

# STEP 3 JOURNAL

Date:

Carb

Fiber

## BREAKFAST


## LUNCH


## SNACK


## DINNER/SUPPER


## SNACK/DESSERT


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



<125 g/net carb/day

g	g
A	B = 30-35 g