






# 5-Day Sample Menu: 100 grams/day

Eating a consistent amount of carbohydrate at each meal and spreading meals and snacks throughout the day can help keep your blood sugar levels stable, which helps with weight loss.

These menus provide breakfast, lunch and dinner meals, plus an optional snack. Each meal contains 30 grams of carbohydrate. *If a food has a significant amount of carbohydrate, the number of grams is included next to it in the chart below. If a food does not have a significant amount of carbohydrate, it does not have a number after it.*

- TIP** Eat at regular times.
- TIP** Avoid skipping meals.
- TIP** Try to eat every 4-5 hours.

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>BREAKFAST</b>	1 cup oatmeal (30 grams) with 10 walnuts 2 oz. lean ham 	2 eggs, scrambled 1 piece of toast (15 grams) 1 small orange (15 grams)	½ English muffin, toasted (15 grams) 1 tbsp. peanut butter 6 oz. Greek yogurt (15 grams)	Breakfast Sandwich <ul style="list-style-type: none"> <li>• 1 English muffin, toasted (30 grams)</li> <li>• 1 egg, pan-fried</li> <li>• 1 oz. cheese</li> </ul>	Vegetable Omelet <ul style="list-style-type: none"> <li>• 2 eggs or ½ cup egg substitute</li> <li>• Onion, mushrooms and peppers, sautéed</li> </ul> 1 medium banana (30 grams)
<b>LUNCH</b>	Turkey Sandwich <ul style="list-style-type: none"> <li>• 1 slice 100% whole-wheat bread (15 grams)</li> <li>• 2-3 oz. deli turkey</li> <li>• 1-oz. slice Provolone cheese</li> <li>• Lettuce, tomato and mustard</li> <li>• 1 tbsp. mayonnaise</li> </ul> 1 small apple (15 grams) 1 cup baby carrots	Grilled Chicken Salad <ul style="list-style-type: none"> <li>• Romaine lettuce</li> <li>• 3-oz. boneless, skinless chicken breast</li> <li>• 1 tbsp. dressing</li> <li>• 1 tbsp. grated parmesan cheese</li> </ul> 5-6 saltine crackers (15 grams) ½ cup mixed fruit (15 grams) 	Tuna Salad Sandwich <ul style="list-style-type: none"> <li>• 2 oz. water-packed tuna, drained</li> <li>• 1 slice 100% whole-wheat bread (15 grams)</li> <li>• 1 tbsp. mayonnaise</li> <li>• 1 tbsp. sweet pickle relish</li> </ul> 2 cups baby spinach with 2 tbsp. vinaigrette 1 cup blueberries (15 grams)	1 cup minestrone soup (15 grams) Mixed green salad with 2 tbsp. dressing 1 cup blueberries (15 grams) 	Ham and Swiss Sandwich <ul style="list-style-type: none"> <li>• 2 oz. lean ham</li> <li>• 1 slice rye bread (15 grams)</li> <li>• 1-oz. slice Swiss cheese</li> <li>• Lettuce, tomato and mustard</li> <li>• 1 tbsp. mayonnaise</li> </ul> 1 cup raw broccoli with 2 tbsp. ranch dressing 1 cup raspberries (15 grams)
<b>SNACK (optional)</b>	P3 portable protein pack (less than 10 grams)	½ cup (about 10) cherries (less than 10 grams) 1-oz. mixed nuts (about 15 pieces)	½ cup reduced-fat cottage cheese ¼ cup peaches, canned in own juice (less than 7 grams)	½ cup raspberries (less than 10 grams) 1 piece string cheese	4 oz. yogurt, artificially sweetened (10 grams) 1-oz. mixed nuts (about 15 pieces)
<b>DINNER</b>	3-oz. salmon fillet, grilled ⅔ cup brown rice (30 grams) 1 cup Brussels sprouts, steamed 	Hamburger <ul style="list-style-type: none"> <li>• 3-oz. lean ground beef patty, grilled</li> <li>• 1 hamburger bun (30 grams)</li> <li>• Lettuce, onion and tomato</li> <li>• 1 tbsp. each ketchup and mustard</li> </ul> 1 cup green beans 5-6 cherry tomatoes	3-oz. skinless chicken breast, grilled 1-oz. dinner roll (15 grams) with 1 tsp. butter ½ cup mashed potatoes (15 grams) 1 cup broccoli, steamed 	Chicken Fajitas <ul style="list-style-type: none"> <li>• One 6-inch tortilla (15 grams)</li> <li>• 3-oz. grilled chicken breast, cut into strips</li> <li>• Onions, peppers and mushroom, grilled</li> <li>• ¼ cup salsa</li> <li>• 2 tbsp. sour cream</li> <li>• ¼ cup Mexican cheese, shredded</li> </ul> ½ cup black beans (15 grams)	Spaghetti With Meat Sauce <ul style="list-style-type: none"> <li>• ⅔ cup cooked spaghetti (30 grams)</li> <li>• ½ cup spaghetti sauce</li> <li>• 3 oz. lean ground beef or turkey, cooked</li> </ul> 1 cup roasted zucchini Tossed salad with 2 tbsp. Italian dressing