

DIABETES MEAL PLAN

Clear Steps. Better Health. Great Food.



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7-DAY LOW-CARB DIABETES MEAL PLAN

01.

Breakfast: Veggie omelet + avocado

Lunch: Grilled chicken salad (olive oil dressing)

Dinner: Baked salmon + broccoli

Snack: Greek yogurt + chia seeds

02.

Breakfast: Chia pudding (unsweetened almond milk)

Lunch: Tuna + avocado lettuce wraps

Dinner: Beef stir-fry + mixed vegetables

Snack: Nuts (small handful)

03.

Breakfast: Scrambled eggs + spinach

Lunch: Turkey lettuce wraps

Dinner: Roasted chicken + cauliflower

Snack: Boiled eggs

04.

Breakfast: Greek yogurt + flaxseed + berries

Lunch: Salmon salad + olive oil

Dinner: Zucchini noodles + ground turkey

Snack: Cottage cheese

05.

Breakfast: Greek yogurt + flaxseed + berries

Lunch: Salmon salad + olive oil

Dinner: Zucchini noodles + ground turkey

Snack: Cottage cheese

06.

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

Lunch: Beef salad bowl

Dinner: Turkey meatballs + roasted vegetables

Snack: Apple slices + peanut butter

07.

Breakfast: Eggs + sautéed mushrooms

Lunch: Lentil veggie bowl (small portion)

Dinner: Baked chicken + cabbage stir-fry

Snack: Nuts or yogurt



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