

CHESAPEAKE

Carb Counter

Carb counted menu items with a fiber & protein focus – to be included in a balanced meal. Recommendations for carbohydrate intakes vary by individual. Ask your doctor or a dietitian!

ENTREES

Carb Free	GRILLED CHICKEN, SHRIMP, OR SALMON (0g carb)
	ROASTED PORK LOIN (0g carb)
	PLAIN** CHICKEN SALAD (0g carb)
<1 Serving	SAUTEED LIVER W/BACON & ONIONS (7g carb)
1-2 Servings	SHRIMP SCAMPI OVER LINGUINE (13g carb)
	QUINOA STUFFED PEPPER (15g carb)
	MANDARIN ORANGE SALAD + PROTEIN (17g carb)

SIDES

0-1 Servings	HOUSE SALAD (5g carb)	FRUIT SALAD (7g carb)
	ASIAN SALAD (7g carb)	
	STEAMED VEGETABLE MEDLEY (7g carb)	
	STEAMED OR ASIAN GREEN BEANS (8g carb)	
	STEAMED BROCCOLI (8g carb)	
1-2 Servings	SPAGHETTI SQUASH WITH SAGE (11g carb)	
	CAULIFLOWER AUGRATIN (13g carb)	
	SOUR CREAM & CHIVE MASHED POTATOES (18g carb)	
	RICE PILAF (15g carb)	
	STEAMED LIMA BEANS (22g carb)	
	BUTTERED OR PLAIN CORN (23g carb)	