

Diabetic Meal Plan

| | BREAKFAST | LUNCH | DINNER | SNACKS |
|-----------|--|--|---|---|
| MONDAY | Greek yogurt with berries and a sprinkle of almonds. | Grilled chicken breast with mixed greens and vinaigrette dressing. | Baked salmon with quinoa and steamed broccoli. | Carrot sticks with hummus. |
| TUESDAY | Cottage cheese with peach slices and a sprinkle of cinnamon. | Turkey and vegetable stir-fry with brown rice. | Baked cod with a quinoa pilaf and sautéed spinach. | Celery sticks with peanut butter. |
| WEDNESDAY | Whole-grain waffles with fresh strawberries and a dollop of low-sugar whipped cream. | Quinoa salad with chickpeas, cucumber, and feta cheese. | Grilled sirloin steak with quinoa and roasted Brussels sprouts. | Apple slices with almond butter. |
| THURSDAY | Smoothie with spinach, berries, Greek yogurt, and a touch of flaxseed. | Tuna salad with mixed greens and a lemon-tahini dressing. | Baked chicken breast with sweet potato and steamed green beans. | Sliced cucumber with tzatziki sauce. |
| FRIDAY | Scrambled eggs with spinach and whole-grain toast. | Lentil soup with a side salad and vinaigrette dressing. | Grilled shrimp with quinoa and roasted asparagus. | Mixed nuts |
| SATURDAY | Oatmeal with sliced bananas and a drizzle of honey. | Turkey and avocado wrap in a whole-grain tortilla. | Stir-fried tofu with vegetables and brown rice. | Cottage cheese with pineapple chunks. |
| SUNDAY | Whole-grain toast with avocado and poached eggs. | Spinach and feta stuffed chicken breast with a side of broccoli. | Lentil and vegetable curry with cauliflower rice. | Cherry tomatoes with mozzarella cheese. |