




# 7-Day Diabetic Meal Plan

## SAMPLE MENUS

	 <b>BREAKFAST</b> [30 grams carb]	 <b>LUNCH</b> [30–40 grams carb]	 <b>DINNER</b> [30–40 grams carb]
<b>MONDAY</b>	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip	3 oz grilled salmon ½ cup baked potato Spinach salad 1 cup skim milk
<b>TUESDAY</b>	Scrambled egg beaters on whole wheat english muffin	1 cup bean soup Green salad	Chicken or steak stir-fry with plenty of vegetables ¾ cup brown rice
<b>WEDNESDAY</b>	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	½ cup tuna fish salad on 1 whole tomato 6 oz light yogurt 1 fruit	3 oz grilled chicken breast 1 cup baked acorn squash 1 cup steamed broccoli 1 cup skim milk
<b>THURSDAY</b>	¾ cup whole grain cereal (or Glucerna cereal) 1 cup skim milk	1 cup vegetable soup ½ turkey sandwich on 1 whole wheat bread Raw veggies	Spaghetti dinner 1 cup spaghetti squash ½ cup spaghetti sauce Tossed green salad
<b>FRIDAY</b>	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	Low-fat cottage cheese on 1 whole tomato 4 Ak-Mak crackers 1 fruit	2 slices thin crust veg pizza Romaine lettuce salad
<b>SATURDAY</b>	2 slices french toast made from whole wheat bread Sugar-free maple syrup	Large green salad with grilled chicken breast 1 cup skim milk 1 fruit	3 oz pan-seared trout 1 cup stir-fried vegetables ¾ cup brown rice
<b>SUNDAY</b>	Scrambled Egg Beaters omelet with vegetables 2 slices whole wheat toast Sliced tomatoes	Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip	Chicken and bean burrito with whole wheat low-carb tortilla Salsa or pico de gallo Green salad

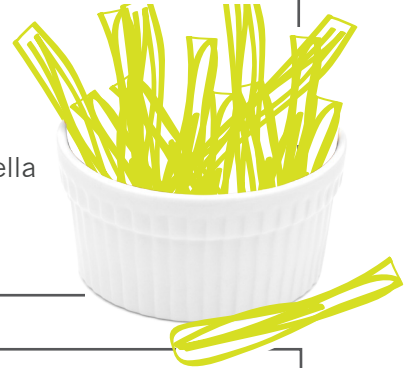
# SAMPLE SNACKS



**NO  
CARB**

[blood sugar >140]

- Raw veggies and dip
- Tomato with low-fat cottage cheese
- 2-4 tbsp almonds
- Tomato with tuna salad
- Celery sticks with peanut butter
- Tomato with fresh low-fat mozzarella cheese, balsamic and olive oil
- Hard cooked egg



**15  
GRAMS  
CARB**

[blood sugar 100-140]

- 1 cup strawberries
- 1 carton light yogurt with 2 tbsp ground flax seed
- 1 medium orange
- ½ banana
- ½ cup applesauce
- 3 cups light popcorn
- ½ cup light ice cream



**30  
GRAMS  
CARB**

[blood sugar <100]

- 2 cups mixed berries and melon
- 1 carton light yogurt and 1 cup strawberries
- 1 orange and ¾ ounce pretzels
- 1 whole banana
- ½ cup applesauce and 3 squares graham cracker
- 6 cups light popcorn
- 1 cup light ice cream



## GENERAL GUIDELINES



### Read Nutrition Labels

<b>Carbohydrates</b>	Women: 30-45 grams per meal Men: 45-60 grams per meal
<b>Fiber</b>	25-35 grams per day
<b>Fat</b>	1200 cal: 33 grams fat, 9 grams saturated fat 1500 cal: 42 grams fat, 12 grams saturated fat 1800 cal: 50 grams fat, 14 grams saturated fat
<b>Sodium</b>	1,500 mg per day (500 mg per meal)