ½ cup beans= 15g carbs ½ cup corn= 15g carbs Salsa 1 oz cheese *can add 3 oz grilled chicken or shrimp</p> <p>30g carbs</p>	<p>Fish Tacos: 3–6 in" Corn Tortilla = 45g carbs 3 oz baked sole/tilapia 1 oz cheese ½ cup beans = 15g carbs 1 cup veggies (cabbage, tomatoes, peppers, etc) Salsa</p> <p>60g carbs</p>	<p>1 Whole Wheat Pita bread = 30g carbs ¼ c Hummus = 15g carbs 1 cup roasted veggies or salad greens 1 small fruit = 15g carbs</p> <p>60g carbs</p>
<p>DINNER: Minestrone Soup: ½ cup beans = 15g carbs ½ cup whole wheat pasta = 30g carbs 1 cup mixed veggies</p> <p>45g carbs</p>	<p>3 oz of baked pork loin 1 cup brown rice or quinoa = 45g carbs large serving veggies 1 small whole wheat roll = 15g carbs</p> <p>60g carbs</p>	<p>3 oz grilled turkey burger 2 slices of Whole Wheat/Sprouted bread = 30g carbs 1 cup melon = 15g carbs 1 Tbsp ketchup = 3g carbs 1 cup of salad greens with 1–2 Tbsp of olive oil/vinegar dressing</p> <p>45g carbs</p>	<p>3 oz baked salmon or tofu 1 cup brown rice = 45g carbs 1 cup stir fry veggies mushrooms, peppers, bok choy, cooked with 1 Tbsp canola oil)</p> <p>45g carbs</p>	<p>Beef Tacos: 3–6 in" Corn Tortillas = 45g carbs 3 oz sirloin stir fried with onions 1 oz cheese ½ cup beans = 15g carbs 1 cup veggies (cabbage, tomatoes, peppers, etc) Salsa</p> <p>60g carbs</p>
<p>SNACKS: Celery with 2 Tbsp natural nut butter 1 small fruit = 15g carbs</p> <p>15g carbs</p>	<p>1 mozzarella cheese stick 1 cup strawberries = 15g carbs 4–6 Whole Wheat crackers = 15g carbs</p> <p>30g carbs</p>	<p>1 handful mixed nuts 1 small apple = 15g carbs</p> <p>15g carbs</p>	<p>1 container of cottage cheese or plain NF/LF greek yogurt = 7g carbs ½ cup berries = 7g carbs</p> <p>15g carbs</p>	<p>2 Tbsp natural nut butter 8–10 Whole Wheat crackers = 30g carbs</p> <p>30g carbs</p>