

**Walden West Cupertino 4-Day Program Carb Count Menu** Updated 1/4/18

Tuesday			Wednesday			Thursday			Friday		
No Breakfast	Amount	Carb	Breakfast	Amount	Carb	Breakfast	Amount	Carb	Breakfast	Amount	Carb
			French Toast	1 Pc	18g	Waffles	1 Pc	16g	Scrambled Eggs	3 eggs	1g
			Butter	1 Pc	0g	Butter	1 Pc	0g	Hash Browns	1 Pc	12g
			Jelly	1 Pack	9g	Jelly	1 Pack	9g	Ketchup	1 Tbsp	5g
<b>Cereals</b>			Syrup (Sugar Free)	3 Tbsp	10g	Syrup (Sugar Free)	3 Tbsp	10g	Hot Cereal	See list	on left
Kix	1 Cup	20g	Sausage	1 Pc	0g	Sausage	1 Pc	0g	Brown Sugar	1 Tbsp	4g
Rice Krispies	1 Cup	22g	Hot Cereal	See list	on left	Hot Cereal	See list	on left	Raisins	1 Tbsp	8g
Corn Chex	1 Cup	26g	Brown Sugar	1 Tbsp	4g	Brown Sugar	1 Tbsp	4g	Milk	1 Cup	14g
Cheerios	1 Cup	21g	Raisins	1 Tbsp	8g	Raisins	1 Tbsp	8g	Apple Juice	1 Cups	29g
Corn Flakes	1 Cup	24g	Milk	1 Cup	14g	Milk	1 Cup	14g	Orange Juice	1 Cups	27g
			Apple Juice	1 Cups	29g	Apple Juice	1 Cups	29g	Gluten Free Waffles	1 Pc	21.5g
<b>Fruits</b>			Orange Juice	1 Cups	27g	Orange Juice	1 Cups	27g	Vegetarian Sausage	1 Pc	3g
Apples	1 Pc	25g	Gluten Free Waffles	1 Pc	21.5g	Gluten Free Waffles	1 Pc	21.5g			
Oranges	1 Pc	11g	Vegetarian Sausage	1 Pc	3g	Vegetarian Sausage	1 Pc	3g			
Banana	1 Pc	27g									
Pears	1 Pc	27g	<b>Lunch</b>			<b>Lunch</b>			<b>Salad</b>	<b>Bar</b>	
Peaches	1 Pc	14g	<b>Epic Journey</b>			<b>Non-Epic Journey</b>			Lettuce	1 Cup	1g
Nectarines	1 Pc	15g	Bread	2 Slices	30g	Chicken Patties	1 Pc	14g	Spring Mix	1 Cup	2g
			Gluten Free Bread	2 Slices	22g	Slider Bun	1 Each	13g	Potato Salad	½ Cup	14g
<b>Hot Cereal</b>			Turkey	3 oz	2g	Ketchup	1 Tbsp	5g	Macaroni Salad	½ Cup	27g
Oatmeal	1 Cup	27g	Ham	3 oz	2g	Mustard		0g	Tomato	2 each	2g
Malt-O-Meal	1 Cup	27g	Cheese	1 Slice	1g	Chips	11 Pc	15g	Carrots	6 each	3g
Grits	1 Cup	29g	Sun Butter	2 Tbsp	7g	Veggie Pattie	1 Pc	22g	Cucumbers	4 slices	1g
Porridge	1 Cup	27g	Jelly	1 Tbsp	12g	Grilled Chicken	1 Pc	0g	Pineapple	4 Tbsp	8.5g
			Chocolate Chunk Bar	1 Bar	19g				Kidney Beans	4 Tbsp	10.5g
			Oatmeal Raisin Bar	1 Bar	19g				Garbanzo Beans	4 Tbsp	10g
			Apple	1 Each	25g				Corn	4 Tbsp	7.5g
			Orange	1 Each	11g				Olives	5 Each	1g
			Raw Baby Carrots	6 each	3g				Jalapenos	1 oz	1g
			Chex Mix	½ Cup	22g				Peppercioni	3 Each	1g
			Sugar Cookie	1 Pc	17g				Beets	1 Cup	22g
			Milk	1 Cup	14g				Cottage Cheese	2 Tbsp	2g
									Cheddar Cheese	2 oz	1g
<b>Dinner</b>			<b>Dinner</b>			<b>Dinner</b>					
Pasta	1 Cup	42 g	Pepperoni Pizza	1 slice	36g	Taco Shell	1 Each	7g			
Pasta Sauce	½ Cup	10g	Cheese Pizza	1 slice	36g	Turkey Meat		0g			
Turkey Meatball	1 Pc	1.5g	Salad	1 Cup	1g	Lettuce	1 Cup	1g			
Rolls	1 Pc	18g	Ranch Dressing	1 Tbsp	1g	Cheese	¼ Cup	1g			
Salad	1 Cup	1g	Parmesan Cheese	1 Tbsp	0g	Salsa	¼ Cup	4g	<b>Dressings</b>		
Parmesan Cheese	1 Tbsp	0.2g	Crushed Peppers	1 Tsp	1g	Beans	½ cups	20g	Thousand Island	2 Tbsp	5g
Italian Dressing	1 Tbsp	3g	Cake	1 Slice	42g	Rice	¼ Cups	22g	Italian	2 Tbsp	6g
Cake	1 Slice	42g	Milk	1 Cup	14g	Churros	1 Pc	12g	Ranch	2 Tbsp	1g
Milk	1 Cup	14g				Milk	1 Cup	14g	Toasted Sesame	2 Tbsp	7g
			Gluten Free Pizza	1 slice	15				Caesar	2 Tbsp	2g
Gluten Free Pasta	1 Cup	44g	Gluten Free Dessert	Ask the	Kitchen	Corn Tortilla	1 each	10g	Blue Cheese	2 Tbsp	1g
Gluten Free Rolls	1 Each	34g				Flour Tortilla	1 each	19g			
Grill Chicken	1 Each	0g				Gluten Free Dessert	Ask the	Kitchen			

