

BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER	SNACK
_____	_____	_____	_____	_____	_____
Grams of Carbs	Grams of Carbs	Grams of Carbs	Grams of Carbs	Grams of Carbs	Grams of Carbs
CARB:INSULIN Ratios Breakfast = 1U: _____g Lunch = 1U: _____g Dinner = 1U: _____g					

1 SERVING = 15 g CARBOHYDRATES

Items	Serving Size	Carb Count (g)
Milk		
1-2 M.F. % cow's milk	1 cup	12
Unsweetened oat milk	1 cup	17
Unsweetened Almond milk	1 cup	8
Unsweetened Soy milk	1 cup	8
Syrups/Purees		
All syrup except:	1 pump	5
Irish cream syrup	1 pump	10
Brown sugar syrup	1 pump	3
Sugar-free vanilla syrup	1 pump	0
Strawberry puree	1 scoop	15
Toppings		
Whipped cream	½ cup	3
Cookie/caramel crunchies	1 tbsp	10
Cinnamon/nutmeg	Dash	0
Drizzle	1 tbsp	15
Hot Drinks		
True North Blend Blonde Roast Coffee	Grande 473 mL	0
Brown Sugar Oat Americano	Grande 473 mL	26
Cappuccino	Grande 473 mL	14
Flat White	Grande 473 mL	18
Vanilla Latte	Grande 473 mL	37
Caramel Macchiato	Grande 473 mL	35
Café Mocha	Grande 473 mL	43
Hot Chocolate	Grande 473 mL	43
Cold Drinks		
Iced coffee, unsweetened & no milk	Grande 473 mL	0
Coffee Frappuccino Beverage	Grande 473 mL	46
Chocolate Cookie Crumble Crème Frappuccino	Grande 473 mL	52

Strawberry Crème Frappuccino Blended Beverage	Grande 473 mL	51
Iced Black Tea Lemonade	Grande 473 mL	23
Iced Matcha Tea Latte	Grande 473 mL	21
Iced Peach Green Tea	Grande 473 mL	25
Iced Passion Tango Tea	Grande 473 mL	11
Dragon Drink	Grande 473 mL	26
Strawberry Acai Lemonade Starbucks Refreshers Beverage	Grande 473 mL	35
Food		
Bacon, Gouda & Egg Sandwich	1 sandwich	35
Bacon-Style Turkey, Cheddar and egg white sandwich	1 sandwich	28
Spinach, Feta and Egg white wrap	1 wrap	34
Bacon & Gruyere Egg Bites	1 piece	6
Egg white & roasted red pepper egg bites	1 piece	11
Chocolate Cake Pop	1 piece	23
Double Chocolate Brownie	1 brownie	55 g
Butter Croissant	1 croissant	27
Oat Bar	1 bar	43
Iced Lemon Loaf	1 slice	58
Banana Loaf	1 slice	49
Cinnamon Coffee Cake	1 slice	43
Blueberry Muffin with yogurt and honey	1 muffin	49
Petite Vanilla Bean Scone	1 scone	19
Crispy Grilled Cheese on Sourdough	1 piece	47
Tomato & Mozzarella on Focaccia	1 piece	48
Artisan Charcuterie Box	1 piece	13
Apples, PB & Trail Mix Snack Box	1 piece	32
Marble Cheese Stick	1 stick	0

Top secret drinks:

White Drink: unsweetened Peach Citrus White Tea with a splash of heavy cream, two to four pumps of sugar-free vanilla syrup, no water and light ice

Carb count: 11 grams

Low-carb London Fog: Earl Grey tea with a shot of heavy whipping cream and a pump of sugar-free syrup

Carb count: 5 grams

Low-carb Caramel Macchiato: a 'skinny' caramel macchiato. Top the cup with steamed unsweetened almond milk and the caramel drizzle is up to you!

Carb count: 15 grams for 1 Grande

Iced Pineapple Black Tea Infusion: Black tea infusion + apple, orange peel, licorice root, chamomile pollen, and citric acid infused. Use sweetener (Stevia, Splenda) to sweeten it or drink it unsweetened (no carbs!)

Carb count: 0 grams

Tall Iced Unsweetened Tea *in a Trenta or Venti Cup* – add more water and ice!

Carb count: 0 grams

Tall Strawberry Acai Refresher and *in a Venti or Trenta cup* – add more water and ice!

Carb count: 0 grams

Espresso-Banana Protein Smoothie: whey protein, a banana, a shot of espresso, ice and water

Carb count: 30 grams

DIY 'Light' Caffe Vanilla Frappuccino:

Ask for no whip

Switch to almond milk

Skip the classic/coffee frappuccino syrup, ask for the light version