

# Diabetes Meal Plan

by Constance Brown-Riggs



Meal planning can be the most challenging aspect of diabetes self-management. Each day, you make critical choices that will impact your blood glucose levels and your health. Fortunately, diabetes can be more manageable when following a meal plan, and this week-long sample menu is a great place to start. Keep in mind that depending on your individual diabetes management goals, you may need to adjust the portions or types of food in the menu. – *Constance Brown-Riggs*

Registered Dietitian-Certified Diabetes Educator Constance Brown-Riggs is a national spokesperson for the American Dietetic Association and the author of “Eating Soulfully and Healthfully with Diabetes.” She is the owner of CBR Nutrition Enterprises (<https://eatingsoulfully.com>), a company that focuses on providing complete medical nutrition therapy to patients. She resides in Massapequa, NY.

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Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>1 cup cooked oatmeal</b> 297 Cals, 11g Prot, 55g Carb, 8g Fiber, 6g Fat, 1g SatFat, 0g Trans, 0mg Chol, 2mg Sod</p> <p><b>1 piece seedless rye bread</b> 80 Cals, 3g Prot, 15g Carb, 1g Fiber, 1g Fat, 1g SatFat, 0g Trans, 0mg Chol, 210mg Sod</p> <p><b>1 banana, 7” to 8” long</b> 105 Cals, 1g Prot, 27g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 1mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 3mg Chol, 130mg Sod</p> <p><b>1 tsp margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g Trans, 0mg Chol, 35mg Sod</p> <p><b>1 cup coffee</b> 2 Cals, 0g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 5mg Sod</p>	<p><b>1 fresh nectarine</b> 60 Cals, 1g Prot, 15g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g Trans, 0mg Chol, 0mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cals, 5g Prot, 7g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 2mg Chol, 65mg Sod</p>	<p><b>2 slices whole wheat bread</b> Each: 138 Cals, 7g Prot, 23g Carb, 4g Fiber, 2g Fat, 0g SatFat, 0g Trans, 0mg Chol, 218mg Sod</p> <p><b>2 slices 5% fat ham</b> 61 Cals, 11g Prot, 0g Carb, 0g Fiber, 1g Fat, 0g SatFat, 0g Trans, 26mg Chol, 601mg Sod</p> <p><b>2 leaves iceberg lettuce</b> Each: 4 Cals, 0g Prot, 1g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 3mg Sod</p> <p><b>1 cup baby carrots</b> 53 Cals, 1g Prot, 12g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 60mg Sod</p> <p><b>1 small apple (2 3/4” diameter)</b> 77 Cals, 0g Prot, 21g Carb, 4g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 1mg Sod</p> <p><b>1 tsp mayonnaise salad dressing</b> 12 Cals, 0g Prot, 1g Carb, 0g Fiber, 1g Fat, 0g SatFat, 0g Trans, 1mg Chol, 25mg Sod</p>	<p><b>3oz baked potato</b> 79 Cals, 2g Prot, 18g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 9mg Sod</p> <p><b>1 oz. wheat dinner roll</b> 77 Cals, 2g Prot, 13g Carb, 1g Fiber, 2g Fat, 0g SatFat, 0g Trans, 0mg Chol, 96mg Sod</p> <p><b>3 oz broiled skinless chicken breast</b> 94 Cals, 20g Prot, 0g Carb, 0g Fiber, 1g Fat, 0g SatFat, 0g Trans, 49mg Chol, 55mg Sod</p> <p><b>1 cup chopped frozen broccoli</b> 30 Cals, 1g Prot, 4g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 20mg Sod</p> <p><b>1 tbsp fat-free sour cream</b> 15 Cals, 1g Prot, 2g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 1mg Chol, 12mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g Trans, 0mg Chol, 35mg Sod</p>	<p><b>1/2 cup nonfat milk</b> 45 Cals, 5g Prot, 7g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 2mg Chol, 65mg Sod</p> <p><b>6 fat-free, low-sodium saltine crackers, saltines</b> Each: 71 Cals, 2g Prot, 15g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 114mg Sod</p> <p><b>1 tbsp sugar-free concord grape jam</b> 10 Cals, 0g Prot, 5g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 0mg Sod</p>
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
<p>Calories 608</p> <p>Protein 25g</p> <p>Carbohydrates 110g</p> <p>Fiber 12g</p> <p>Total Fat 11g   Saturated fat 2g   Trans Fat 1g</p> <p>Cholesterol 3mg</p> <p>Sodium 383mg</p>	<p>Calories 105</p> <p>Protein 6g</p> <p>Carbohydrates 22g</p> <p>Fiber 2g</p> <p>Fat 1g</p> <p>    SatFat 0g   TransFat 0g</p> <p>Cholesterol 2mg</p> <p>Sodium 65mg</p>	<p>Calories 345</p> <p>Protein 20g</p> <p>Carbohydrates 57g</p> <p>Fiber 10g</p> <p>Fat 5g</p> <p>    SatFat 1g   TransFat 0g</p> <p>Cholesterol 27mg</p> <p>Sodium 909mg</p>	<p>Calories 328</p> <p>Protein 37g</p> <p>Carbohydrates 37g</p> <p>Fiber 5g</p> <p>Fat 7g</p> <p>    SatFat 2g   TransFat 1g</p> <p>Cholesterol 51mg</p> <p>Sodium 227mg</p>	<p>Calories 126</p> <p>Protein 6g</p> <p>Carbohydrates 26g</p> <p>Fiber 0g</p> <p>Fat 0g</p> <p>    SatFat 0g   TransFat 0g</p> <p>Cholesterol 2mg</p> <p>Sodium 179mg</p>

Day 1 Total

Calories 1,511

Protein 82g

Carbs 252g

Fiber 29g

Fat 23g

    5g SatFat

    1g Trans

Cholesterol 83mg

Sodium 1,763mg

Tasty Tips

Eat a lot of fruits and vegetables.

Select fruits and vegetables that are a broad range of colors to maximize the variety of nutrients.

Emphasize non-starchy vegetables such as dark, leafy greens and broccoli.



Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>2 oz whole grain bagel</b> 113 Cals, 4 g Prot, 25 g Carb, 4g Fiber, 1 g Fat, 0 g SatFat, 0g Trans, 0mg Chol, 133mg Sod</p> <p><b>1 cup 2% fat small-curd cottage cheese</b> 45 Cals, 6 g Prot, 3 g Carb, 0g Fiber, 1g Fat, 1g SatFat, 0g Trans, 8mg Chol, 200mg Sod</p> <p><b>1 fresh med. Grapefruit</b> 60 Cals, 1g Prot, 15g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cals, 5g Prot, 7g Carb, 0g Fiber, 0 g Fat, 0 g SatFat, 0g Trans, 2 mg Chol, 65 mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0 g Prot, 0 g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g Trans, 0 mg Chol, 35 mg Sod</p> <p><b>1 cup coffee, brewed w/tap water</b> 2 Cals, 0 g Prot, 0 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 5 mg Sod</p>	<p><b>1 cup fresh halved strawberries</b> 61 Cals, 1 g Prot, 15 g Carb, 4 g Fiber, 1 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 2 mg Sod</p> <p><b>2 plain rice cakes</b> Each: 70 Cals, 2 g Prot, 15 g Carb, 1 g Fiber, 1 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 28 mg Sod</p>	<p><b>2 slices multigrain bread</b> 180 Cals, 8 g Prot, 30 g Carb, 6 g Fiber, 4 g Fat, 0 g SatFat, 0g Trans, 0 mg Chol, 300 mg Sod</p> <p><b>2 oz skinless turkey breast</b> 68 Cals, 14 g Prot, 1 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0g Trans, 40 mg Chol, 339 mg Sod</p> <p><b>3 cups salad of field greens</b> 30 Cal, 2g Prot, 8g Carb, 4g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 60 mg Sod</p> <p><b>2 tbsp fat-free Italian dressing</b> 20 Cals, 0 g Prot, 4 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0g Trans, 1 mg Chol, 430 mg Sod</p> <p><b>1 medium fresh pear</b> 103 Cals, 1 g Prot, 28 g Carb, 6 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 2 mg Sod</p> <p><b>1 tbsp low cal mayonnaise</b> 38 Cal, 0g Prot, 3g Carb, 0g Fiber, 3 g Fat, 0 g SatFat, 0g TransFat, 4 mg Chol, 100 mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cal, 5g Prot, 7g Carb, 0g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 2 mg Chol, 65 mg Sod</p>	<p><b>3 oz 90% lean ground Beef</b> 220 Cals, 22 g Prot, 0 g Carb, 0 g Fiber, 14 g Fat, 5 g SatFat, 0g TransFat, 76 mg Chol, 81 mg Sod</p> <p><b>1 cup whole wheat pasta (cooked)</b> 174 Cals, 7 g Prot, 37 g Carb, 6 g Fiber, 1 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 4 mg Sod</p> <p><b>1/2 cup unsalted tomato sauce</b> 51 Cals, 2 g Prot, 11 g Carb, 2 g Fiber, 0 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 13 mg Sod</p> <p><b>4 walnut halves</b> Each: 52 Cals, 1 g Prot, 1 g Carb, 1 g Fiber, 5 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 0 mg Sod</p>	<p><b>8 animal crackers</b> 89 Cals, 1 g Prot, 15 g Carb, 0 g Fiber, 3 g Fat, 1 g SatFat, 0g TransFat, 0 mg Chol, 79 mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9 g Prot, 13 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 3 mg Chol, 130 mg Sod</p>
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
<p>Calories 299</p> <p>Protein 16g</p> <p>Carbohydrates 49g</p> <p>Fiber 6g</p> <p>Fat 6g   SatFat 1g</p> <p>TransFat 1g</p> <p>Cholesterol 9mg</p> <p>Sodium 438mg</p>	<p>Calories 131</p> <p>Protein 3g</p> <p>Carbohydrates 30g</p> <p>Fiber 4g</p> <p>Fat 1g   SatFat 0g</p> <p>TransFat 0g</p> <p>Cholesterol 0mg</p> <p>Sodium 30mg</p>	<p>Calories 485</p> <p>Protein 30g</p> <p>Carbohydrates 80g</p> <p>Fiber 16g</p> <p>Fat 8g   SatFat 1g</p> <p>TransFat 0g</p> <p>Cholesterol 46mg</p> <p>Sodium 1296mg</p>	<p>Calories 497</p> <p>Protein 32g</p> <p>Carbohydrates 49g</p> <p>Fiber 9g</p> <p>Fat 20g   SatFat 6g</p> <p>TransFat 0g</p> <p>Cholesterol 76mg</p> <p>Sodium 99mg</p>	<p>Calories 179</p> <p>Protein 10g</p> <p>Carbohydrates 28g</p> <p>Fiber 3g</p> <p>Fat 3g   SatFat 1g</p> <p>TransFat 0g</p> <p>Cholesterol 3mg</p> <p>Sodium 209mg</p>

## Day 2 Total

**Calories 1,591**

**Protein 92g**

**Carbs 236g**

**Fiber 35g**

**Fat 38g**

8g SatFat

1g Trans

**Cholesterol 134mg**

**Sodium 2,071mg**

## Tasty Tips

*Always opt for whole grain foods instead of foods with refined flours.*

*Examples include brown rice, wild rice, rice cakes, whole grain breads and whole wheat pastas.*

*Whole grain foods contain more dietary fiber and convert more slowly to glucose.*



Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>3/4 cup bran flakes</b> 90 Cals, 3 g Prot, 23 g Carb, 5 g Fiber, 1 g Fat, 0 g SatFat, 0g TransFat, 0mg Chol, 236 mg Sod</p> <p><b>1 slice whole wheat toast</b> 77 Cals, 4 g Prot, 13 g Carb, 2 g Fiber, 1 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 146 mg Sod</p> <p><b>1/2 cup fresh blackberries</b> 31 Cals, 1 g Prot, 7 g Carb, 4 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 1 mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cals, 5 g Prot, 7 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 2 mg Chol, 65 mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0 g Prot, 0 g Carb, 0 g Fiber, 4 g Fat, 1 g SatFat, 1 g TransFat, 0 mg Chol, 35 mg Sod</p>	<p><b>1/2 cup sugar-free fruit cocktail</b> 80 Cals, 1 g Prot, 20 g Carb, 2 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol 20 mg Sod</p> <p><b>15 whole grain tortilla chips</b> 150 Cals, 2 g Prot, 18 g Carb, 2 g Fiber, 8 g Fat, 1 g SatFat, 0 g TransFat, 0 mg Chol, 135 mg Sod</p>	<p><b>2 oz thin wheat wrap</b> 176 Cals, 6 g Prot, 34 g Carb, 0 g Fiber, 2 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 304 mg Sod</p> <p><b>2 oz lean roast beef</b> 144 Cals, 19 g Prot, 0 g Carb, 0 g Fiber, 7 g Fat, 3 g SatFat, 0g TransFat, 45 mg Chol, 24 mg Sod</p> <p><b>1 med tomato, sliced</b> 27 Cals, 1 g Prot, 6 g Carb, 2 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 7 mg Sod</p> <p><b>2 leaves iceberg lettuce</b> Each: 4 Cals, 0 g Prot, 1 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 3 mg Sod</p> <p><b>1 sm. fresh skinless peach</b> Each, 31 Cals, 1 g Prot, 8 g Carb, 1 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 0 mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cals, 5 g Prot, 7 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 2 mg Chol, 65 mg Sod</p> <p><b>2 tsp low-cal mayonnaise</b> 25 Cals, 0 g Prot, 2 g Carb, 0 g Fiber, 2 g Fat, 0 g SatFat, 0g TransFat, 3 mg Chol, 67 mg Sod</p>	<p><b>3 oz lean pork loin</b> 93 Cals, 18 g Prot, 0 g Carb, 0 g Fiber, 2 g Fat, 1 g SatFat, 0 g TransFat, 55 mg Chol, 45 mg Sod</p> <p><b>3 oz orange sweet potatoes baked in skin, peeled</b> 77 Cals, 2 g Prot, 18 g Carb, 3 g Fiber, 0 g Fat, 0 g SatFat, 0g TransFat, 0mg Chol, 31mg Sod</p> <p><b>1 cup asparagus</b> 50 Cals, 4 g Prot, 8 g Carb, 4 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 0 mg Sod</p> <p><b>1 wheat dinner roll</b> 76 Cals, 2 g Prot, 13 g Carb, 1 g Fiber, 2 g Fat, 0 g SatFat, 0g TransFat, 0mg Chol, 95mg Sod</p> <p><b>1/4 cup reduced fat cole slaw</b> 50 Cals, 1 g Prot, 7 g Carb, 1 g Fiber, 2 g Fat, 0 g SatFat, 0g Trans, 5mg Chol, 155mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0 g Prot, 0 g Carb, 0 g Fiber, 4 g Fat, 1 g SatFat, 1 g TransFat, 0 mg Chol, 35 mg Sod</p>	<p><b>3 graham cracker squares</b> Each: 89 Cals, 1 g Prot, 16 g Carb, 1 g Fiber, 2 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 127 mg Sod</p> <p><b>1 cup plain non-fat yogurt</b> 150 Cals, 11 g Prot, 16 g Carb, 0 g Fiber, 3 g Fat, 3 g SatFat, 0 g TransFat, 20 mg Chol, 170 mg Sod</p>
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
<p>Calories 276</p> <p>Protein 13g</p> <p>Carbohydrates 49g</p> <p>Fiber 11g</p> <p>Fat 6g SatFat 1g TransFat 1g</p> <p>Cholesterol 2mg</p> <p>Sodium 482mg</p>	<p>Calories 230</p> <p>Protein 3g</p> <p>Carbohydrates 38g</p> <p>Fiber 4g</p> <p>Fat 8g SatFat 1g TransFat 0g</p> <p>Cholesterol 0mg</p> <p>Sodium 155mg</p>	<p>Calories 452</p> <p>Protein 32g</p> <p>Carbohydrates 57g</p> <p>Fiber 3g</p> <p>Fat 11g SatFat 3g TransFat 0g</p> <p>Cholesterol 49mg</p> <p>Sodium 470mg</p>	<p>Calories 379</p> <p>Protein 26g</p> <p>Carbohydrates 45g</p> <p>Fiber 9g</p> <p>Fat 9g SatFat 2g TransFat 1g</p> <p>Cholesterol 60mg</p> <p>Sodium 361mg</p>	<p>Calories 239</p> <p>Protein 12g</p> <p>Carbohydrates 32g</p> <p>Fiber 1g</p> <p>Fat 5g SatFat 3g TransFat 0g</p> <p>Cholesterol 20mg</p> <p>Sodium 297mg</p>

## Day 3 Total

**Calories 1,576**

**Protein 86g**

**Carbs 222g**

**Fiber 28g**

**Fat 40g**

10g SatFat

1g Trans

**Cholesterol 131mg**

**Sodium 1,765mg**

## Tasty Tips

*Top 10 Diabetes Superfoods:*

*Beans*  
*Dark, leafy greens*  
*Citrus Fruits*  
*Sweet Potatoes*  
*Berries*  
*Tomatoes*  
*Salmon*  
*Whole Grains*  
*Nuts*  
*Fat-free Milk and Yogurt*

*Source: Diabetes.org*



Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<b>1 biscuit shredded wheat cereal</b> 70 Cals, 2g Prot, 16g Carb, 3g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod  <b>2 oz whole grain bagel</b> 113 Cals, 4g Prot, 25g Carb, 4g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol 133mg Sod  <b>2 tsp sugar-free jelly</b> 7 Cals, 0g Prot, 3g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod  <b>1 med orange</b> 80 Cals, 1g Prot, 19g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod  <b>1/2 cup nonfat milk</b> 45 Cals, 5g Prot, 7g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 2mg Chol, 65mg Sod  <b>1 cup coffee</b> 2 Cals, 0g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 5mg Sod	<b>1 cup cubed cantaloupe</b> 54 Cals, 1g Prot, 13g Carb, 1g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 26mg Sod  <b>1/2 cup sugar-free French vanilla ice cream</b> 105 Cals, 3g Prot, 14g Carb, 0g Fiber, 5g Fat, 3g SatFat, 0g TransFat, 36mg Chol, 59mg Sod	<b>2 oz whole wheat roll</b> Each, 173 Cals, 6g Prot, 33g Carb, 5g Fiber, 3g Fat, 1g SatFat, 0g TransFat, 0mg Chol, 311mg Sod  <b>1/2 cup tuna in water</b> 66 Cals, 14g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 17mg Chol, 28mg Sod  <b>2 leaves iceberg lettuce</b> Each: 4 Cals, 0g Prot, 1g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 3mg Sod  <b>1 cup celery sticks</b> 15 Cals, 0g Prot, 4g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 115mg Sod  <b>1 cup fresh baby carrots</b> 53 Cals, 1g Prot, 12g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 60mg Sod  <b>1 small apple</b> 77 Cals, 0g Prot, 21g Carb, 4g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod  <b>1 tbsp low-cal mayonnaise</b> 38 Cals, 0g Prot, 3g Carb, 0g Fiber, 3g Fat, 0g SatFat, 0g TransFat, 4mg Chol, 100mg Sod	<b>1-1/2 cups low-fat lasagna</b> 312 Cals, 21g Prot, 42g Carb, 4g Fiber, 7g Fat, 3g SatFat, 0g TransFat, 22mg Chol, 559mg Sod  <b>1 small whole wheat dinner roll</b> 87 Cals, 3g Prot, 15g Carb, 1g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 1mg Chol, 150mg Sod  <b>1 cup tossed green salad</b> 22 Cals, 2g Prot, 4g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 36mg Sod  <b>1 tbsp fat-free Italian salad dressing</b> 10 Cals, 0g Prot, 2g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 1mg Chol, 215mg Sod	<b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod  <b>3 small sugar-free oatmeal cookies</b> Each: 100 Cals, 1g Prot, 14g Carb, 1g Fiber, 5g Fat, 1g SatFat, 2g TransFat, 0mg Chol, 107mg Sod
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
Calories 317 Protein 12g Carbohydrates 69g Fiber 10g Fat 2g SatFat 0g TransFat 0g Cholesterol 2mg Sodium 203mg	Calories 159 Protein 4g Carbohydrates 27g Fiber 2g Fat 5g SatFat 3g TransFat 0g Cholesterol 36mg Sodium 85mg	Calories 427 Protein 22g Carbohydrates 74g Fiber 13g Fat 7g SatFat 1g TransFat 0g Cholesterol 21mg Sodium 619mg	Calories 431 Protein 26g Carbohydrates 63g Fiber 5g Fat 9g SatFat 3g TransFat 0g Cholesterol 23mg Sodium 960mg	Calories 190 Protein 10g Carbohydrates 27g Fiber 1g Fat 5g SatFat 1g TransFat 2g Cholesterol 3mg Sodium 237mg

## Day 4 Total

**Calories 1,525**

**Protein 75g**

**Carbs 260g**

**Fiber 31g**

**Fat 27g**

9g SatFat

2g Trans

**Cholesterol 85mg**

**Sodium 2,103**

## Tasty Tips

*Choose your cooking oils wisely to minimize your intake of saturated fats and trans fats.*

*Best choices include:*  
 Olive Oil  
 Safflower Oil  
 Sunflower Oil

*Oils to avoid include:*  
 Coconut Oil  
 Palm Oil  
 Lard



Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>2 4" low-fat Waffles</b> 142 Cals, 4g Prot, 28g Carb, 3g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 430mg Sod</p> <p><b>1 hard or soft boiled egg</b> 78 Cals, 6g Prot, 1g Carb, 0g Fiber, 5g Fat, 2g SatFat, 0g TransFat, 212mg Chol, 62mg Sod</p> <p><b>3/4 cup fresh blueberries</b> 63 Cals, 1g Prot, 16g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g TransFat, 0mg Chol, 35mg Sod</p> <p><b>1 cup coffee</b> 2 Cals, 0g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 5mg Sod</p>	<p><b>1 fresh mango</b> 70 Cals, 0g Prot, 17g Carb, 1g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p> <p><b>1 cup 2% fat Greek yogurt</b> 150 Cals, 19g Prot, 9g Carb, 0g Fiber, 5g Fat, 3g SatFat, 0g TransFat, 15mg Chol, 75mg Sod</p>	<p><b>1 slice cheese pizza</b> 187 Cals, 8g Prot, 27g Carb, 1g Fiber, 6g Fat, 2g SatFat, 0g TransFat, 11mg Chol, 388mg Sod</p> <p><b>2 cups green salad with tomato</b> 20 Cals, 1g Prot, 5g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 40mg Sod</p> <p><b>1 tbsp fat-free Italian salad dressing</b> 10 Cals, 0g Prot, 2g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 1mg Chol, 215mg Sod</p> <p><b>2 med plums</b> 70 Cals, 1g Prot, 19g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p>	<p><b>2/3 cup cooked med grain brown rice</b> 146 Cals, 3g Prot, 31g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>3 oz baked tilapia with lemon</b> 111 Cals, 22g Prot, 0g Carb, 0g Fiber, 3g Fat, 1g SatFat, 0g TransFat, 76mg Chol, 30mg Sod</p> <p><b>2 cups mixed frozen vegetables (cauliflower carrots &amp; snow pea pods)</b> 60 Cals, 2g Prot, 12g Carb, 4g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 70mg Sod</p> <p><b>1 sliced medium tomato</b> Serving, 27 Cals, 1g Prot, 6g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 7mg Sod</p> <p><b>1 tbsp balsamic vinaigrette</b> 45 Cals, 0g Prot, 2g Carb, 0g Fiber, 4g Fat, 1g SatFat, 0g TransFat, 0mg Chol, 150mg Sod</p> <p><b>4 walnut halves</b> Each: 52 Cals, 1 g Prot, 1 g Carb, 1 g Fiber, 5 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 0 mg Sod</p>	<p><b>15 grapes</b> 60 Cals, 0g Prot, 15g Carb, 1g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 10mg Sod</p> <p><b>1 oz low-fat cheddar cheese</b> 70 Cals, 8g Prot, 1g Carb, 0g Fiber, 5g Fat, 3g SatFat, 0g TransFat, 15mg Chol, 170mg Sod</p>
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
<p>Calories 409</p> <p>Protein 21g</p> <p>Carbohydrates 58g</p> <p>Fiber 5g</p> <p>Fat 12g SatFat 3g TransFat 1g</p> <p>Cholesterol 215mg</p> <p>Sodium 663mg</p>	<p>Calories 220</p> <p>Protein 19g</p> <p>Carbohydrates 26g</p> <p>Fiber 1g</p> <p>Fat 5g SatFat 3g TransFat g</p> <p>Cholesterol 15mg</p> <p>Sodium 75mg</p>	<p>Calories 287</p> <p>Protein 10g</p> <p>Carbohydrates 54g</p> <p>Fiber 6g</p> <p>Fat 6g SatFat 2g TransFat 0g</p> <p>Cholesterol 12mg</p> <p>Sodium 643mg</p>	<p>Calories 422</p> <p>Protein 29g</p> <p>Carbohydrates 50g</p> <p>Fiber 8g</p> <p>Fat 12g SatFat 2g TransFat 1g</p> <p>Cholesterol 76mg</p> <p>Sodium 294mg</p>	<p>Calories 130</p> <p>Protein 8g</p> <p>Carbohydrates 16g</p> <p>Fiber 1g</p> <p>Fat 5g SatFat 3g TransFat 0g</p> <p>Cholesterol 15mg</p> <p>Sodium 180mg</p>

## Day 5 Total

**Calories 1,468**

**Protein 87g**

**Carbs 204g**

**Fiber 21g**

**Fat 38g**

14g SatFat

1g Trans

**Cholesterol 333mg**

**Sodium 1,854mg**

## Tasty Tips

*Sugar alcohols include sorbitol, xylitol and mannitol. They are lower in calories than sugars and starches but they are only one ingredient.*

*Just because something is "sugar free" doesn't mean that it is low in calories. Always read the nutritional labels to get the full story.*



Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<b>1 multigrain English muffin</b> 150 Cals, 5g Prot, 32g Carb, 4g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 170mg Sod  <b>1 cup canned Mandarin oranges, drained</b> 72 Cals, 1g Prot, 18g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 9mg Sod  <b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g TransFat, 0mg Chol, 35mg Sod  <b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod  <b>1 cup coffee</b> 2 Cals, 0g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 5mg Sod	<b>1/2 cup unsweetened canned peaches in water</b> 29 Cals, 1g Prot, 7g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 4mg Sod  <b>8 plain melba toast rounds</b> 70 Cals, 2g Prot, 14g Carb, 1g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 149mg Sod	<b>2/3 cup canned chili, con carne w/beans</b> 198 Cals, 12g Prot, 19g Carb, 6g Fiber, 9g Fat, 3g SatFat, 0g TransFat, 21mg Chol, 695mg Sod  <b>2/3 cup cooked med grain brown rice</b> 146 Cals, 3g Prot, 31g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod  <b>1 dozen fresh cherries</b> 68 Cals, 1g Prot, 17g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod  <b>1/2 cup sliced cucumber</b> 7 Cals, 0g Prot, 1g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod  <b>2 tsp olive oil</b> 80 Cals, 0g Prot, 0g Carb, 0g Fiber, 9g Fat, 1g SatFat, 0g TransFat, 0mg Chol, 0mg Sod  <b>2 tbsp balsamic vinegar</b> 28 Cals, 0g Prot, 5g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, --mg Chol, 7mg Sod	<b>1 whole wheat bun</b> 114 Cals, 4g Prot, 22g Carb, 3g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 206mg Sod  <b>3 oz 90% lean beef patty</b> 185 Cals, 22g Prot, 0g Carb, 0g Fiber, 10g Fat, 4g SatFat, 1g TransFat, 72mg Chol, 58mg Sod  <b>1 cup cooked snap beans</b> 22 Cals, 1g Prot, 5g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod  <b>1 tbsp ketchup</b> 15 Cals, 0g Prot, 4g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 167mg Sod  <b>1 lettuce wedge</b> 10 Cals, 1g Prot, 3g Carb, 1g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 10mg Sod  <b>1 tbsp fat-free French salad dressing</b> 21 Cals, 0g Prot, 5g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 128mg Sod	<b>One 4" piece pita bread</b> 74 Cals, 3g Prot, 15g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 149mg Sod  <b>1 tbsp peanut butter</b> 94 Cals, 4g Prot, 3g Carb, 1g Fiber, 8g Fat, 2g SatFat, 0g TransFat, 0mg Chol, 73mg Sod  <b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
Calories 348 Protein 16g Carbohydrates 63g Fiber 6g Fat 5g SatFat 1g TransFat 1g Cholesterol 3mg Sodium 349mg	Calories 99 Protein 3g Carbohydrates 21g Fiber 3g Fat 1g SatFat 0g TransFat 0g Cholesterol 0mg Sodium 153mg	Calories 527 Protein 16g Carbohydrates 73g Fiber 11g Fat 20g SatFat 4g TransFat 0g Cholesterol 21mg Sodium 705mg	Calories 368 Protein 28g Carbohydrates 38g Fiber 7g Fat 12g SatFat 4g TransFat 1g Cholesterol 72mg Sodium 569mg	Calories 259 Protein 16g Carbohydrates 32g Fiber 3g Fat 9g SatFat 2g TransFat 0g Cholesterol 3mg Sodium 352mg

## Day 6 Total

Calories 1,599

Protein 79g

Carbs 228g

Fiber 30g

Fat 47g

11g SatFat

1g Trans

Cholesterol 100mg

Sodium 2,129mg

## Tasty Tips

*If you have to pick one item on a nutritional label to scan for it should probably be total carbohydrates.*

*"Total carbohydrates" includes both sugar and starch.*

Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>2 4” buttermilk pancakes</b> Each, 173 Cals, 5g Prot, 22g Carb, 1g Fiber, 7g Fat, 1g SatFat, 0g TransFat, 44mg Chol, 397mg Sod</p> <p><b>1 serving sugar-free maple flavored syrup</b> 23 Cals, 0g Prot, 9g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 71mg Sod</p> <p><b>3/4 cup fresh blueberries</b> 63 Cals, 1g Prot, 16g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g TransFat, 0mg Chol, 35mg Sod</p>	<p><b>3 cups low-fat microwave popcorn</b> 102 Cals, 3g Prot, 17g Carb, 3g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 212mg Sod</p> <p><b>1 tbsp reduced-fat dried parmesan cheese</b> 13 Cals, 1g Prot, 0g Carb, 0g Fiber, 1g Fat, 1g SatFat, 0g TransFat, 4mg Chol, 6mg Sod</p>	<p><b>1 cup low-sodium split pea soup</b> 161 Cals, 8g Prot, 26g Carb, 5g Fiber, 3g Fat, 1g SatFat, 0g TransFat, 0mg Chol, 26mg Sod</p> <p><b>6 low-sodium fat-free saltine crackers</b> Each: 71 Cals, 2g Prot, 15g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 114mg Sod</p> <p><b>1/2 oz shredded cheddar cheese</b> 57 Cals, 4g Prot, 0g Carb, 0g Fiber, 5g Fat, 3g SatFat, 0g TransFat, 15mg Chol, 88mg Sod</p> <p><b>1 medium pear</b> 103 Cals, 1g Prot, 28g Carb, 6g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 2mg Sod</p>	<p><b>1 cup cooked medium grain brown rice</b> 218 Cals, 5g Prot, 46g Carb, 4g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 2mg Sod</p> <p><b>4 oz grilled shrimp</b> 135 Cals, 28g Prot, 0g Carb, 0g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 230mg Chol, 324mg Sod</p> <p><b>1 cup roasted peppers &amp; onions</b> 40 Cals, 1g Prot, 8g Carb, 3g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 220mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g TransFat, 0mg Chol, 35mg Sod</p> <p><b>1 small whole wheat roll</b> 76 Cals, 2g Prot, 13g Carb, 1g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 95mg Sod</p>	<p><b>1 slice toasted rye bread</b> 68 Cals, 2g Prot, 13g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 174mg Sod</p> <p><b>1/4 cup 2% fat small curd cottage cheese</b> 45 Cals, 6g Prot, 3g Carb, 0g Fiber, 1g Fat, 1g SatFat, 0g TransFat, 8mg Chol, 200mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod</p>
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
<p>Calories 382</p> <p>Protein 15g</p> <p>Carbohydrates 60g</p> <p>Fiber 3g</p> <p>Fat 11g</p> <p>    SatFat 2g</p> <p>    TransFat 1g</p> <p>Cholesterol 47mg</p> <p>Sodium 634mg</p>	<p>Calories 115</p> <p>Protein 4g</p> <p>Carbohydrates 17g</p> <p>Fiber 3g</p> <p>Fat 3g</p> <p>    SatFat 1g</p> <p>    TransFat 0g</p> <p>Cholesterol 4mg</p> <p>Sodium 289mg</p>	<p>Calories 392</p> <p>Protein 14g</p> <p>Carbohydrates 68g</p> <p>Fiber 11g</p> <p>Fat 8g</p> <p>    SatFat 4g</p> <p>    TransFat 0g</p> <p>Cholesterol 15mg</p> <p>Sodium 230mg</p>	<p>Calories 503</p> <p>Protein 36g</p> <p>Carbohydrates 67g</p> <p>Fiber 8g</p> <p>Fat 11g</p> <p>    SatFat 1g</p> <p>    TransFat 1g</p> <p>Cholesterol 230mg</p> <p>Sodium 676mg</p>	<p>Calories 203</p> <p>Protein 17g</p> <p>Carbohydrates 29g</p> <p>Fiber 2g</p> <p>Fat 2g</p> <p>    SatFat 1g</p> <p>    TransFat 0g</p> <p>Cholesterol 11mg</p> <p>Sodium 504mg</p>

Day 7 Total

**Calories 1,595**

**Protein 87g**

**Carbs 241g**

**Fiber 27g**

**Fat 35g**

    10g SatFat

    1g Trans

**Cholesterol 306mg**

**Sodium 2,333**

Tasty Tips

*Sugar doesn’t cause diabetes but it is a powerful carbohydrate.*

*Keep sweets out of the house and off of your desk and save them for celebrations. You’ll save money and have a lot less to worry about when it comes to your diet.*