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Dinner Food Carbohydrate Count

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Monday Food	Serving Size	Size equivalent	Carbs (g)
Penne Pasta	1 cup	Fist size	42
GF Rice Pasta	1 cup	Fist size	40
Marinara Sauce	3 oz.	Deck of cards size	5.5
Bean-Kale Sautee	1 cup	Fist size	32*
Vegetables	½ cup	1 Cupped hand	5.5
Cheesy Garlic Bread	2 pieces	2 pieces	17*
Brownie	3 oz.	1 brownie (triangle)	45
Vegan/GF Cupcake	1 piece	1 cupcake	20*
2% Milk	8 oz.	1 glass	8

Tuesday Food	Serving Size	Size equivalent	Carbs (g)
Brown Rice	½ cup	1 Cupped hand	22
Black Beans	½ cup	1 Cupped hand	20
Pinto Beans	½ cup	1 Cupped hand	20
Corn Tortilla	2 tortillas	2 tortillas	30
Wheat Tortilla	1 tortilla	1 tortilla	25
Vegetable Slaw	½ cup	1 Cupped hand	5.5
House-made Salsa	2 Tbsp	Golf ball	3*
Tortilla Chips	15 chips	15 chips	15
Vanilla Cupcake	1 cupcake	1 cupcake	26*
Vegan/GF Cupcake	1 cupcake	1 cupcake	20*
2% Milk	8 oz	1 glass	8

Wednesday Food	Serving Size	Size equivalent	Carbs (g)
IW Cheese Pizza	1 slice	1 slice	20
Green Salad	1 cup	Fist size	4*
Ranch Dressing	2 Tbsp	Golf ball	2
Ice Cream	4 oz.	2 scoops	30
GF Pizza Dough	1 slice	1 slice	40*
Vegan Flatbread Pizza	1 slice	1 slice	20*
Vegan Ice Cream	½ cup	1 Cupped hand	20
2% Milk	8 oz.	1 glass	8

\*based on averages