

| <b>1400 Cal a day, no morning snack</b>                                                                                                                                   | Calories            | Cals from Fat | Cals Sat Fat | Total Fat | Protein | Carbohydrate | Cholesterol |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------------|--------------|-----------|---------|--------------|-------------|
| <b>Breakfast</b>                                                                                                                                                          |                     |               |              |           |         |              |             |
| 1 cup hot oatmeal cereal<br>1/2 cup sliced strawberries<br>2 egg whites, cooked<br>1 cup skim milk<br>Non calorie beverage of choice*                                     |                     |               |              |           |         |              |             |
| <i>Breakfast Total</i>                                                                                                                                                    | 297                 | 23            | 4            | 3         | 23      | 45           | 3           |
| <b>Lunch</b>                                                                                                                                                              |                     |               |              |           |         |              |             |
| 1 bottle BOOST Glucose Control, any flavor<br>Non calorie beverage of choice*                                                                                             |                     |               |              |           |         |              |             |
| <i>Lunch Total</i>                                                                                                                                                        | 190                 | 63            | 5            | 7         | 16      | 16           | 10          |
| <b>Afternoon Snack</b>                                                                                                                                                    |                     |               |              |           |         |              |             |
| 4 pieces reduced fat Club crackers<br>2 Tbsp. dry roasted peanuts, unsalted<br>1 medium apple, sliced<br>2 oz. fat free cheddar cheese<br>Non calorie beverage of choice* |                     |               |              |           |         |              |             |
| <i>Afternoon Snack Total</i>                                                                                                                                              | 307                 | 101           | 15           | 11        | 24      | 30           | 10          |
| <b>Dinner</b>                                                                                                                                                             |                     |               |              |           |         |              |             |
| 1 serving - Tasty Taco Salad (see recipe)<br>1 cup skim milk<br>Non calorie beverage of choice*                                                                           |                     |               |              |           |         |              |             |
| <i>Dinner Total</i>                                                                                                                                                       | 445                 | 120           | 31           | 13        | 38      | 44           | 73          |
| <b>Evening Snack</b>                                                                                                                                                      |                     |               |              |           |         |              |             |
| 1 bottle BOOST Glucose Control, any flavor<br>Non calorie beverage of choice*                                                                                             |                     |               |              |           |         |              |             |
| <i>Evening Snack Total</i>                                                                                                                                                | 190                 | 63            | 5            | 7         | 16      | 16           | 10          |
| * Examples include - Coffee, Tea, Water, diet sugar free drink mix (i.e. Crystal Light®*), diet sugar free soda                                                           |                     |               |              |           |         |              |             |
| <b>Daily Total</b>                                                                                                                                                        | 1429                | 370           | 59           | 41        | 116     | 151          | 106         |
|                                                                                                                                                                           | % of total calories |               | 4%           | 26%       | 32%     | 42%          |             |

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