



Friends for Life® Indianapolis 2022

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



# CARB COUNTS

## Sunday PM Snack

FOOD	PORTION SIZE	CARBS
GF Spanish Cheese Rolls	1	19g
Marinara Sauce (GF)	1 tbsp	1g
Whole Fruit: Apples, Bananas, and Oranges	Apple: 25g, Banana: 30g, Orange: 17g	
Grapes	10 grapes	10g
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 Sunday PM snacks items are gluten free.**