

Green Chile Cheddar Stick-With-You Squares: 3 Net Carbs Each

Add ons for Increments of 15:



Item	Quantity	Estimated Carbs	Total est. carbs w/ Stick-With-You Squares
With 1 Honey Packet (Included)	1	10	13
With Milk:			
Skim Milk	8 oz (1 cup)	net carbs: 12	15 net carbs
2% Lowfat Milk	8 oz (1 cup)	net carbs: 13	16 net carbs
Soy Milk	8 oz (1 cup)	net carbs: 13.5	16.5 net carbs
With Fresh Fruit or Juice:			
Orange Juice (Signature Farms brand)	8 oz (1 cup)	net carbs: 26	29 net carbs
Tomato Juice (Campbell's Low Sodium)	12 oz (1.5 cups)	net carbs: 12	15 net carbs
Apple, unpeeled	1 Large	Net carbs: 26	29 net carbs
Fresh Strawberries	1.5 cups	11 net carbs	14 net carbs
Sliced Tomato	2 cups	10 net carbs	13 net carbs

* These are suggestions, with estimated carbs. The exact carb count will vary based upon the precise brands, quantities, and sizes you choose.

2.6
15.6

10.8

0.8

4.8