

Ketogenic & the Modified Atkins Diet



IMMC Health
Internal and Metabolic Medical Center

Created in 1921, the ketogenic diet is a medical therapy used for patients with difficult-to-control epilepsy. After decades of relative disuse, it has re-emerged in the past decade worldwide both clinically and in research studies. This high-fat, moderate protein, very low carbohydrate diet induces a ketotic state that theoretically leads to seizure reduction. Side effects may occur and include constipation, acidosis, kidney stones, dyslipidemia, and decreased growth. A modified Atkins diet may similarly lead to seizure reduction with less restrictiveness and is under investigation.

Modified Atkins Diet Protocol

- Carbohydrates (any) restricted to 10 g/day for the first month (15 g/day for adults)
- Fats (e.g., 36% heavy whipping cream, oils, butter, mayonnaise) encouraged
- Low-carbohydrate multivitamin (Centrum Silver, Wyeth) and calcium carbonate supplementation recommended
- Calendar provided in order to document seizures daily, urine ketones semiweekly, and weight weekly
- Medications unchanged for the first month, but changed if necessary to tablet or sprinkle (non liquid) preparations
- Low-carbohydrate, store-bought products (e.g., shakes, candy bars, baking mixes) discouraged for at least the first month then gradually introduced one at a time
- Evaluated by phone after 1 month, then in office after 3 and 6 months
- After 1 month, carbohydrates can be increased by 5 g/month to the limit of 30 g/day. Additionally, low carbohydrate products can be tried and anticonvulsants reduced as tolerated (one change at a time).
- Complete blood count, complete metabolic profile (SMA-20), fasting lipid profile at baseline, 3, and 6 months
- Carbohydrate counting book and web-sites for low-carbohydrate recipes provided

Information from *The Ketogenic and Atkins Diets: Recipes for Seizure Control* written by Zahava Turner and Eric H. Kossoff.

Ketogenic Diet Recipes

Atkins for Seizures

www.atkinsforseizures.com/

Modified Atkins Diet Recipes

www.ifood.tv/network/modified_atkins_diet/recipes

KetoCal® Recipes

www.myketocal.com/recipes_mad.html

Ketogenic Diet Resources

Atkins for Seizures

www.atkinsforseizures.com/

Epilepsy Therapy Project

www.epilepsy.com/epilepsy/treatment_Ketogenic_Diet

Epilepsy Foundation

www.epilepsyfoundation.org/aboutepilepsy/treatment/ketogenicdiet/index.cfm

Carb Counter

<http://www.atkins.com/Program/Carb-Counter.aspx>



May 2012

Calendar provided to document seizures daily, urine ketones semiweekly, and weight weekly.

April 2012							May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5		3	4	5	6	7	8
8	9	10	11	12	13	14		6	7	8	9	10	11	12	10	11	12	13	14	15
15	16	17	18	19	20	21		13	14	15	16	17	18	19	17	18	19	20	21	22
22	23	24	25	26	27	28		20	21	22	23	24	25	26	24	25	26	27	28	29
29	30							27	28	29	30	31			24	25	26	27	28	29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

June 2012

Calendar provided to document seizures daily, urine ketones semiweekly, and weight weekly.

May 2012							June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5			1	2					1	2	3	4	5	6	7	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	10	11	12	13	14	15	16
13	14	15	16	17	18	19	10	11	12	13	14	15	16	17	18	19	20	21	22	23
20	21	22	23	24	25	26	17	18	19	20	21	22	23	24	25	26	27	28	29	30
27	28	29	30	31			24	25	26	27	28	29	30	31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 2012

Calendar provided to document seizures daily, urine ketones semiweekly, and weight weekly.

June 2012							July 2012							August 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7	5	6	7	8	9	10	11
3	4	5	6	7	8	9	8	9	10	11	12	13	14	12	13	14	15	16	17	18
10	11	12	13	14	15	16	15	16	17	18	19	20	21	19	20	21	22	23	24	25
17	18	19	20	21	22	23	22	23	24	25	26	27	28	26	27	28	29	30	31	
24	25	26	27	28	29	30	29	30	31											

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Daily carbohydrate counter.

Monday, May 21

Week 21 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5			1	2				
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Tuesday, May 22

Week 21 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5			1	2				
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Wednesday, May 23

Week 21 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5			1	2				
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Thursday, May 24

Week 21 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5			1	2				
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Daily carbohydrate counter.

Friday, May 25

Week 21 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	
6	7	8	9	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	30	31		

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Saturday, May 26

Week 21 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	
6	7	8	9	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	30	31		

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Sunday, May 27

Week 22 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	
6	7	8	9	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	30	31		

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Monday, May 28

Week 22 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	
6	7	8	9	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	30	31		

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Daily carbohydrate counter.

Tuesday, May 29

Week 22 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	
6	7	8	9	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	30	31		

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Wednesday, May 30

Week 22 of 2012

May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5					1	2	
6	7	8	9	10	11	12	13	14	15	16	17	18	19
20	21	22	23	24	25	26	27	28	29	30	31		

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Thursday, May 31

Week 22 of 2012

May 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31									

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Friday, June 1

Week 22 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31					

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Daily carbohydrate counter.

Saturday, June 2

Week 22 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1 2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Sunday, June 3

Week 23 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1 2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Monday, June 4

Week 23 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1 2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Tuesday, June 5

Week 23 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1 2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Daily carbohydrate counter.

Wednesday, June 6

Week 23 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
	Total Carbohydrates:

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Thursday, June 7

Week 23 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
	Total Carbohydrates:

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Friday, June 8

Week 23 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
	Total Carbohydrates:

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Saturday, June 9

Week 23 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
	Total Carbohydrates:

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Daily carbohydrate counter.

Sunday, June 10

Week 24 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Monday, June 11

Week 24 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Tuesday, June 12

Week 24 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Wednesday, June 13

Week 24 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Daily carbohydrate counter.

Thursday, June 14

Week 24 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Friday, June 15

Week 24 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Saturday, June 16

Week 24 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Sunday, June 17

Week 25 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Daily carbohydrate counter.

Monday, June 18

Week 25 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Tuesday, June 19

Week 25 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Wednesday, June 20

Week 25 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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Thursday, June 21

Week 25 of 2012

June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

8 AM	
9 AM	
10 AM	
11 AM	
Noon	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
Total Carbohydrates:	

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