

<b>1200 Cal a day</b>	Calories	Cals from Fat	Cals Sat Fat	Total Fat	Protein	Carbohydrate	Cholesterol
<b>Breakfast</b>							
1 bottle BOOST Glucose Control, any flavor Non calorie beverage of choice*							
<i>Breakfast Total</i>	190	63	4.5	7	16	16	10
<b>Morning Snack</b>							
1 - 6 oz. container light yogurt (approx. 80 cal) 1 Tbsp. dry roasted whole almonds Non calorie beverage of choice*							
<i>Morning Snack Total</i>	133	43	3.4	4.7	8.8	16.7	6
<b>Lunch</b>							
1/2 cup baby carrots 1 turkey sandwich 2 slices whole wheat bread 4 oz. lean oven roasted turkey breast 3 pieces leaf lettuce 1/4 cup sliced tomatoes 1 Tbsp. light mayonnaise Non calorie beverage of choice*							
<i>Lunch Total</i>	347	94	20.7	10.46	31.2	35	55.8
<b>Afternoon Snack</b>							
1 medium apple, sliced 8-10 pieces fat free pretzel thins Non calorie beverage of choice*							
<i>Afternoon Snack Total</i>	158.6	2	0.3	0.2	1.9	38	0
<b>Dinner</b>							
1 serving - Quick BBQ Chicken (see recipe) 1/2 cup cooked green beans 2 tsp. light buttery spread Non calorie beverage of choice*							
<i>Dinner Total</i>	222.8	43	6	5	28	13.7	68
<b>Evening Snack</b>							
1 slice whole wheat bread 1 Tbsp. reduced fat creamy peanut butter Non calorie beverage of choice*							
<i>Evening Snack Total</i>	163.8	65	13.5	7	6	20.4	0
* Examples include - Coffee, Tea, Water, diet sugar free drink mix (i.e. Crystal Light®), diet sugar free soda							
<b><i>Daily Total</i></b>	<b>1216</b>	<b>310</b>	<b>49</b>	<b>35</b>	<b>93</b>	<b>140</b>	<b>140</b>
	% of total calories		4%	26%	31%	46%	

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