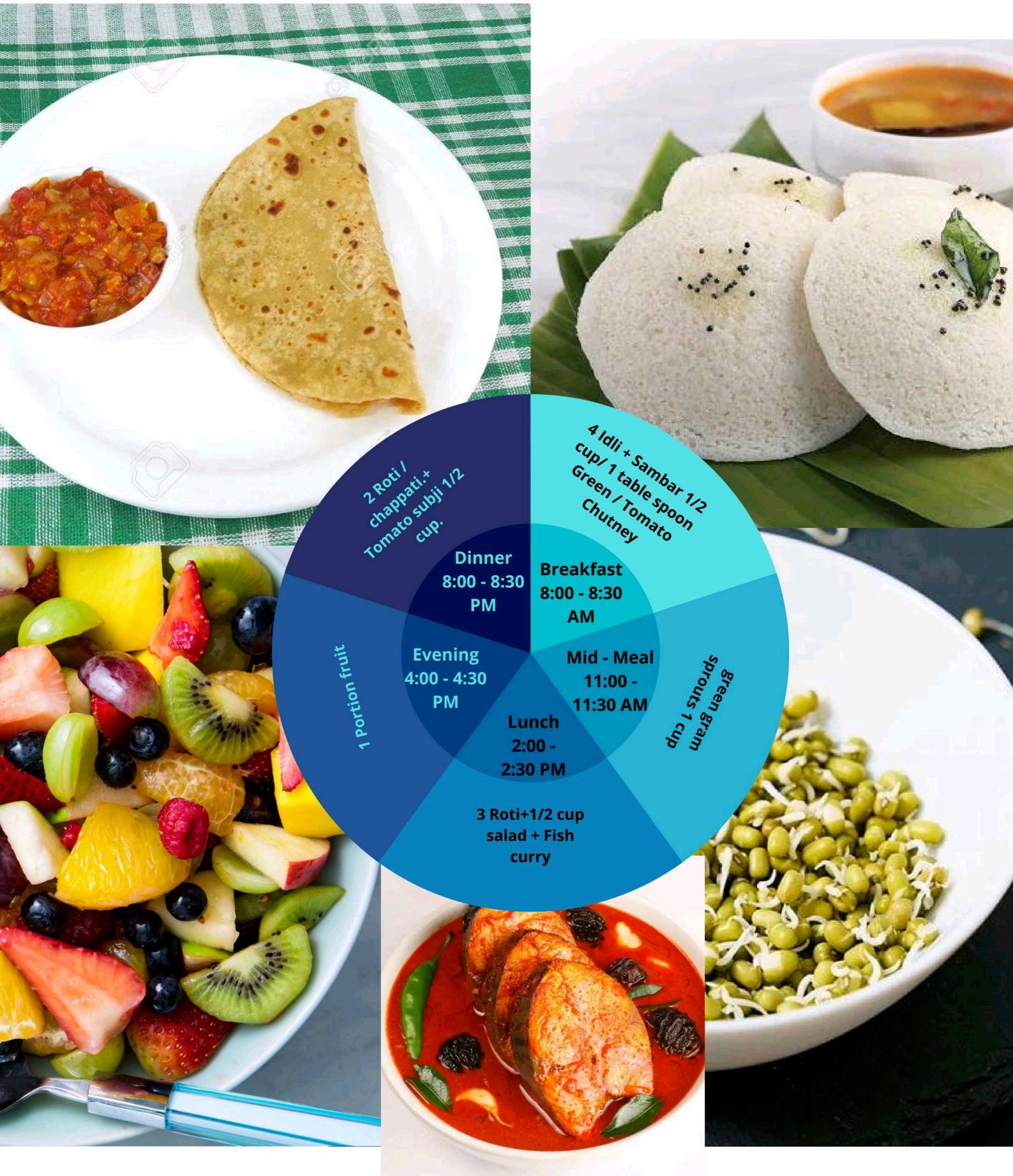


# Diabetic Diet Chart



# Diet Plan for Diabetic Patient

Day 1 :

- 1.Breakfast : 1 apricot oat muffin, 1 cup low-fat milk
- 2.Lunch : 2 cups red lentil soup, green salad, 1 tbsp light salad dressing
- 3.Dinner : 1 serving skillet chicken breast,  $\frac{3}{4}$  cup roasted sweet potatoes



Day 2 :

- 1.Breakfast : 1-egg omelette with vegetables (spinach, mushrooms, or other vegetable of your choice), 2 slices whole-grain toast, 2 tbsp soft margarine,  $\frac{1}{2}$  cup low-fat milk

- 2.Lunch: 1 serving tofu frittata,  $\frac{3}{4}$  cup leftover roasted sweet potatoes
- 3.Dinner: 1 serving roasted cauliflower salad, 3-4 oz. (85-115 g) grilled or baked pork loin chop, 1 cup mashed potato



## Day 3 :

- 1.Breakfast: steel-cut rolled oats ( $\frac{1}{3}$  cup/75 mL dry), 1 tbsp (15 mL) peanut butter added to cooked oats,  $\frac{1}{2}$  cup (125 mL) low-fat milk
- 2.Lunch: 3 oz. (85 g) roast chicken, 2 slices whole-grain bread, 2 tsp (10 mL) mayonnaise, mustard, lettuce, tomato if desired, 1 fruit

3.Dinner: 1 serving white fish, green salad, 1 tbsp (15 mL) light salad dressing,  $\frac{3}{4}$  cup (175 mL) cooked couscous



## Day 4 :

1.Breakfast : 2 slices whole-grain or rye toast, 1 egg, poached or sunnyside up (cooked to your liking),  $\frac{1}{4}$  small avocado, mashed, salt and pepper to taste

2.Lunch : serving Mexican baked eggs on black beans (This link opens in a new window), 1 slice whole-grain bread, 2 tsp (10 mL) soft margarine,  $\frac{1}{2}$  cup (125 mL) low-fat yogurt

3.Dinner : 1 cup (250 mL) cooked pasta (example: spaghetti, spirals, macaroni),  $\frac{1}{2}$  cup (125 mL) favourite pasta sauce, 3-4 oz. (85-115 g) grilled or baked chicken



## Day 5 :

1.Breakfast : steel-cut rolled oats ( $\frac{1}{3}$  cup/75 mL dry), 1 tbsp (15 mL) peanut butter added to cooked oats,  $\frac{1}{2}$  cup (125 mL) low-fat milk

2.Lunch : 3 oz. (85 g) tuna packed in water, drained, 1 whole-wheat pita (6 inch/15 cm), 2 tsp (10 mL) mayonnaise, lettuce, tomato, or other vegetable if desired, 1 fruit

3.Dinner : 1 serving oven roasted salmon,  $\frac{3}{4}$  cup (175 mL) mashed sweet potato, broccoli, steamed or roasted



## Day 6 :

- 1.Breakfast : 1-egg omelette with vegetables (spinach, mushrooms, or other vegetable of your choice), 2 slices whole-grain toast, 2 tbsp (30 mL) soft margarine,  $\frac{1}{2}$  cup (125 mL) low-fat milk
- 2.Lunch : 1 serving buddha bowl, 1 fruit
- 3.Dinner : 1 cup (250 mL) spinach pilaf, 3-4 oz. (85-115 g) grilled or baked chicken



## Day 7 :

1. Breakfast : steel-cut rolled oats ( $\frac{1}{3}$  cup/75 mL dry), 1 tbsp peanut butter added to cooked oats,  $\frac{1}{2}$  cup (125 mL) low-fat milk

2. Lunch : green salad (lettuce, cucumber, tomato) with 3 oz. (85 g) grilled chicken breast and  $\frac{1}{4}$  cup (60 mL) croutons, 1 tbsp (15 mL) light salad dressing,  $\frac{1}{2}$  cup (125 mL) low-fat yogurt, 1 fruit

3. Dinner : 1 serving chicken and white bean stew, 2 oz. (55 g) whole grain bread or roll



## Day 8 :

- 1.Breakfast : One frozen waffle, one cup blueberries, and  $\frac{1}{2}$  cup milk (~324 calories)
- 2.Lunch : Grilled chicken wrap with low-fat cheese (12-inch whole wheat tortilla) with grilled onions, tomatoes, and bell peppers (~494 calories)
- 3.Dinner : Chicken breast, grilled with spices, and  $\frac{1}{2}$  cup brown rice, with cooked broccoli and glazed carrots (~406 calories) bheading



## Day 9 :

1. Breakfast : Two pieces of toast, whole wheat bread; add 1 tbsp peanut butter and  $\frac{1}{2}$  of a banana (~373 calories)
2. Lunch : One-half cup whole wheat pasta with red sauce, low-fat/skim ricotta cheese, and one cup roasted broccolini (~569 calories)
3. Dinner : Three ounces turkey breast, medium sweet potato (with 1 pat butter), 1 cup cauliflower, and one cup 2% milk (~517 calories)



## Day 10 :

1. Breakfast : One-half cup of a non-sugary cereal, one cup fat-free or 2% milk, and one cup raspberries, string cheese (~376 calories)
2. Lunch : Plain Greek yogurt, 6 oz., one cup blueberries, and seven whole-wheat crackers (~322 calories) **dd a subheading**
3. Dinner : One cup cooked pasta with  $\frac{1}{2}$  cup no-sugar-added spaghetti sauce from a jar, a side of cooked broccoli, and a tossed salad with lite dressing (~423 calories)



## Day 11 :

- 1.Breakfast : One packet of instant plain oatmeal, and  $\frac{1}{2}$  cup of unsweetened applesauce, hard-boiled egg (~295 calories)
- 2.Lunch : One cup reduced-sodium vegetable soup, seven whole-wheat crackers, tuna fish (with mayonnaise, red onions, and relish) on romaine lettuce (~500 calories)
- 3.Dinner : Three ounces of chicken, packaged salad, and  $\frac{1}{2}$  cup beans, three whole-wheat crackers, and one banana (~493 calories)



## Day 12 :

- 1.Breakfast : One cup high-fiber cereal, one cup 2% milk, and ¼ cup frozen or fresh blueberries (~328 calories) dd a subheading
- 2.Lunch : Six ounces of lean turkey or grilled tofu on whole bread (thinly sliced) with lots of veggies (tomato, lettuce, cucumbers), and one medium orange (~347 calories) a subheading
- 3.Dinner : Grilled fish or chicken breast, one cup sweet potato (1 pat butter), one cup cooked carrot, and raw veggies (~465 calories)



## Day 13 :

1. Breakfast : Toast two slices of raisin bread,  $\frac{1}{2}$  cup low-fat cottage cheese, and 15 almonds (~338 calories)
2. Lunch : One cup of bean soup, three whole-wheat crackers, string cheese, raw vegetables, and one orange (~383 calories)
3. Dinner : Stuffed bell peppers with two whole-wheat dinner rolls (1 pat butter), and one cup of yellow squash (~500 calories)



## Day 14 :

1. Breakfast : Breakfast burrito made with one small whole-wheat tortilla, one egg, vegetables, one cup of potato, low-fat cheese, and salsa (~481 calories)
2. Lunch : Tossed salad with one cup garbanzo or black beans, one hard-boiled egg, and one small apple (~441 calories)
3. Dinner : Grilled flounder with  $\frac{1}{2}$  cup quinoa and one side of roasted veggies (~371)



## Day 15 :

- 1.Breakfast : One poached egg and half a small avocado spread on one slice of Ezekiel bread, one orange
- 2.Lunch : Mexican bowl: two-thirds of a cup low-sodium canned pinto beans, 1 cup chopped spinach, a quarter cup chopped tomatoes, a quarter cup bell peppers, 1 ounce (oz) cheese, 1 tablespoon (tbsp) salsa as sauce.
- 3.Dinner : 1 cup cooked lentil penne pasta, 1.5 cups veggie tomato sauce (cook garlic, mushrooms, greens, zucchini, and eggplant into it), 2 oz ground lean turkey



## Day 16 :

- 1.Breakfast : 1 cup (100g) cooked oatmeal, three-quarters of a cup blueberries, 1 oz almonds, 1 teaspoon (tsp) chia seeds

2.Lunch : Salad: 2 cups fresh spinach, 2 oz grilled chicken breast, half a cup chickpeas, half a small avocado, a half cup sliced strawberries, one quarter cup shredded carrots, 2 tbsp dressing

3.Dinner : Mediterranean couscous: two-thirds cup whole wheat cooked couscous, half a cup sautéed eggplant, four sundried tomatoes, five jumbo olives chopped, half a diced cucumber, 1 tbsp balsamic vinegar, fresh basil.



## Day 17 :

1. Breakfast : Two-egg veggie omelet (spinach, mushrooms, bell pepper, avocado) with a half cup black beans, three-quarters cup blueberries.
2. Lunch : Sandwich: two regular slices high-fiber whole grain bread, 1 tbsp plain, no-fat Greek yogurt and 1 tbsp mustard, 2 oz canned tuna in water mixed with a quarter cup of shredded carrots, 1 tbsp dill relish, 1 cup sliced tomato, half a medium apple.
3. Dinner : Half a cup (50g) succotash, 1 tsp butter, 2 oz pork tenderloin, 1 cup cooked asparagus, half a cup fresh pineapple.



## Day 18 :

1. Breakfast : Sweet potato toast: two slices (100 g) toasted sweet potato, topped with 1 oz goat cheese, spinach, and 1 tsp sprinkled flaxseed.
2. Lunch : 2 oz roast chicken, 1 cup raw cauliflower, 1 tbsp low-fat French dressing, 1 cup fresh strawberries.
3. Dinner : 2 oz salmon filet, one medium baked potato, 1 tsp butter, 1.5 cups steamed asparagus.



## Day 19 :

- 1.Breakfast : 1 cup low-fat plain Greek yogurt sweetened with half a banana mashed, 1 cup strawberries, 1 tbsp chia seeds.
- 2.Lunch : Tacos: two corn tortillas, a one-third cup cooked black beans, 1 oz low-fat cheese, 2 tbsp avocado, 1 cup coleslaw, salsa as dressing.
- 3.Dinner : Half medium baked potato with skin, 2 oz broiled beef, 1 tsp butter, 1.5 cups steamed broccoli with 1 tsp nutritional yeast sprinkled on top, three-quarters cup whole strawberries.



## Day 20 :

1. Breakfast : Chocolate peanut oatmeal:  
1 cup cooked oatmeal, 1 scoop chocolate  
vegan or whey protein powder, 1 tbsp  
peanut butter, 1 tbsp chia seeds.

2. Lunch : One small whole wheat pita  
pocket, half a cup cucumber, half a cup  
tomatoes, half a cup lentils, half a cup  
leafy greens, 2 tbsp salad dressing.

3.Dinner : 2 oz boiled shrimp, 1 cup green peas, 1 tsp butter, half a cup cooked beets, 1 cup sauteed Swiss chard, 1 tsp balsamic vinegar.



## Day 21 :

- 1.Breakfast : 1 apricot oat muffin, 1 cup low-fat milk
- 2.Lunch : 2 cups red lentil soup, green salad, 1 tbsp light salad dressing
- 3.Dinner : 1 serving skillet chicken breast,  $\frac{3}{4}$  cup roasted sweet potatoes



## Day 22 :

1. Breakfast : 1-egg omelette with vegetables (spinach, mushrooms, or other vegetable of your choice), 2 slices whole-grain toast, 2 tbsp soft margarine,  $\frac{1}{2}$  cup low-fat milk
2. Lunch: 1 serving tofu frittata,  $\frac{3}{4}$  cup leftover roasted sweet potatoes
3. Dinner: 1 serving roasted cauliflower salad, 3-4 oz. (85-115 g) grilled or baked pork loin chop, 1 cup mashed potato



## Day 23 :

- 1.Breakfast: steel-cut rolled oats ( $\frac{1}{3}$  cup/75 mL dry), 1 tbsp (15 mL) peanut butter added to cooked oats,  $\frac{1}{2}$  cup (125 mL) low-fat milk
- 2.Lunch: 3 oz. (85 g) roast chicken, 2 slices whole-grain bread, 2 tsp (10 mL) mayonnaise, mustard, lettuce, tomato if desired, 1 fruit
- 3.Dinner: 1 serving white fish, green salad, 1 tbsp (15 mL) light salad dressing,  $\frac{3}{4}$  cup (175 mL) cooked couscous



## Day 24 :

1. Breakfast : 2 slices whole-grain or rye toast, 1 egg, poached or sunnyside up (cooked to your liking),  $\frac{1}{4}$  small avocado, mashed, salt and pepper to taste
2. Lunch : serving Mexican baked eggs on black beans (This link opens in a new window), 1 slice whole-grain bread, 2 tsp (10 mL) soft margarine,  $\frac{1}{2}$  cup (125 mL) low-fat yogurt
3. Dinner : 1 cup (250 mL) cooked pasta (example: spaghetti, spirals, macaroni),  $\frac{1}{2}$  cup (125 mL) favourite pasta sauce, 3-4 oz. (85-115 g) grilled or baked chicken



## Day 25 ::

- 1.Breakfast : One poached egg and half a small avocado spread on one slice of Ezekiel bread, one orange
- 2.Lunch : Mexican bowl: two-thirds of a cup low-sodium canned pinto beans, 1 cup chopped spinach, a quarter cup chopped tomatoes, a quarter cup bell peppers, 1 ounce (oz) cheese, 1 tablespoon (tbsp) salsa as sauce.
- 3.Dinner : 1 cup cooked lentil penne pasta, 1.5 cups veggie tomato sauce (cook garlic, mushrooms, greens, zucchini, and eggplant into it), 2 oz ground lean turkey



## Day 26 :

- 1.Breakfast : 1 cup (100g) cooked oatmeal, three-quarters of a cup blueberries, 1 oz almonds, 1 teaspoon (tsp) chia seeds

2.Lunch : Salad: 2 cups fresh spinach, 2 oz grilled chicken breast, half a cup chickpeas, half a small avocado, a half cup sliced strawberries, one quarter cup shredded carrots, 2 tbsp dressing

3.Dinner : Mediterranean couscous: two-thirds cup whole wheat cooked couscous, half a cup sautéed eggplant, four sundried tomatoes, five jumbo olives chopped, half a diced cucumber, 1 tbsp balsamic vinegar, fresh basil.



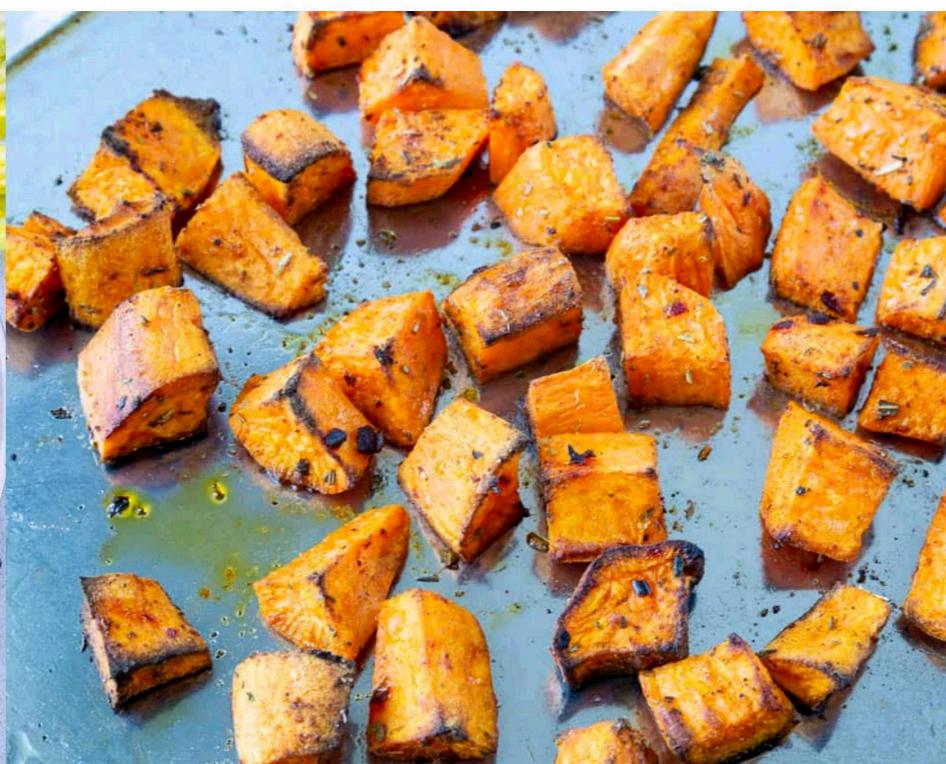
## Day 27 :

1. Breakfast : Two-egg veggie omelet (spinach, mushrooms, bell pepper, avocado) with a half cup black beans, three-quarters cup blueberries.
2. Lunch : Sandwich: two regular slices high-fiber whole grain bread, 1 tbsp plain, no-fat Greek yogurt and 1 tbsp mustard, 2 oz canned tuna in water mixed with a quarter cup of shredded carrots, 1 tbsp dill relish, 1 cup sliced tomato, half a medium apple.
3. Dinner : Half a cup (50g) succotash, 1 tsp butter, 2 oz pork tenderloin, 1 cup cooked asparagus, half a cup fresh pineapple.



## Day 28 :

1. Breakfast : Sweet potato toast: two slices (100 g) toasted sweet potato, topped with 1 oz goat cheese, spinach, and 1 tsp sprinkled flaxseed.
2. Lunch : 2 oz roast chicken, 1 cup raw cauliflower, 1 tbsp low-fat French dressing, 1 cup fresh strawberries.
3. Dinner : 2 oz salmon filet, one medium baked potato, 1 tsp butter, 1.5 cups steamed asparagus.



## Day 29 :

1. Breakfast : Two pieces of toast, whole wheat bread; add 1 tbsp peanut butter and  $\frac{1}{2}$  of a banana (~373 calories)
2. Lunch : One-half cup whole wheat pasta with red sauce, low-fat/skim ricotta cheese, and one cup roasted broccolini (~569 calories)
3. Dinner : Three ounces turkey breast, medium sweet potato (with 1 pat butter), 1 cup cauliflower, and one cup 2% milk (~517 calories)



## Day 30 :

- 1.Breakfast : One cup high-fiber cereal, one cup 2% milk, and  $\frac{1}{4}$  cup frozen or fresh blueberries (~328 calories) dd a subheading
- 2.Lunch : Six ounces of lean turkey or grilled tofu on whole bread (thinly sliced) with lots of veggies (tomato, lettuce, cucumbers), and one medium orange (~347 calories) a subheading
- 3.Dinner : Grilled fish or chicken breast, one cup sweet potato (1 pat butter), one cup cooked carrot, and raw veggies (~465 calories)

