

Carbohydrate Free Evening meal

Day 1 Evening Meal: (Carbohydrate free)

Plain fish – grilled or oven baked with salad.

- Check your blood glucose level every hour until bed time and put it in the table below:

Time (please record the time in each hour section)	Blood glucose reading
1 hour	
2 hours	
3 hours	
4 hours	
5 hours	
6 hours	

Day 2 Evening Meal: (Carbohydrate free)

Plain fish – grilled or oven baked with salad.

- Check your blood glucose level every hour until bed time and put it in the table below:

Time (please record the time in each hour section)	Blood glucose reading
1 hour	
2 hours	
3 hours	
4 hours	
5 hours	
6 hours	

Day 3 Evening Meal: (Carbohydrate free)

Plain fish – grilled or oven baked with salad.

- Check your blood glucose level every hour until bed time and put it in the table below:

Time (please record the time in each hour section)	Blood glucose reading
1 hour	
2 hours	
3 hours	
4 hours	
5 hours	
6 hours	