



Friends for Life® Indianapolis 2022

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



CARB COUNTS

Saturday PM Snack

FOOD	PORTION SIZE	CARBS
Mixed Fruit Kabobs-Strawberry, Pineapple, Melon	1 kabob	4g
Yogurt Dip (GF)	1 tbsp	3g
Granola (GF and Nut free)	1 tbsp	5g
That's It. Apple Bananay Bars (GF)	1 bar	28g
The GFB Oatmeal Raisin Bar (GF)	1 bar	31g
Vegetable Crudite	1 cup	5g
French Onion Dip	1 tbsp	1g
Coffee and Tea	—	0g
Sugar Free Fruit Punch	12oz	0g
Lemonade	12oz	24g
Iced Tea	12oz	0g
Milk and Soy Milk	individually labeled	individually labeled

Please note: All Saturday PM snacks items are gluten free.