

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

Clear or Full & Consistent Carb

Day: S M T W T F S

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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Day: S M T W T F S

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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