



March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Clementine 1 each @ 12g of carbs	
5	6	7	8	9
	Cut Carrot Coins 1 oz @ 2.6g of carbs	Cut Cantaloupe 1 oz @ 2.3g of carbs	Starfruit ¼ each @ 3g of carbs	
12	13	14	15	16
	Pink Lemons 1 each @ 8.3g of carbs	Passion Fruit ½ each @ 6.6g of carbs	Red Belgian Endive 1 oz @ 1g of carbs	
19	20	21	22	23
	Grapes 2 oz @ 7.8g of carbs	Korean Pears 2 slices @ 17g for ¼ each or 22 g for 1/3 each	Okra 1 oz @ 2g of carbs	