

STEP 1 JOURNAL

Date

Carb

Fiber

BREAKFAST

LUNCH

SNACK

DINNER/SUPPER

SNACK/DESSERT

$$\begin{array}{ccccccc}
 \mathbf{A} & - & \mathbf{B} & = & \mathbf{C} & & \\
 \mathbf{g} & - & \mathbf{g} & = & \mathbf{g} & & \\
 \text{digestible carb} & & \text{fiber} & & & &
 \end{array}$$



<30 g/net carb/day

g	g
A	B = 30-35 g