

Diabetic Meal PLAN CHART



	Breakfast [30 grams carb]	Lunch [30-40 grams carb]	Dinner [30-40 grams carb]
MON	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip	3 oz grilled salmon ½ cup baked potato Spinach salad 1 cup skim milk
TUE	Scrambled egg beaters on whole wheat english muffin	1 cup bean soup Green salad	Chicken or steak stir-fry with plenty of vegetables ⅔ cup brown rice
WED	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	½ cup tuna fish salad on 1 whole tomato 6 oz light yogurt 1 fruit	3 oz grilled chicken breast 1 cup baked acorn squash 1 cup steamed broccoli 1 cup skim milk
THU	¾ cup whole grain cereal (or Glucerna cereal) 1 cup skim milk	1 cup vegetable soup ½ turkey sandwich on 1 whole wheat bread Raw veggies	Spaghetti dinner 1 cup spaghetti squash ½ cup spaghetti sauce Tossed green salad
FRI	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	Low-fat cottage cheese o 1 whole tomato 4 Ak-Mak crackers 1 fruit	2 slices thin crust veg pizza Romaine lettuce salad
SAT	2 slices french toast made from whole wheat bread Sugar-free maple syrup	Large green salad with grilled chicken breast 1 cup skim milk 1 fruit	3 oz pan-seared trout 1 cup stir-fried vegetables ⅔ cup brown rice
SUN	Scrambled Egg Beaters omelet with vegetables 2 slices whole wheat toast Sliced tomatoes	Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip	Chicken and bean burrito with whole wheat low-carb tortilla Salsa or pico de gallo Green salad