











5-Day Sample Menu: **75 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 15 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
BREAKFAST	Oikos® Triple Zero High Protein Nonfat Greek Yogurt (10 grams) ½ cup berries (7 grams) 1 tbsp. peanut butter	Breakfast Sandwich • 1 English muffin, toasted (30 grams) • 1 egg, pan-fried • 1 slice cheese 	1 slice 100% whole-wheat toast (15 grams) ½ avocado, mashed ½ cup cottage cheese 5-6 cherry tomatoes	½ avocado 2 boiled eggs 1 slice 100% whole-wheat toast (15 grams) 	Vegetable Omelet • 2 eggs • Onion, mushrooms and peppers, sautéed • ½ avocado topping • Mixed greens 1 slice whole-wheat toast (15 grams) 1 clementine (7 grams)
LUNCH	Turkey Wrap • One 6-inch whole-wheat tortilla (15 grams) • 2-3 oz. deli turkey • 1-oz. slice Provolone cheese • Lettuce, tomato and mustard • 1 tbsp. mayonnaise 1 small apple (15 grams) ½ cup baby carrots 	Grilled Chicken Salad • Romaine lettuce • 3-oz. boneless, skinless chicken breast • 2 tbsp. dressing • 1 tbsp. grated parmesan cheese ½ cup garbanzo beans or peas (15 grams) 4-5 mini bell peppers ½ cup pineapple (10 grams)	Tuna Salad Lettuce Wrap • 2 oz. water-packed tuna, drained • 1 tbsp. mayonnaise • 1 tbsp. sweet pickle relish • Romaine lettuce leaves ½ cup couscous (15 grams) 1 orange (15 grams) 1 cup raw celery with 2 tbsp. peanut butter	1 cup chili (30 grams) Shredded cheese Mixed green salad with 2 tbsp. dressing 	1 Starkist® tuna or salmon packet 4-5 saltine crackers (15 grams) ½ cup steamed edamame (15 grams) 1 cup raw broccoli with 2 tbsp. ranch dressing
SNACK (optional)	15-20 almonds 1 apricot (4 grams) 	½ cup (about 10) cherries (10 grams) 1-oz. mixed nuts (about 15 pieces)	1 piece string cheese 15 almonds	1 small apple (15 grams) with 1 tbsp. peanut butter	1 cup raw carrots and sliced cucumbers ½ cup hummus (7 grams)
DINNER	3-oz. salmon fillet, grilled ⅔ cup brown rice (30 grams) 1 cup Brussels sprouts, steamed 	Open-Faced Hamburger • 3-oz. lean ground beef patty, grilled • Lettuce, onion and tomato • 1 tbsp. each ketchup and mustard 1 cup green beans 1 cup corn (30 grams)	3-oz. skinless chicken breast, grilled 1 small baked potato (30 grams) with 1 tsp. butter 1 cup broccoli, steamed 	Chicken Fajitas • 3-oz. grilled chicken breast, cut into strips • Onions, peppers and mushrooms, grilled • ¼ cup salsa • 2 tbsp. sour cream • ¼ cup Mexican cheese, shredded ½ cup black beans (15 grams)	Zoodles With Meat Sauce • ½ bag Green Giant® Veggie Spirals® zucchini noodles (5 grams) • ½ cup spaghetti sauce • 2 oz. lean ground beef or turkey, cooked Tossed salad with 2 tbsp. Italian dressing 1 cup berries (15 grams)