

Suggested High-Carb Meal 1	5 oz sweet potato & 1/3 cup oatmeal (before cooking) & 1 small banana	1 cup fibrous veggies (broccoli, spinach, green beans, asparagus)	1 tsp butter or flaxseed oil
Suggested High-Carb Meal 2	1/2 cup whole-wheat pasta <u>or</u> 1/2 cup brown rice (before cooking) with 2 TBS marinara sauce, & 4 strawberries	1 cup fibrous veggies (broccoli, spinach, green beans, asparagus)	1 tsp butter or flaxseed oil
Suggested High-Carb Meal 3	Low-fat chili with beans (with or without meat)		