

## Protein Pack Carbohydrate Count

### **Monday:**

Yogurt, Upstate Farms Single Serve (4oz) -	Carbohydrate Count: 19.07 grams
Cheese, Mozzarella, String (1 each) -	Carbohydrate Count: 1.00 grams
Granola, Individual Large Pouch (1 oz) -	Carbohydrate Count: 20.00 grams

### **Tuesday:**

Chicken, Fajita Seasoned Strips (1.5oz) -	Carbohydrate Count: 0.88 grams
Cheese, Mozzarella, String (1 each) -	Carbohydrate Count: 1.00 grams
Bread, Dinner Roll (1 roll) -	Carbohydrate Count: 26.00 grams

### **Wednesday:**

Egg, whole, hard boiled (1 large egg) -	Carbohydrate Count: 1.00 grams
Zee Zees, Sunflower Seeds (1 each) -	Carbohydrate Count: 6.00 grams
Bread, Dinner Roll (1 roll) -	Carbohydrate Count: 26.00 grams

### **Thursday:**

Cheese, Mozzarella, String (1 each) -	Carbohydrate Count: 1.00 grams
Turkey, Pepperoni (1.23 oz) -	Carbohydrate Count: 1.00 grams
Goldfish WG, Individually Wrapped (1 each) -	Carbohydrate Count: 14.00 grams

### **Friday:**

Yogurt, Upstate Farms Single Serve (4 oz) -	Carbohydrate Count: 19.07 grams
Cheese, Mozzarella, String (1 each) -	Carbohydrate Count: 1.00 grams
ZeeZee Grahamz, Individually Wrapped (1 each) -	Carbohydrate Count: 21.00 grams