

## Pasta, peppers and banana



Low protein pasta and tomato sauce (free)

Peppers (free)

Banana (1 is free, 2<sup>nd</sup> needs to be counted)

Don't forget your synthetic protein!

## Pasta, carrots & hummus and fruit



Low protein pasta and pesto (check pesto for exchanges)

Hummus (check exchanges)

Carrots (free)

Banana (1 is free, 2<sup>nd</sup> needs to be counted)

Don't forget your synthetic protein!