

DIABETES MEAL PLAN

Clear Steps. Better Health. Great Food.



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14-DAY BALANCED DIABETES DIET PLAN

WEEK ONE

Two weeks of balanced meals designed specifically for diabetes management.

Macros (approximate daily balance):

- Protein: 25–30%
- Healthy fats: 30–35%
- Smart carbs: 30–40% (low-GI, high-fiber)

Plate method:

- ½ vegetables
- ¼ protein
- ¼ smart carbs

Portion Control Guide

- Protein: Palm-sized
- Carbs: Fist-sized (whole foods only)
- Fats: Thumb-sized
- Vegetables: Unlimited

01.

Breakfast: Veggie omelet + avocado

Lunch: Grilled chicken salad + olive oil

Dinner: Baked salmon + broccoli

Snack: Greek yogurt + chia seeds

02.

Breakfast: Oatmeal (small portion) + nuts + cinnamon

Lunch: Tuna + avocado lettuce wraps

Dinner: Beef stir-fry + mixed vegetables

Snack: Apple + peanut butter

03.

Breakfast: Eggs + sautéed spinach

Lunch: Lentil vegetable soup

Dinner: Roasted chicken + cauliflower

Snack: Cottage cheese

04.

Breakfast: Greek yogurt + flax + berries

Lunch: Turkey salad bowl

Dinner: Zucchini noodles + ground turkey

Snack: Nuts

05.

Breakfast: Protein smoothie (spinach, almond milk, protein powder)

Lunch: Chickpea veggie bowl (small portion)

Dinner: Grilled fish + green beans

Snack: Boiled eggs

06.

Breakfast: Chia pudding (almond milk)

Lunch: Chicken veggie soup

Dinner: Beef + roasted vegetables

Snack: Hummus + celery

07.

Breakfast: Scrambled eggs + mushrooms

Lunch: Salmon salad

Dinner: Baked chicken + cabbage stir-fry

Snack: Yogurt or nuts

14-DAY BALANCED DIABETES DIET PLAN

WEEK TWO

Two weeks of balanced meals designed specifically for diabetes management.

Macros (approximate daily balance):

- Protein: 25–30%
- Healthy fats: 30–35%
- Smart carbs: 30–40% (low-GI, high-fiber)

Plate method:

- ½ vegetables
- ¼ protein
- ¼ smart carbs

Portion Control Guide

- Protein: Palm-sized
- Carbs: Fist-sized (whole foods only)
- Fats: Thumb-sized
- Vegetables: Unlimited

01.

Breakfast: Eggs + vegetables

Lunch: Salmon quinoa bowl (small quinoa portion)

Dinner: Grilled chicken + mixed veggies

Snack: Greek yogurt

02.

Breakfast: Protein smoothie

Lunch: Turkey lettuce wraps

Dinner: Beef + broccoli

Snack: Apple + peanut butter

03.

Breakfast: Greek yogurt + seeds

Lunch: Lentil veggie bowl

Dinner: Baked fish + zucchini

Snack: Nuts

04.

Breakfast: Omelet + avocado

Lunch: Chicken salad

Dinner: Turkey meatballs + roasted veggies

Snack: Cottage cheese

05.

Breakfast: Chia pudding

Lunch: Tofu veggie stir-fry

Dinner: Grilled salmon + asparagus

Snack: Boiled eggs

06.

Breakfast: Oatmeal (small) + cinnamon + nuts

Lunch: Chickpea salad (small portion)

Dinner: Chicken + cauliflower rice

Snack: Hummus + veggies

07.

Breakfast: Eggs + spinach

Lunch: Tuna salad

Dinner: Grilled beef + green beans

Snack: Yogurt or nuts



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