



Diabetes

Meal Planning Ideas



	BREAKFAST	LUNCH	DINNER
MON	Banana Yogurt Pots	Cannellini Bean Salad	Moussaka
TUE	Tomato and Watermelon Salad	Edgy Veggie Wraps	Spicy Tomato Baked Eggs
WED	Blueberry Oats Bowl	Carrot, Orange and Avocado Salad	Salmon with Potatoes and Corn Salad
THU	Banana Yogurt Pots	Mixed Bean Salad	Spiced Carrot and Lentil Soup
FRI	Tomato and Watermelon Salad	Panzanella Salad	Mediterranean Chicken, Quinoa & Greek Salad
SAT	Blueberry Oats Bowl	Quinoa & Stir Fried Veg	Grilled Vegetables with Bean Mash
SUN	Banana Yogurt Pots	Moroccan Chickpea Soup	Spicy Mediterranean Beet Salad