

CARB COUNTS Cold Alternates

Monday

Chicken Caesar Wrap

Diced Cooked Chicken 2 oz. **0g**

Shredded Lettuce ¼ cup **3g**

Caesar Dressing ½ oz. **0g**

Grated Parmesan Cheese ½ oz. **0g**

12" Flour Tortilla **41g**

Total per Sandwich: 44

Tuesday

Turkey & Turkey Ham Sub on Hot Dog Bun

Turkey Deli 3 slices (1.5 oz by weight) **0g**

Turkey Ham 3 slices (1.5 oz by weight) **0g**

American Cheese – 1 slice **0.5g**

Shredded lettuce 1/8 c **1.5g**

Hot Dog Bun **30g**

Total per Sandwich: 32 g

Wednesday

Turkey Cold Cut Sub on Hot Dog Bun

Cold Cut (6 slices (2.5 oz. by weight) **3g**

American Cheese 1 slice **0.5 g**

Shredded Lettuce 1/8 c **1.5g**

Hot Dog Bun **30g**

Total per Sandwich: 35 g

Thursday

Turkey and Cheese on Wheat Bread

Turkey Deli 6 slices (2.5oz by weight) **0g**

American Cheese 1 Slice **0.5 g**

2 Slices Wheat Bread **15 g per slice**

Total per Sandwich: 30.5 g