



Friends for Life® Orlando 2022  
July 5-10, 2022 • Disney's Coronado Springs Resort • Orlando, FL



# CARB COUNTS

## Thursday and Friday AM Breaks

*Thursday, July 7 and Friday, July 8, 2022*

FOOD	PORTION SIZE	CARBS
Coffee/Decaf/Hot Tea	—	0
Unsweetened Iced Tea	8oz	0
Sugar Free Fruit Punch (Crystal Lite)	8oz	0
Regular Country Time Yellow Lemonade	8oz	16