

## Herb Roasted Pita Chips: 19 net carbs per 4 wedge serving

Add ons for Increments of 15:



Item	Quantity	Estimated Carbs	Total est. carbs w/ Herb Roasted Pita Wedges
<b>With Dip:</b>			
Hummus (Trader Joe's Variety)	1/3 cup (5.33TBSP)	net carbs: 11	30 net carbs
Spinach & Artichoke Dip (Marketside brand, at Wal-Mart)	3/4 cup	net carbs: 12	31 net carbs
<b>With Soup:</b>			
Creamy Mushroom (Progresso)	16 oz (2 cups)	net carbs: 22	41 net carbs
New England Clam Chowder (Progresso)	11 oz (1.375 cup)	net carbs: 28.5	46.5 net carbs
Hearty Garden Vegetable (Wolfgang Puck)	12 oz (1.5 cups)	Net carbs: 27.5	46 net carbs
* These are suggestions, with estimated carbs. The exact carb count will vary based upon the precise brands, quantities, and serving sizes you choose. We do not endorse any specific brands; they are listed here as examples only.			

