



Friends for Life® Indianapolis 2022

April 1-3, 2022 • Crowne Plaza • Indianapolis, Indiana



CARB COUNTS

Saturday Lunch

FOOD	PORTION SIZE	CARBS
Chicken Rice Soup (GF)	1 6oz ladle	18g
Garden Salad	1 cup	5g
Balsamic Dressing	1 tbsp	2g
Ranch Dressing (Fat Free)	1 packet	9g
Cole Slaw (GF & Vegan)	1/2 cup	6g
Chicken Salad	1/2 cup	15g
Cold Cuts: Turkey, Ham & Roast Beef	—	0g
Cheese: Swiss, Cheddar & Provolone	—	0g
Toppings: Lettuce, Pickles	—	0g
Toppings: Tomato, Onion	1 slice	1g
Condiments: Mustard & Mayo	1 tbsp	0g
White Bread	1 slice	21g
Multigrain Bread	1 slice	35g
Tomato Wrap	1 wrap	51g
GF White Bread	1 slice	15g
GF Multigrain Bread	1 slice	23g
GF Wrap	1 wrap	6g
Lays and Baked Lays Potato Chips (GF)	individually labeled	individually labeled
Chocolate Chip Cookie	1 cookie	17g
Rice Krispie Treats	individually labeled	individually labeled
GF Chocolate Chunk Cookie	individually labeled	individually labeled
GF Rice Krispie Treats	individually labeled	individually labeled
Coffee and Tea	—	0g
Milk and Soy Milk	individually labeled	individually labeled
Sugar Free Fruit Punch	12oz	0g
Lemonade	12oz	24g
Iced Tea	12oz	0g