

Diabetes: Meal plan Ideas

1600 calories per day

	Monday	Tuesday	Wednesday
Breakfast	1 pkg Quaker original instant oatmeal (19g) ½ banana (15g) 1 C skim milk (13g) ½ whole wheat English muffin (12g) 1 tbsp. sugar-free jam (5g) 1 tbsp. almond butter Total: 64g Carbs	1 hard-boiled egg 1 container Chobani plain Greek yogurt ½ C blueberries (11g) 1 oat and nut granola bar (22g) Total: 33g Carbs	1 ½ C Cheerios (33g) 1 C skim milk (13g) 1/2 C raspberries (7g) ¼ cup almonds Total: 53g Carbs
Lunch	2 whole wheat bread slices (30g) 2 slices of Swiss cheese 4 oz. turkey slices 2 pieces of Romaine lettuce 2 tomato slices 2 tsp. yellow mustard 1 medium apple (25g) Total: 55g Carbs	1 egg sandwich with mayo, 3oz bread (41g) 1 small orange (11g) ½ C celery 1 tbsp. low-fat ranch dressing (3) Total: 55g carbs	6.6oz Panera Bread Grilled chicken salad with dressing(32g) 1 medium apple (25g) Total: 57g carbs
Dinner	4oz baked chicken breast 1 C steamed carrots 1 C steamed asparagus (14g) 1 whole wheat dinner roll (24g) ½ C Edy's butter pecan slow churned ice cream (15g) Total: 53g Carbs	4oz chargrilled salmon 1 C roasted brussels sprouts 1 cup roasted cauliflower 1 tsp. canola oil 5oz mashed potato with gravy (21g) Total: 21g Carbs	3oz. lasagna with meat and tomato sauce (11g) 1 slice garlic bread (25g) 2 C mixed greens 2 tbsp. balsamic dressing Total: 36g Carbs
Snack	3 C popped popcorn (19g) 1 tsp. canola oil Total: 19g Carbs	1/2 C strawberries (11g) 2 pcs dark chocolate (10g) Total: 21g Carbs	6oz light yogurt (16g) 1/2 cup blueberries (10g) Total: 26g Carbs

	Thursday	Friday	Saturday
Breakfast	1 slice banana nut bread(30g) 2 tbsp. whipped cream cheese 1/2 cup strawberries (11g) 1 C skim milk (12g) Total: 53g Carbs	2 whole wheat waffles (26g) 1 C mixed berries (17g) ½ banana (15g) 1 C skim milk (12g) Total: 70g Carbs	1 ½ cinnamon Chex (50g) 1 C skim milk (12g) 1/2 medium apple sliced (12g) Total: 74g Carbs
Lunch	1 bowl tomato basil soup(29g) 1 whole wheat roll (15g) 1 C baby carrots(20g) 1 tbsp. low-fat ranch dressing(3g) Total: 64g Carbs	1 Lean Cuisine Chicken with sun-dried tomato pesto (28g) 2 C mixed greens 2 tbsp. balsamic dressing 1 medium apple (25g) ¼ C walnuts Total: 53g Carbs	1 whole wheat pita(4" diameter) (15g) 4 oz. lean ground turkey 1 tbsp. fat free sour cream 10 strips of red bell pepper 1 snack pack choc pudding (25g) ½ C pineapple (22g) ¼ C almonds Total: 62g Carbs
Dinner	4oz roasted turkey 1 C green beans with 1 tsp garlic 1 tsp. canola oil 6oz mashed potato with gravy (21g) 1 snack pack choc pudding (25g) Total: 46g Carbs	1 C spaghetti (43g) 2 tbsp. pesto sauce (5g) 3oz baked skinless chicken breast 1 small orange (11g) Total: 59g Carbs	3 oz. baked chicken breast ¾ C mixed vegetables (18g) 2 tsp. canola oil 2 tbsp. sweet and sour sauce (14g) ¾ C brown rice (35g) Total: 67g Carbs
Snack	2 Laughing Cow low-fat cheese wedges 7 Whole Wheat crackers(14g) Total: 14g Carbs	1 C apple slice (15g) 1 Tbsp. peanut butter (3g) Total: 18g Carbs	½ banana (25g) 1 oz. string cheese Total: 25g Carbs

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