

# 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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