

Moderate Carbohydrate Meals

			Carbs	Protein	Fat	Calories
4 oz Chicken	4 oz Sweet Potato	100g Broccoli	28	29	1	237
	4 oz Rice	100g Asparagus	26	29	1	229
	4 oz Russet Potato	100g Green Bean	26	30	1	233
4 oz Sole	4 oz Sweet Potato	100g Broccoli	28	26	1	225
	4 oz Rice	100g Asparagus	26	26	1	217
	4 oz Russet Potato	100g Green Bean	26	27	1	221
4 oz Steak	4 oz Sweet Potato	100g Broccoli	28	28	9	305
	4 oz Rice	100g Asparagus	26	28	9	297
	4 oz Russet Potato	100g Green Bean	26	29	9	301
4 oz Salmon	4 oz Sweet Potato	100g Broccoli	28	34	6	302
	4 oz Rice	100g Asparagus	26	34	6	294
	4 oz Russet Potato	100g Green Bean	26	35	6	298
8 oz Chicken	4 oz Sweet Potato	100g Broccoli	28	54	2	346
	4 oz Rice	100g Asparagus	26	54	2	338
	4 oz Russet Potato	100g Green Bean	26	55	2	342
8 oz Sole	4 oz Sweet Potato	100g Broccoli	28	48	2	322
	4 oz Rice	100g Asparagus	26	48	2	314
	4 oz Russet Potato	100g Green Bean	26	49	2	318
8 oz Steak	4 oz Sweet Potato	100g Broccoli	28	52	18	482
	4 oz Rice	100g Asparagus	26	52	18	474
	4 oz Russet Potato	100g Green Bean	26	53	18	478
8 oz Salmon	4 oz Sweet Potato	100g Broccoli	28	64	12	476
	4 oz Rice	100g Asparagus	26	64	12	468
	4 oz Russet Potato	100g Green Bean	26	65	12	472