



Friends for Life® Indianapolis 2022

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



CARB COUNTS

Sunday Lunch

FOOD	PORTION SIZE	CARBS
Vegetable Soup (GF)	1 6oz ladle	5g
Garden Salad	1 cup	5g
Italian Dressing	1 tbsp	1g
Ranch Dressing (Fat Free)	1 packet	9g
Cole Slaw (GF & Vegan)	1/2 cup	6g
Hard Taco Shells	1 shell	7g
Soft Taco Shells	1 shell	14g
GF Hard Taco Shells	1 shell	7g
GF Soft Wrap	1 shell	6g
Ground Beef (GF)	3oz	5g
Chicken Fajita Meat (GF)	3oz	5g
Pinto Beans (GF)	1/2 cup	21g
White Rice (GF)	1/2 cup	18g
Tortilla Chips (GF)	10 chips	17g
Toppings: Shredded Lettuce and Cheese	—	0g
Toppings: Diced Tomatoes and Diced Onions	1 tsp	1g
Toppings: Salsa	1 tbsp	2g
Toppings: Jalapenos and Sour Cream	—	0g
Coconut Rice Pudding	1	40g
Brownies	1 brownie	37g
GF Brownies	individually labeled	individually labeled
Flourless Chocolate Cake (GF)	1 piece	30g
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