

2400 Cal a day (3 GC)	Calories	Cals from Fat	Cals Sat Fat	Total Fat	Protein	Carbohydrate	Cholesterol
Breakfast							
1 bottle Boost Glucose Control, any flavor 1/2 cup fresh, sliced strawberries 1 cup hot oatmeal 2 egg whites, cooked 1 slice whole wheat bread, toasted 2 tsp. light buttery spread Non calorie beverage of choice*							
<i>Breakfast Total</i>	569	141	19	16	35	74	10
Morning Snack							
3/4 cup 1% cottage cheese 1/2 cup sliced peaches 1 oz. walnut halves Non calorie beverage of choice*							
<i>Morning Snack Total</i>	341	182	26	20	26	17	7
Lunch							
1 bottle Boost Glucose Control, any flavor 1 medium apple, sliced 1 serving - Low Fat Chicken Burrito (see recipe) Non calorie beverage of choice*							
<i>Lunch Total</i>	602	138	31	15	48	70	68
Afternoon Snack							
1 bottle BOOST Glucose Control, any flavor 1 - 6 oz. container light yogurt (approx. 80 cal) Non calorie beverage of choice*							
<i>Afternoon Snack Total</i>	250	81	14	9	22	19	20
Dinner							
1 serving - Dilly Baked Halibut (see recipe) 2 oz. cooked, peeled new potatoes 1/2 cup cooked mixed vegetable blend (i.e. broccoli, cauliflower, carrot blend) 1 whole wheat dinner roll 2 tsp. fat free buttery spread 1 cup 1% milk Non calorie beverage of choice*							
<i>Dinner Total</i>	476	130	32	15	39	47	51
Evening Snack							
1 Tbsp. reduced fat creamy peanut butter 3 pieces reduced fat Club crackers Non calorie beverage of choice*							
<i>Evening Snack Total</i>	137	68	14	8	4	15	0
* Examples include - Coffee, Tea, Water, diet sugar free drink mix (i.e. Crystal Light®), diet sugar free soda							
Daily Total	2375	739	133	83	175	243	156
	% of total calories		6%	31%	29%	40%	

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