

Low Carb Breakfast

2 scrambled eggs - **2g Carbohydrates**

2 bacon slices - **0g Carbohydrates**

Total Carbohydrates: **2g**

2 scrambled eggs - **2g Carbohydrates**

1 breakfast filet - **6g Carbohydrates**

Total Carbohydrates: **8g**

2 scrambled eggs - **2g Carbohydrates**

2 sausage patties - **0g Carbohydrates**

Total Carbohydrates: **2g**

** Cheese can be added to any of the above platters with no increase in carbohydrates.*

Low Carb Lunch/Dinner

Chick-fil-A® Chargrilled Chicken Sandwich-protein style
- **4g Carbohydrates**

(chargrilled filet, 2 tomato slices, wrapped in green leaf lettuce)

Honey Roasted BBQ Sauce - **2g Carbohydrates**

Total Carbohydrates: **6g**

Chick-fil-A® Chargrilled Chicken Club
Sandwich-protein style - **4g**

(Chargrilled filet, 1 slice bacon, 1 slice provolone cheese, 2 tomato slices, wrapped in green leaf lettuce)

Honey Roasted BBQ Sauce - **2g Carbohydrates**

Total Carbohydrates: **6g**

Chargrilled filet - **2g Carbohydrates**

Side Salad - **6g Carbohydrates**

Ranch dressing - **2g Carbohydrates**

Diet Coke® or Unsweet tea - **0g Carbohydrates**

Total Carbohydrates: **10g**

Chick-fil-A® Chargrilled Chicken Garden Salad
- **13g Carbohydrates**

1 packet Blue Cheese dressing - **3g Carbohydrates**

Total Carbohydrates: **16g**

Chick-fil-A® Chicken Sandwich-protein style
- **14g Carbohydrates**

(Chick-fil-A filet, 2 tomato slices, wrapped in green leaf lettuce)

Total Carbohydrates: **14g**

Low Carb Sauce & Dressing

1 packet Chick-fil-A® Buffalo Sauce (**1g carbohydrates**)

1 packet Buttermilk Ranch Sauce (**1g carbohydrates**)

1 packet Honey Roasted BBQ Sauce (**2g carbohydrates**)

1 packet Caesar dressing (**2g carbohydrates**)

Diet Coke® or Unsweet tea - (**0g Carbohydrates**)

Total Carbohydrates: **10g**

1 packet Buttermilk Ranch dressing (**2g carbohydrates**)

1 packet Avacado Lime Ranch dressing (**3g carbohydrates**)

1 packet Spicy dressing (**4g carbohydrates**)