

High Carbohydrate Meals

			Carb	Protein	Fat	Calories
4 oz Chicken	8 oz Sweet Potato	100g Broccoli	52	32	1	345
	8 oz Rice	100g Asparagus	48	31	1	325
	8 oz Russet Potato	100g Green Bean	46	34	1	329
4 oz Sole	8 oz Sweet Potato	100g Broccoli	52	29	1	333
	8 oz Rice	100g Asparagus	48	28	1	313
	8 oz Russet Potato	100g Green Bean	46	53	2	414
4 oz Steak	8 oz Sweet Potato	100g Broccoli	52	31	9	413
	8 oz Rice	100g Asparagus	48	30	9	393
	8 oz Russet Potato	100g Green Bean	46	33	9	397
4 oz Salmon	8 oz Sweet Potato	100g Broccoli	52	37	6	410
	8 oz Rice	100g Asparagus	48	36	6	390
	8 oz Russet Potato	100g Green Bean	46	39	6	394
8 oz Chicken	8 oz Sweet Potato	100g Broccoli	52	57	2	454
	8 oz Rice	100g Asparagus	48	56	2	434
	8 oz Russet Potato	100g Green Bean	46	59	2	438
8 oz Sole	8 oz Sweet Potato	100g Broccoli	52	51	2	430
	8 oz Rice	100g Asparagus	48	50	2	410
	8 oz Russet Potato	100g Green Bean	46	53	2	414
8 oz Steak	8 oz Sweet Potato	100g Broccoli	52	55	18	590
	8 oz Rice	100g Asparagus	48	54	18	570
	8 oz Russet Potato	100g Green Bean	46	57	18	574
8 oz Salmon	8 oz Sweet Potato	100g Broccoli	52	67	12	584
	8 oz Rice	100g Asparagus	48	66	12	564
	8 oz Russet Potato	100g Green Bean	46	69	12	568