### 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