



DIABETES-FRIENDLY

Meal Plan

	BREAKFAST	LUNCH	DINNER
MONDAY	steel cut oats with walnuts and fresh berries	salmon salad with cannellini beans	roasted chicken thighs with potatoes and scallions and herb vinaigrette with mixed greens
TUESDAY	whole grain toast with nut butter and banana slices	ground turkey and three-bean chill.	tofu cashew curry with brown rice, cauliflower, and green beans
WEDNESDAY	egg and veggie muffins with zucchini, onions, and feta	chicken Caesar salad on a spinach wrap	grilled fish tacos topped with cabbage-cilantro slaw
THURSDAY	strawberry, peach, and almond milk smoothie	lentil stew with spinach, onion, and fresh herbs	herb garlic turkey meatloaf with mashed cauliflower
FRIDAY	whole grain avocado toast topped with fresh cilantro	black bean quinoa burger with baked green beans and a garden salad	almond and lemon crusted fish with spinach
SATURDAY	veggie-loaded omelet with summer squash and avocado	baked falafel with whole grain pita, hummus, and tabbouleh	baked chicken Parmesan with parsley
SUNDAY	whole grain buttermilk pancakes	navy bean and vegetable soup with zucchini, spinach, tomatoes, and fresh herbs	salmon with a salad of Nicoise olives and French-cut green beans