

# Diabetic Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Overnight oats made with rolled oats, unsweetened almond milk, chia seeds, and topped with berries.	Greek yogurt with sliced apples and a sprinkle of cinnamon.	Veggie omelet made with egg whites, spinach, mushrooms and low-fat cheese.	Whole wheat toast topped with avocado, and sliced hard-boiled eggs.	Smoothie made with unsweetened almond milk, spinach, frozen berries, and a scoop of protein powder.	Oatmeal made with rolled outs unsweetened almond milk, and topped with sliced strawberries and a sprinkle of cinnamon.	Scrambled eggs with spinach and whole wheat toast.
LUNCH	Turkey wrap with whole wheat tortilla, lettuce, tomato, and mustard.	Quinoa salad with grilled chicken, cherry tomatoes, cucumbers, and lemon vinaigrette	Lentil soup with a side salad (mixed greens, cherry tomatoes, and balsamic vinaigrette).	Tuna salad lettuce wraps with diced celery and onions.	Grilled chicken Caesar salad with romaine lettuce, cherry tomatoes, and a light Caesar dressing.	Turkey chili with kidney beans and diced vegetables.	Grilled chicken breast salad with mixed greens, cherry tomatoes, cucumbers, and balsamic vinaigrette.
DINNER	Lean beef stir fry with mixed vegetables (bell peppers, onions, and snap peas) served with brown rice.	Baked chicken breast with roasted Brussels sprouts.	Shrimp stir fry with mixed vegetables (broccoli, peppers, and snap peas) served with brown rice.	Baked cod with steamed asparagus and quinoa.	Veggie stir-fry with tofu, broccoli, bell peppers, and brown rice.	Baked chicken thighs with roasted zucchini and quinoa.	Baked salmon with roasted vegetables (broccoli, cauliflower, and carrots) and quinoa.
SNACK	Carrot sticks with hummus.	Sugar-free gelatin or pudding cup.	Raw almonds.	Dip apple slices in natural nut butter.	Sugar free yogurt.	Carrot sticks with sugar-free hummus	Greek yogurt with a handful of mixed nuts.
SNACK	Walnuts.	Roasted chickpeas.	Steamed or roasted edamame pods.	Rice cakes with avocado.	Vegetable and bean dip.	Mini frittatas or egg muffins.	Cottage cheese with fruit.