

Diabetes Monthly Menu

week one

NUTRITION EDUCATION
with  COBORN'S



OUR SUPERMARKET REGISTERED DIETITIANS

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Egg muffin ¹ (0 CHO) 1 small apple (1 CHO) ½ c. orange juice (1 CHO) 1 slice whole grain toast (1 CHO)	¼ c. Bear Naked Crispy Baked Granola Triple Berry Fit granola (1.5 CHO) Chobani Simply 100 Greek yogurt (1 CHO) ½ c. of blueberries (0.5 CHO)	2 eggs scrambled (0 CHO) 1 slice whole grain toast (1 CHO) 1 Tbsp. nut butter (0 CHO) 1 orange (1 CHO) 1 c. skim milk (1 CHO)	1 c. Love Grown Power O's cereal (1.5 CHO) ½ c. skim milk (0.5 CHO) ½ banana (1 CHO)	¼ c. Love Grown oat clusters (1 CHO) 6 oz. plain or light yogurt (1 CHO) 1 small peach (1 CHO)	1 slice whole grain toast (1 CHO) 2 Tbsp. nut butter (0 CHO) ¾ c. strawberries (1 CHO) 6 oz. plain or light yogurt (1 CHO)	Smoothie: - 1 c. skim milk or plain non-fat Greek yogurt (1 CHO) - ¾ c. berries (1 CHO) - ½ banana (1 CHO) - 1 Tbsp. nut butter (0 CHO) - 1 tsp. chia seeds or ground flax seed (0 CHO)
Snack	6 Triscuits (1 CHO) 2 Tbsp. peanut butter (0 CHO)	½ c. spicy roasted chickpeas ² (1 CHO)	1 KIND bar (1 CHO)	1 frozen whole grain waffle, toasted (1 CHO) 1 Tbsp. nut butter (0 CHO)	1 hard-boiled egg (0 CHO) 6 Triscuits (1 CHO)	2 Tbsp. Chobani Meze Dip (0 CHO) ½ medium baked potato (1 CHO)	1 pear (1 CHO) 1 string cheese (0 CHO)
Lunch	3 oz. grilled chicken (0 CHO) ½ sweet potato (1 CHO) ½ c. cherry tomatoes (0 CHO) 1 whole grain roll (1 CHO) 1 c. skim milk (1 CHO)	Tuna salad sandwich - 1 slice whole grain bread (1 CHO) - 1 c. tuna salad (1 CHO) 1 small banana (1 CHO)	Vegetarian taco salad (3 CHO) - 1½ c. romaine lettuce - ½ c. red sweet pepper strips - ½ c. no-salt added black beans, rinsed and drained - ¼ c. halved grape tomatoes - 2 Tbsp. shredded reduced-fat Mexican-style four-cheese blend - 2 Tbsp. Bolthouse Farms yogurt dressing - serve with ¾ c. pineapple chunks	Mediterranean turkey wrap (2 CHO) - 2 Tbsp. hummus - 1 whole-wheat wraps, heated - 3 oz. no-salt added, deli-style turkey - ¼ large cucumber, peeled and diced (¼ c.) - ½ roma tomato, diced (¼ c.) - 1-2 Tbsp. reduced-fat, crumbled feta cheese 1 orange (1 CHO)	Healthy Choice Simply Café Steamers Chicken and Vegetable Stirfry (1 CHO) 6 Triscuits (1 CHO) 1 apple (1 CHO) 1 string cheese (0 CHO)	6 Triscuits (1 CHO) ½ c. of tuna salad 1 c. grapes (1 CHO) 1 medium cookie (1 CHO)	Sandwich - 2 slices whole grain bread (2 CHO) - Dijon mustard (0 CHO) - 3 oz. grilled chicken (0 CHO) - 1 slice cheese (0 CHO) - 1 leaf lettuce (0 CHO) - 2 tomato slices (0 CHO) 1 c. low-sodium vegetable soup (1 CHO)
Snack	½ c. low-fat cottage cheese (0.5 CHO) ½ peach (sliced) (0.5 CHO)	1 apple (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 apple (1 CHO) 1 string cheese (0 CHO)	Baked sweet potato fries (½ large sweet potato) (1 CHO) 2 Tbsp. hummus (0 CHO)	2 Tbsp. raisins (1 CHO) ¼ c. almonds (0 CHO) 1 Tbsp. dark chocolate chips (0 CHO)	2 Tbsp. Bolthouse Farms yogurt ranch (0 CHO) ¼ c. baby carrots (0 CHO) 1 orange (1 CHO)	2 c. air popped popcorn (0.5 CHO) 1 Tbsp. dark chocolate chips (0.5 CHO)
Dinner	Spaghetti and meatballs - meatballs ³ (0 CHO) - 1 c. spaghetti squash (0 CHO) - ½ c. pasta sauce (1 CHO) 1 c. skim milk (1 CHO) 1 c. broccoli (0 CHO) ½ c. frozen yogurt (1 CHO)	3 oz. round steak (0 CHO) ½ c. brown rice (1 CHO) ½ c. cooked carrots (0 CHO) 1 c. skim milk (1 CHO) 1 orange (1 CHO)	Lemony chicken and green beans ⁴ (1 CHO) 1 c. skim milk (1 CHO) ½ baked potato (1 CHO)	Pizza Bites ⁵ (1 CHO) ½ c. of canned fruit - in 100% juice (1 CHO) 1 c. skim milk (1 CHO)	Buffalo chicken salad ⁶ (1 CHO) ½ c. cooked brown rice (1 CHO) 1 c. skim milk (1 CHO)	Oven fried chicken breasts ⁷ (1.5 CHO) ½ c. cooked peas (1 CHO) 1 c. cooked broccoli (0 CHO) ½ pear (0.5 CHO)	Mexican beef and corn skillet peppers ⁸ (1.5 CHO) ½ c. cooked brown rice (1 CHO) ½ c. cubed cantaloupe (0.5 CHO)
Snack	4 c. Boom Chicka Pop - sea salt (1 CHO)	1 Kashi oatmeal dark chocolate cookie (1 CHO)	2 chocolate Belvita biscuits (half of 1 package) (1 CHO) 1 Tbsp. nut butter (0 CHO)	1 large stalk celery (0 CHO) 1 Tbsp. nut butter (0 CHO) 1½ Tbsp. dark chocolate chips (1 CHO)	¾ c. pineapple tidbits (in 100% juice) (1 CHO) ½ c. low-fat cottage cheese (0 CHO)	Chobani Simply 100 Greek yogurt (1 CHO)	Chobani Simply 100 Crunch yogurt (1 CHO)

Recipes can be found at: ¹(<http://www.tasteofhome.com/recipes/scrambled-egg-muffins>) ²(<http://www.popsugar.com/fitness/Roasted-Garbanzo-Beans-Chickpeas-Recipe-9136958>) ³(<https://www.pinterest.com/pin/136233957457812024/>)

⁴(<http://www.diabeticlivingonline.com/recipe/lemony-chicken-and-green-beans/>) ⁵(<http://www.diabeticlivingonline.com/recipe/turkey/pizza-bites/>) ⁶(<http://www.diabeticlivingonline.com/recipe/hot-wing-salad/>)

⁷(<http://www.diabeticlivingonline.com/recipe/chicken/oven-fried-chicken-breasts/>) ⁸(<http://www.diabeticlivingonline.com/recipe/beef/mexican-beef-and-corn-skillet-peppers/>)

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Diabetes Monthly Menu

week two

NUTRITION EDUCATION
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>¾ c. Honey Nut Cheerios (1 CHO) - with 1 c. milk (1 CHO)</p> <p>1 scrambled egg (0 CHO) - with diced green peppers and onions (¼ c. each) (0 CHO)</p> <p>½ c. canned peaches in 100% juice (1 CHO)</p>	<p>½ c. cooked oatmeal (1 CHO) - with ¼ c. blueberries (0.5 CHO)</p> <p>100 calorie Greek yogurt, single serve (1 CHO)</p> <p>1 hard-boiled egg (0 CHO)</p> <p>½ c. orange juice (0 CHO)</p>	<p>Breakfast sandwich (2 CHO) - 100% whole wheat english muffin, egg, 1 slice cheddar cheese, 2 slices lean turkey bacon, leaves of spinach</p> <p>1 c. coffee (0 CHO)</p> <p>small bunch of grapes (about 17 grapes) (1 CHO)</p>	<p>2 slices of whole grain bread, toasted (2 CHO)</p> <p>2 Tbsp. avocado (spread on bread) (0 CHO)</p> <p>½ c. 100% fruit juice (1 CHO)</p> <p>1 poached egg (0 CHO)</p> <p>1 c. skim milk (1 CHO)</p>	<p>½ c. bran flakes cereal (1 CHO)</p> <p>1 c. skim milk (1 CHO)</p> <p>½ banana (1 CHO)</p>	<p>1 c. skim milk (1 CHO)</p> <p>½ c. cooked oatmeal (1 CHO)</p> <p>2 Tbsp. of raisins (with no added sugar) (1 CHO)</p> <p>1 Tbsp. chopped walnuts (0 CHO)</p>	<p>Breakfast burrito (1 CHO) - 1 small 100% whole wheat tortilla, 1 scrambled egg, 1 oz. Canadian bacon, ½ chopped green peppers, red pepper, and onions</p> <p>½ large pear (1 CHO)</p> <p>1 c. skim milk (1 CHO)</p>
Snack	<p>1 Kind Granola Bar (1 CHO)</p>	<p>1 c. celery sticks (0 CHO)</p> <p>2 Tbsp. peanut butter (0.5 CHO)</p> <p>6 oz. 100 Calorie Greek Yogurt (1 CHO)</p>	<p>½ c. of unsweetened apple sauce (1 CHO)</p> <p>1 oz. (28 almonds) no salt added (0 CHO)</p>	<p>2 Belvita breakfast bars (1 CHO)</p> <p>2 Tbsp. peanut butter (0 CHO)</p>	<p>1 Kind Granola Bar (1 CHO)</p>	<p>½ c. cottage cheese (1 CHO)</p> <p>1 oz. (28 almonds) no salt added (0 CHO)</p>	<p>1 pkg. Nature Valley Biscuits with peanut butter (1 CHO)</p>
Lunch	<p>2 slices of whole grain bread (2 CHO)</p> <p>2 oz. sliced turkey or chicken breast (0 CHO)</p> <p>Lettuce, sliced tomato (0 CHO)</p> <p>2 tsp. low calorie sandwich spread (0 CHO)</p> <p>1 small apple (1 CHO)</p>	<p>2 small corn tortillas (1 CHO)</p> <p>¼-½ c. black beans (1 CHO)</p> <p>2 Tbsp. guacamole (0 CHO)</p> <p>¼ c. tomato salsa (0 CHO)</p> <p>shredded lettuce (0 CHO)</p> <p>2 Tbsp. light sour cream (0 CHO)</p> <p>1 c. skim milk (1 CHO)</p>	<p>2/3 c. cooked brown rice (2 CHO)</p> <p>1 c. stir fry vegetables (0.5 CHO)</p> <p>3 oz. tofu (0 CHO)</p> <p>1 tsp. liquid aminos (0 CHO)</p> <p>½ c. low-fat frozen yogurt (1 CHO)</p>	<p>½ c. mashed sweet potato (1 CHO)</p> <p>½ c. cooked broccoli (0 CHO)</p> <p>3 oz. broiled fish (0 CHO)</p> <p>1 c. diced cantaloupe (1 CHO)</p> <p>1 c. skim milk (1 CHO)</p>	<p>1 small (2-ounce) bagel (2 CHO)</p> <p>1½ Tbsp. low-fat cream cheese (0 CHO)</p> <p>1 small apple (1 CHO)</p>	<p>1 c. chicken noodle soup with vegetables (1 CHO)</p> <p>6 saltine crackers (1 CHO)</p> <p>1 small apple (1 CHO)</p> <p>1 string cheese (0 CHO)</p>	<p>1 slice whole grain bread (1 CHO)</p> <p>2 oz. reduced sodium deli ham (0 CHO)</p> <p>1 Tbsp. olive oil w/mayo (0 CHO)</p> <p>1 slice cheddar cheese (0 CHO)</p> <p>1 c. honeydew melon (1 CHO)</p> <p>1 c. skim milk (1 CHO)</p>
Snack	<p>1 string cheese (0 CHO)</p> <p>½ c. diced canned pears in 100% juice (1 CHO)</p>	<p>1 oz. Beanito chips (1 CHO)</p> <p>2 Tbsp. black bean salsa (0 CHO)</p>	<p>1-100% whole wheat tortilla (1 CHO)</p> <p>2 Tbsp. peanut butter (0 CHO)</p>	<p>½ c. of unsweetened applesauce (1 CHO)</p> <p>1 oz. (about 28) almonds (0 CHO)</p>	<p>½ c. celery (0 CHO)</p> <p>2 Tbsp. peanut butter (0 CHO)</p> <p>1 serving whole grain crackers (1 CHO)</p>	<p>1 serving of Wheat Thins with a hint of salt (1 CHO)</p> <p>Laughing Cow cheese (0 CHO)</p>	<p>1 Kind Granola Bar (1 CHO)</p>
Dinner	<p>1/3 c. cooked brown rice (1 CHO)</p> <p>1 c. cooked broccoli (1 CHO)</p> <p>3 oz. baked, skinless, chicken breast (0 CHO)</p> <p>1 small whole grain roll (1 CHO)</p> <p>1 Tbsp. light butter (0 CHO)</p> <p>Sugar free jello (0 CHO)</p>	<p>2/3 c. whole grain pasta (2 CHO)</p> <p>½ c. tomato-based pasta sauce (1 CHO)</p> <p>2 oz. lean ground beef (93% lean) (0 CHO)</p> <p>Tossed salad (0 CHO)</p> <p>2 Tbsp. low-fat salad dressing (0.5 CHO)</p>	<p>½ c. mashed potato (1 CHO)</p> <p>½ c. cooked corn (1 CHO)</p> <p>3 oz. skinless turkey breast (0 CHO)</p> <p>2 Tbsp. nonfat, low sodium gravy (0 CHO)</p> <p>1 c. skim milk (1 CHO)</p>	<p>1/3 c. of hummus (1 CHO)</p> <p>¼ c. chopped olives (0 CHO)</p> <p>1 whole grain pita (2 CHO)</p> <p>Sliced tomato (0 CHO)</p> <p>Shredded lettuce (0 CHO)</p> <p>3 oz. shredded skinless, chicken breast (0 CHO)</p>	<p>½ c. baked potato (1 CHO)</p> <p>½ c. cooked carrots (0 CHO)</p> <p>3 oz. sliced lean turkey breast (0 CHO)</p> <p>1 whole grain dinner roll (1 CHO)</p> <p>1 Tbsp. light margarine (0 CHO)</p> <p>1 c. skim milk (1 CHO)</p>	<p>1 beef and bean burrito (made with lean ground beef): - ½ c. black beans (1 CHO) - 3 oz. lean beef (at least 93% lean) (0 CHO) - 1 whole grain tortilla (1 CHO) - 1 oz. shredded cheddar cheese (0 CHO) - ¼ c. tomato-based salsa (0 CHO)</p> <p>1 cup skim milk (1 CHO)</p>	<p>Stuffed Green peppers - 1 small green pepper, cooked (0.5 CHO) - 1/3 c. brown rice and quinoa mixture (1 CHO) - 2 oz. mozzarella cheese (0 CHO)</p> <p>½ c. of skim milk (0.5 CHO)</p> <p>1 ¼ c. of strawberries (1 CHO)</p>
Snack	<p>6 Triscuits (1 CHO)</p> <p>2 Tbsp. Hummus (0 CHO)</p>	<p>3 c. of Boom Chicka Pop popcorn (1 CHO)</p> <p>1 string cheese (0 CHO)</p>	<p>6 oz. 100 calorie Greek yogurt (1 CHO)</p>	<p>1 serving whole grain crackers (Triscuits/Wheat Thins) (1 CHO)</p> <p>2 slices cheese (0 CHO)</p>	<p>1 slice of 100% whole wheat bread/toast (1 CHO)</p> <p>2 Tbsp. avocado, spread onto bread (0 CHO)</p>	<p>3 c. popcorn (no butter, lightly salted) (1 CHO)</p> <p>1 string cheese (0 CHO)</p>	<p>6 Triscuits (1 CHO)</p> <p>2 oz. colby jack cheese (0 CHO)</p>

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Diabetes Monthly Menu

week three

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Breakfast	100 calories Chobani Yogurt (1 CHO) - with ¾ c. berries of choice (1 CHO) ½ c. 100% orange juice (1 CHO)	Spinach omelet (0 CHO) - 1 egg, spinach, cheese, mushrooms, tomatoes 2 Tbsp. salsa (0 CHO) 1 slice of whole wheat toast with 1 Tbsp. of sugar free jelly (1 CHO) 1 fresh pear (1 CHO) 1 c. skim milk (1 CHO)	½ c. oatmeal (made with water) (1 CHO) - with apple chunks (1 medium apple) (1 CHO) - cinnamon 1 c. skim milk (1 CHO)	1 whole wheat English muffin (1 CHO) 2 Tbsp. peanut butter (0 CHO) 1 medium banana (2 CHO) 1 c. coffee w/1 tsp. vanilla extract (0 CHO)	Strawberry/banana smoothie - 100 calorie Chobani yogurt (1 CHO) - ½ c. skim milk (0.5 CHO) - ½ c. strawberries (0.5 CHO) - ½ banana (1 CHO) - ½ c. frozen spinach (optional) (0 CHO)	2 whole wheat waffles (2 CHO) 1½ c. of strawberries (1 CHO)	1 whole wheat Banana nut muffin (2 CHO) 1 string cheese (0 CHO) ½ c. orange juice (1 CHO)
Snack	1 medium apple, sliced (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 c. grapes (1 CHO) 1 oz. mozzarella cheese cubes (0 CHO)	100 calorie Chobani yogurt (1 CHO)	1 c. trail mix with dried raisins and nuts (1 CHO)	1 oz. Beanito chips (1 CHO)	½ medium banana (1 CHO) 2 Tbsp. peanut butter (0 CHO)	1 fresh peach (1 CHO) ½ c. low-fat cottage cheese (0 CHO)
Lunch	Turkey sandwich - 2 slices whole wheat bread (2 CHO) - 3 oz. roasted turkey (0 CHO) - tomato, lettuce (0 CHO) - 1 Tbsp. mayo (0 CHO) ½ c. cantaloupe (1 CHO)	Baked fish lightly hand breaded with lemon (1 CHO) ½ c. sugar snap peas (0 CHO) ½ c. cubes mango (1 CHO) 1 c. skim milk (1 CHO)	Spinach salad with strawberries, feta cheese, and walnuts (1 CHO) 6 Triscuits (1 CHO) ⅓ c. hummus (0 CHO) 1 c. skim milk (1 CHO)	1 egg salad sandwich (0 CHO) - 2 slices whole wheat bread (2 CHO) Carrot sticks (0 CHO) 1 Tbsp. light ranch dip (0 CHO) ½ c. 100% apple juice (1 CHO)	1 grilled skinless chicken breast (0 CHO) - ⅔ c. whole grain brown rice (1 CHO) - mixed sauteed vegetables (onions, peppers) (0 CHO) - ½ canned pineapple in 100% juice (1 CHO) 1 c. skim milk (1 CHO)	Turkey wrap - 1 medium size tortilla (1 CHO) - 2 oz. lean turkey (0 CHO) - romaine lettuce (0 CHO) - carrots (0 CHO) - sprouts (0 CHO) - banana peppers (0 CHO) - 1 Tbsp. mayo (0 CHO) ½ c. cherries (1 CHO) 1 c. skim milk (1 CHO)	1 c. minestrone soup (1 CHO) 1 medium whole wheat roll (1 CHO) ½ c. canned pears in 100% juice (1 CHO)
Snack	6 Triscuits (1 CHO) ⅓ c. hummus (0 CHO)	1 c. diced honeydew (1 CHO) 1 string cheese (0 CHO)	1 granola bar made with whole nuts and dried fruit (1 CHO)	8 corn tortilla chips (1 CHO) ⅓ c. salsa (0 CHO)	1 slice whole wheat bread (1 CHO) 1 Tbsp. almond butter (0 CHO)	1 snack size Laughing Cow cheese (0 CHO) 14 wheat thins (1 CHO)	1 oz. Beanito chips (1 CHO)
Dinner	⅓ c. spaghetti (1 CHO) ½ c. meat sauce, with parmesan garnish (1 CHO) 1 c. steamed broccoli (0 CHO) ⅓ c. 100% grape juice (1 CHO)	3 oz. porkchop (0 CHO) ½ c. wild rice (1 CHO) ½ c. green beans (0 CHO) ½ c. canned peaches in 100% juice (1 CHO) 1 c. skim milk (1 CHO)	Chicken quesadilla - 1 small corn tortilla (1 CHO) - 2 oz. chicken (0 CHO) - onions, peppers (0 CHO) - colby jack (0 CHO) - ½ c. brown rice (1 CHO) - 1 Tbsp. sour cream (0 CHO) ½ fresh pear (1 CHO)	1 serving meatloaf (0 CHO) ½ c. red potatoes (1 CHO) 1 small whole wheat roll (1 CHO) ½ c. mixed cauliflower and broccoli steamed (0 CHO) 1 c. skim milk (1 CHO)	1 serving lasanga (2 CHO) ½ c. steamed carrots (0 CHO) ½ c. honeydew (1 CHO)	1 slice Cheese pizza - with spinach, tomato, and mushroom made on whole wheat crust (2 CHO) 1 c. sugar snap peas (0 CHO) 1 medium orange sliced (1 CHO)	6 homemade breaded chicken nuggets (1 CHO) 2 Tbsp. yogurt based ranch (0 CHO) ½ c. asparagus (0 CHO) 1 medium peach (1 CHO) 1 c. skim milk (1 CHO)
Snack	½ c. unsweetened applesauce (1 CHO) 1 oz. (28 almonds) no salt added (0 CHO)	1 pkg. Nature Valley Biscuits with peanut butter (1 CHO)	Chobani Simply 100 Greek yogurt (1 CHO)	6 Triscuits (1 CHO) 2 oz. Colby Jack Cheese (0 CHO)	1 medium apple, sliced (1 CHO) 2 Tbsp. peanut butter (0 CHO)	3 c. popcorn, no butter, lightly salted (1 CHO) 1 string cheese (0 CHO)	½ c. cottage cheese (0 CHO) ½ c. diced canned peaches in 100% juice (1 CHO)

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Diabetes Monthly Menu

week four

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Breakfast	Scrambled eggs made with spinach and peppers (0 CHO) ½ c. hashbrowns (1 CHO) 1 Tbsp. ketchup (0 CHO) 1 c. orange juice (2 CHO)	1 whole wheat pancake (1 CHO) ¾ c. blueberries, crushed (1 CHO) 2 medium breakfast turkey sausage lean (0 CHO) 1 c. skim milk (1 CHO)	1 sunny-side egg on 1 slice whole wheat toast (1 CHO) 2 slices tomato (0 CHO) 2 stripes lean turkey bacon (0 CHO) 1 c. 100% orange juice (2 CHO)	¾ c. of unsweetened Cheerios (1 CHO) 1 c. skim milk (1 CHO) ½ c. grapes (1 CHO) 1 string cheese (0 CHO) 1 c. coffee w/1 tsp. vanilla extract (0 CHO)	½ small whole wheat bagel (1 CHO) 1 Tbsp. light cream cheese (0 CHO) ¾ c. blueberries (1 CHO) 1 hard boiled egg (0 CHO) 1 c. skim milk (1 CHO)	1 breakfast burrito (1 CHO) - 1 small whole wheat tortilla shell - with sausage, egg, and cheese ½ c. raspberries (1 CHO) 1 c. skim milk (1 CHO)	1 slice french toast (1 CHO) 2 Tbsp. light syrup (1 CHO) ½ c. unsweetened applesauce (1 CHO) 2 lean breakfast sausage links (0 CHO) 1 c. coffee w/1 tsp. vanilla extract (0 CHO)
Snack	1 oz. Beanito chips (1 CHO)	14 wheat thins (1 CHO) ⅓ c. hummus (0 CHO)	1 whole grain peanut butter granola bar with dried berries (1 CHO)	100 calorie Chobani yogurt (1 CHO) ½ c. cherries (1 CHO)	1 c. canned pears in 100% juice (1 CHO) ½ c. low-fat cottage cheese (0 CHO)	100 calorie Chobani yogurt (1 CHO) 1 Tbsp. silvered almonds (0 CHO)	½ medium banana (1 CHO) 2 Tbsp. peanut butter (0 CHO)
Lunch	1 piece lightly BBQ chicken (0 CHO) ⅓ c. brown rice (1 CHO) ½ steamed vegetable mix (0 CHO) ½ c. canned peaches in 100% juice (1 CHO) 1 c. skim milk (1 CHO)	95% lean formed hamburger on a whole wheat bun (2 CHO) Lettuce and tomato (0 CHO) ½ c. watermelon (1 CHO)	Steak on ½ whole wheat submarine bun (1 CHO) - with cheese and sauteed peppers, onions, and mushrooms ½ c. canned pears in 100% juice (1 CHO) 1 c. skim milk (1 CHO)	2 slices vegetable pizza - Whole wheat crust (1 CHO) - veggie dip sauce - mixed vegetables - sprinkled cheddar cheese 1 banana (2 CHO)	1 c. tuna salad, with peas (1 CHO) ½ c. watermelon (1 CHO) ½ c. snap peas (0 CHO) 1 c. skim milk (1 CHO)	2 soft shell tacos (2 CHO) - whole grain tortilla shell - with ground beef, lettuce, tomato, and cheese 1 medium apple, sliced (1 CHO)	1 c. vegetable beef soup (1 CHO) 1 medium whole wheat dinner roll (1 CHO) ½ c. pineapple in 100% juice (1 CHO)
Snack	1 c. cantaloupe (2 CHO) 1 string cheese (0 CHO)	1 medium apple, sliced (1 CHO) 2 Tbsp. peanut butter (0 CHO)	8 corn tortilla chips (1 CHO) ⅓ c. salsa (0 CHO)	1 slice of whole wheat toast (1 CHO) 1 Tbsp. almond butter (0 CHO)	14 wheat thins (1 CHO) ⅓ c. hummus (0 CHO)	½ medium banana (1 CHO) 2 Tbsp. peanut butter (0 CHO)	6 Triscuits (1 CHO) ⅓ c. hummus (0 CHO)
Dinner	½ grilled cheese sandwich - 1 slice of whole wheat bread (1 CHO) 1 c. low-sodium tomato soup (1 CHO) 1 c. grapes (1 CHO)	3 oz. chicken breast (0 CHO) - with ½ c. pineapple (1 CHO) side salad with mix vegetables (0 CHO) 1 medium whole wheat dinner roll (1 CHO) 1 c. skim milk (1 CHO)	1 c. low-sodium Chicken noodle soup (1 CHO) ½ c. cubed mango (1 CHO) ½ c. side salad (0 CHO) 1 c. skim milk (1 CHO)	1 ½ c. Tator-Tot hotdish (1 CHO) - with 95% lean turkey hamburger - low-sodium mushroom soup ½ c. mashed sweet potato (1 CHO) ½ c. 100% grape juice (1 CHO)	3 oz. roasted skinless turkey breast (0 CHO) ½ c. dressing with gravy (1 CHO) ¼ c. cranberries (1 CHO) 1 c. skim milk (1 CHO)	Grilled avocado, spinach, and cheese sandwich (2 CHO) - 2 slices whole wheat bread ½ c. mixed fruit (1 CHO) 1 can La Croix (0 CHO)	Grilled Salmon (0 CHO) ½ c. green beans (0 CHO) ½ c. honeydew melon (1 CHO) 1 medium whole wheat dinner roll (1 CHO) 1 c. skim milk (1 CHO)
Snack	½ c. cottage cheese (0 CHO) ½ c. pineapple tidbits in 100% juice (1 CHO)	Chobani Simply 100 Greek yogurt (1 CHO)	1 large stalk celery (0 CHO) 1 Tbsp. nut butter (0 CHO) 1 Tbsp. dark chocolate chips (1 CHO)	4 c. Boom Chicka Pop - sea salt (1 CHO)	1 Kashi oatmeal dark chocolate chip cookie (1 CHO)	2 Chocolate Belvita biscuits (½ of one package) (1 CHO) 1 Tbsp. nut butter (0 CHO)	Chobani Simply 100 Crunch yogurt (1 CHO)

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