

# 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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