

Handy Meal and Snack Suggestions for Counting Your Carbs

(The number in parentheses is the amount of grams of carbohydrates for each food item.)

5 Great Breakfasts for 45 grams of Carbs

1. English muffin (25) with 2 Tbl. peanut butter (8); iced latte: 1 Cup coffee, 1 Cup almond milk and 2 tsp. sugar (10)
2. Loaded Smoothie – blend 1 Cup frozen berries (20), ½ banana (15), ¼ Cup chopped kale (2), and water; serve with 2 hardboiled eggs (2) with a dab of mustard
3. Oatmeal: ½ Cup dry = 1 Cup cooked, plain (27), then add ¼ Cup nuts (5), 2 tsp. brown sugar (8) or ¼ Cup fresh fruit (10)
4. Cheerios, 1 Cup (21) with ½ Cup sweetened kefir (10) and ¼ Cup seeds or nuts (5)
5. 2 small homemade muffins (20 each) with butter

5 Great Lunches To Go for 45 grams of Carbs

1. Sandwich Thin (21) with 1 Tbl. Mayonnaise (1), 3 slices of lunch meat (3), 2 slices of provolone (2), 1 slice of tomato (1), and 5 spinach leaves (1); 1 tangerine (12); ¼ Cup carrots&celery (4)
2. Pita bread, 1 slice (30) with 2 Tbl. Hummus (6), string cheese (1); cucumber (1)
3. Ready-to-eat salad mix, like Ready Pac Bistro Sante Fe (16), 2 fig newtons (22)
4. Chili Cream Cheese: heat 1 can vegetarian chili and stir in 1 package cream cheese, makes 4 servings (19 each), eat with 12 tortilla chips (18), ½ Cup grapes (8)
5. Avocado toast: ½ mashed avocado (8) on 2 pieces of toast (30), serve with cheese and greens (5)

5 Great Dinners for 45 grams of Carbs

1. Lentils & Bruschetta: cook 1 Cup dried lentils, drain before mixing with 1 jar Trader Joe's bruschetta, makes 8 servings (10 each); serve with 1 small sliced baguette (30) or 10 Ritz crackers (16)
2. Salmon patty (2), ½ Cup garlic mashed potatoes (30), salad (10)
3. Burrito: forego the rice, tortilla (20), ¼ Cup refried beans (10), cheddar cheese (2), ¼ avocado (4), salsa (1), and 1 Cup spinach (1)
4. Rice bowl: ½ Cup rice (20), ¼ Cup black beans (10), ¼ Cup corn (8), salsa or your favorite Asian spicy sauce (1), fried egg (1), ¼ avocado (4)
5. Spaghetti squash: 2 Cups (15), with ¼ Cup marinara (6) and parmasan cheese (2), salad (10)

5 Super Snacks for 15 grams of Carbs

1. Chunk of brie cheese (2) with 8 Ritz crackers (13)
2. Nachos: 10 tortilla chips (13) with shredded cheddar cheese (1) and salsa (1)
3. ¼ Cup almonds (6) with 1/3 snack bag of M&Ms (9)
4. Popcorn: 1/3 bag of microwave kettle corn (15)
5. Eat dessert two hours after meal: 1 small scoop of ice cream (15)

*This handy list of suggestions was prepared especially for you
from the blogpost "Count Your Carbs in May"
on KristenHarperBooks.wordpress.com
Please send me your quick ideas for low-carb meals and snacks!*