

Diabetic Meal Plan

	BREAKFAST [30 grams carb]	LUNCH [30–40 grams carb]	DINNER [30–40 grams carb]
MONDAY	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip	3 oz grilled salmon ½ cup baked potato Spinach salad 1 cup skim milk
TUESDAY	Scrambled egg beaters on whole wheat english muffin	1 cup bean soup Green salad	Chicken or steak stir-fry with plenty of vegetables ⅔ cup brown rice
WEDNESDAY	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	½ cup tuna fish salad on 1 whole tomato 6 oz light yogurt 1 fruit	3 oz grilled chicken breast 1 cup baked acorn squash 1 cup steamed broccoli 1 cup skim milk
THURSDAY	¾ cup whole grain cereal (or Glucerna cereal) 1 cup skim milk	1 cup vegetable soup ½ turkey sandwich on 1 whole wheat bread Raw veggies	Spaghetti dinner 1 cup spaghetti squash ½ cup spaghetti sauce Tossed green salad
FRIDAY	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	Low-fat cottage cheese on 1 whole tomato 4 Ak-Mak crackers 1 fruit	2 slices thin crust veg pizza Romaine lettuce salad
SATURDAY	2 slices french toast made from whole wheat bread Sugar-free maple syrup	Large green salad with grilled chicken breast 1 cup skim milk 1 fruit	3 oz pan-seared trout 1 cup stir-fried vegetables ⅔ cup brown rice
SUNDAY	Scrambled Egg Beaters omelet with vegetables 2 slices whole wheat toast Sliced tomatoes	Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip	Chicken and bean burrito with whole wheat low-carb tortilla Salsa or pico de gallo Green salad