

Breakfast 30-45 g carbs	Egg toast milk	Oatmeal plus nuts	
Snack 10-15 g carbs	Pb + fruit	Yogurt plus nuts	
Lunch 30-45 g carbs	Protein carb fat		
Snack 10-15 g carbs	Cheese or nuts fruit		
Dinner 30-45 g carbs	Protein + carb + fat		
Bedtime Snack 10-15 g carbs	Very important not to miss.		

Protein balanced for carbs 1:1

So diet is 40% carb 40% protein and 20% fat

Carbs- include rice lentils potato pasta bread cookies cakes juices soda fruit

Protein groups: meat /fish/ cheese/ nuts /eggs

Count milk (eg skim soy almond) and yogurt all types including greek as carb

Keep list of what you have eaten over the next week