

## Diabetes Meal Plan/ Menu Ideas

<b><u>Breakfast</u></b> 1-2 -carb (15-30 g) 1-2 prot	½-1 WW English muffin (15-30g) 1 oz. melted cheese 1 egg ¼ avocado	1-2 slices whole wheat bread (15-30g) 2 Scrambled eggs ¼ c grated cheese mixed veggies	Fruit Smoothie: 1C Unsweetened Almond Milk 1C berries (15g) Protein powder as needed PNB if desired	1 C Greek yogurt (10g) or cottage cheese ½-1 C mixed berries (7-15g) ¼ C raw nuts or seeds -OR- 1-2 WW toast with PNB (15-30)
<b><u>AM Snack</u></b> 1-carb (15 g) 1 - prot	½ large apple (15g) 1 oz cheese or nuts	½ banana (15g) 2 tbs peanut or almond butter	3C cut up raw veggies or 1/2- whole wheat pita (15g) Hummus or guacamole	Tall 2% Latte or 1 c milk (15g) 1 oz raw nuts
<b><u>Lunch</u></b> 3 -carb (45 g ) 3 -prot	Whole grain crackers (15g) 2 oz cheddar or mozzarella cheese Carrot /celery sticks 1 ¼ c strawberries (15g) 8 oz milk (15g)	Sandwich:2 slices whole wheat bread (30g) Meat of choice Condiments of choice 8 oz milk (15g)	2- 6" whole wheat tortilla(30g) shredded chicken, ½ C beans (15g) 1 oz cheese, low fat sour cream	3C tossed greens (15 g) (kale, spinach, bokchoy w/ tomatoes,onions, mushrooms cucumber almonds, avocado, nuts) 1/2C beans (15g) 8 oz milk (15g)
<b><u>PM Snack</u></b> 1-carb (15 g ) 1-prot	½ large fruit (15g) 1/2C cottage cheese	3C cut up raw veggies(15g) Hummus or cottage cheese	½ large fruit (15 g) 1 oz nuts or seeds3C -OR- 1 C milk	4 Ak Mak crackers (15g) 1-2 slices Cheddar cheese or ¼ C hummus
<b><u>Dinner</u></b> 3 -carb (45 g) 3-4-prot	3-4 oz lean meat 3C Tossed salad (15g)with ¼ avocado, 1 oz cheese, nuts, seeds 1/2 fruit (15g) 8 oz milk (15g)	Mission 8" whole wheat tortilla (30g) Chicken, shrimp or beef Shredded cheese Lettuce, tomato, sour cream, salsa 8 oz milk (15g)	1 C cooked pasta (Dreamfields) (30g) ½ cup tomato sauce (15g) Meat balls Parmesan cheese Tossed salad with dressing	1/2C beans or lentils(15g) 2/3 C brown rice or ½ c quinoa or 2-ww tortilla or chapatti (30) 1 Grilled portobello mushroom in olive oil or other NS veggies ½-1C greek yogurt
<b><u>Bedtime snack</u></b> 1-2-carb 1-prot	1 cup plain or greek yogurt (10-15g) 1C Berries (15g) 1 oz raw nuts	Whole grain crackers (15g) Hummus, avocado or cheese	1-2 slices whole wheat toast(15-30g) Almond or peanut butter Or melted cheese	Fruit Smoothie 1 C milk, 1 C berries (30g) Protein powder or PNB or nuts

1 serving carbohydrate =15 grams

1 serving protein= 7 grams

Aim for 12-14 servings carbohydrate per day (180-210 grams) and 11-12 serving of protein (77-84 grams)

No lower than 10 servings carb per day (150 grams)