

Diabetes: Make a meal plan

Meal/Time	Grams of Carbohydrate	Menu Ideas <i>Non-Starchy Vegetables = Free!</i>
Breakfast Time: _____		
Lunch Time: _____		
Dinner Time: _____		
Snack: optional Time: _____		

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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<http://www.med.umich.edu/diabetes/education/>

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