

# 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

# 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

**THIS WAS DESIGNED AND DEVELOPED BY**

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