

1500 Cal a day, no morning snack	Calories	Cals from Fat	Cals Sat Fat	Total Fat	Protein	Carbohydrate	Cholesterol
Breakfast							
3/4 cup Cheerios cereal 1/2 banana 1 cup 1% milk Non calorie beverage of choice*							
<i>Breakfast Total</i>	246	36	17	4	12	43	15
Lunch							
1 bottle BOOST Glucose Control, any flavor 1/2 cup baby carrots 1 tuna sandwich 1 slice whole wheat bread 1/2 cup canned chunk light tuna, drained 1 Tbsp. fat free mayonnaise 1/4 tsp. salt free seasoning 1 large piece leaf lettuce Non calorie beverage of choice*							
<i>Lunch Total</i>	396	122	15	14	33	36	31
Afternoon Snack							
2 - 12 inch stalks celery 2 Tbsp. reduced fat creamy peanut butter Non calorie beverage of choice*							
<i>Afternoon Snack Total</i>	207	110	23	12	8	19	0
Dinner							
1 serving - Oven Fried Catfish (see recipe) 1 cup cooked broccoli 2 tsp. grated parmesan cheese 1/2 cup sugar free, fat free pudding, any flavor 1 cup 1% milk Non calorie beverage of choice*							
<i>Dinner Total</i>	481	163	53	18	45	37	102
Evening Snack							
1 bottle BOOST Glucose Control, any flavor 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							
<i>Daily Total</i>	1520	494	111	55	114	151	158
	% of total calories		7%	31%	29%	40%	

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