



## Plan for Thanksgiving!

Breakfast: 30 grams of carbohydrates and 3-4 ounces of protein

### Holiday Meal

*(120 grams carbohydrates for meal total)*

**Meat** (turkey, ham, roast beef): 3- 4 ounces (0 grams carbohydrates)

**Gravy**: ½ cup (7 grams carbohydrates)

**Cranberry sauce**: ¼ cup (23 grams carbohydrates)

-May be substituted with 1 ½ slices of bread or 1 ½ rolls

**Potatoes** (mashed): ½ cup (15 grams carbohydrates) OR (roasted): ½ cup (15 grams carbs)

**Butternut squash** (plain): 1 cup (15 grams carbohydrates)

**Bread stuffing**: 1/3 cup (15 grams carbohydrates)

**Cider**: 4 ounces (15 grams carbohydrates)

-May be substituted with 4 ounces of sweet dessert wine

**Pie**: pumpkin or custard- 2” wide slice (23 grams carbohydrates)

Other dessert: 1” wide slice of cake or pie OR 4 ounces of pudding/custard: (7 grams carbs)



Dinner: 30 grams of carbohydrates and 3-4 ounces of protein

### TOTAL CARBOHYDRATES

180 grams of carbohydrates for the whole day

### **Nutritional Breakdown for the Day:**

1452 calories, 180 grams of carbohydrates, 84 grams of protein, 44 grams of fat.