

Diabetic Food Planner



Date: _____

			CARBS (g)
Breakfast		Blood Sugar:	
		Insulin Dose:	
		2 hr blood sugar:	
		Total:	
Snack		Blood Sugar:	
		Insulin Dose:	
		Total:	
Lunch		Blood Sugar:	
		Insulin Dose:	
		2 hr blood sugar:	
		Total:	
Snack		Blood Sugar:	
		Insulin Dose:	
		Total:	
Supper		Blood Sugar:	
		Insulin Dose:	
		2 hr blood sugar:	
		Total:	
Snack		Blood Sugar:	
		Insulin Dose:	
		Total:	

Midnight Blood Sugar:
3:00 am Blood Sugar:

Notes - exercise, stress, illness, other: