



February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Brussel Sprouts 1 oz @ 2.5 g of carbs	
5	6	7	8	9
	Starfruit 1/8 each @ 3.9 g of carbs	Zucchini ½ oz @ .5 g of carbs	Yellow Peaches ½ each @ 9.5 g of carbs	
12	13	14	15	16
	Apricots 1 each @ 7.6 g of carbs	Kumquats 2 oz @ 9 g of carbs	Grape Tomatoes 1 oz @ 1 g of carbs	
19	20	21	22	23
		Bosc Pears 1 each @ 33.6 g of carbs	Lemon Plums 1 each @ 21g of carbs	Sliced Mushrooms ½ oz @ 0.5g carb
26	27	28		
	Yellow Dragon Fruit 1/16 th of fruit between 2-5 g of carbs	Baby Heirloom Tomatoes 1oz @ 1.5 g of carbs		