

Clear or Full & Consistent Carb

Day: S M T W T F S

Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Breakfast

Clear Liquids

Apple Juice (1 Carb)
Vegetable Broth
Jello
Fruit Ice (2 Carbs)
Coffee or Tea
S&L or Sugar

No Red Dye

Full Liquids

Orange Juice (1 Carb)
Oatmeal (1 Carb)
Yogurt (1 Carb)
2% Milk (1 Carb)
Coffee or Tea
S&L or Sugar
Creamer

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Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Lunch

Clear Liquids

Fruit Punch (1 Carb)
Chicken Broth
Jello
Fruit Ice (2 Carbs)
Coffee or Tea
S&L or Sugar

No Red Dye

Full Liquids

Fruit Punch (1 Carb)
Cream of Chicken Soup (1 Carb)
Ice Cream (1 Carb)
2% Milk (1 Carb)
Coffee or Tea
S&L or Sugar
Creamer

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Choose ____ Carb Servings
1 Carb Serving =15 gm Carbohydrate

Dinner

Clear Liquids

Grape Juice (1 Carb)
Beef Broth
Jello
Fruit Ice (2 Carbs)
Coffee or Tea
S&L or Sugar

No Red Dye

Full Liquids

Grape Juice (1 Carb)
Cream of Tomato (1 Carb)
Vanilla Pudding (1 Carb)
2% Milk (1 Carb)
Coffee or Tea
S&L or Sugar
Creamer

NAME: _____ Rm #: _____

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