

Diabetic Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 Poached egg, a handful of baby spinach, finely chopped onion and 1 teaspoon olive oil spread on wholewheat toast.	a cup low-fat milk, topped with a grated apple, cinnamon and 4 chopped raw almonds.	2 Slices of rye toast spread with a teaspoon of olive oil margarine and topped with a quarter cup of fat-free cottage cheese and tomato slices. Half a grapefruit.	Bircher Muesli*.	1 Slice of whole wheat toast spread with olive oil spread and anchovette. 2 Cups fresh fruit salad with half a cup low-fat yoghurt.	A cup of All-Bran flakes with half a cup low-fat milk, topped with a banana and 2 teaspoons pumpkin seeds.	2 Slices of whole wheat bread with baked beans, tomato, mushrooms. 1 piece of fruit.
Snack	2 Naartjies and 10 pistachio nuts.	3 Provitas. 2 Teaspoons peanut butter.	1 Crumble bar*.	A 1/3 cup of pretzels and 10 peanuts.	A banana and 4 almonds.	A 30-Day Muffin* with 2 lowfat cheese wedges.	A closed handful of trail mix (dried fruit and mixed seeds).
Lunch	Tuna Salad Lettuce Wraps: A tin of tuna mixed with low-fat mayonnaise, lemon juice and fresh dill. Serve in lettuce leaves and a side of 6 corn thins, baby carrots and tomatoes.	A seeded roll (spread with a teaspoon of olive oil margarine) filled with 3 slices of mozzarella cheese (30g) and 2 slices of ham, along with a side salad.	A whole wheat pita bread filled with 2 scrambled eggs, lettuce, tomato, cucumber, mustard and a quarter avocado.	4 Tablespoons hummus with 2 thin slices rye bread and assorted finger salads (e.g. cherry tomatoes, baby carrots, snap peas, cucumber sticks, etc.)	A tin of tuna combined with half a cup couscous, half a cup sweetcorn, assorted salad ingredients and 2 tablespoons salad dressing.	Chicken Rice Bowl: 1 Cup of brown rice, layered with chopped lettuce, cherry tomatoes and spring onion. Top with half a grilled chicken breast and 30g grated cheddar. Add fresh lemon juice and olive oil as dressing.	Open Sandwich: Top 2 slices of rye bread with 60g mozzarella cheese, sundried tomatoes, red pepper, chilli and coriander. Grill until the cheese has melted.
Snack	1 Fruit kebab with half a cup of low-fat yoghurt.	An apple and 3-4 strips lean biltong.	3 Slices of pineapple and 4 slices of ham.	Fruit smoothie*.	1 Papino with half a cup low-fat yoghurt.	A peach.	2 Kiwis and half a cup lowfat yoghurt.
Dinner	Baked Sweet Potato: One 180g Sweet Potato (microwave for 10 minutes), split open and topped with 1 teaspoon olive oil margarine, finely chopped spring onion, shredded lettuce and 6 tablespoons cooked ostrich mince.	Tuna & Tomato Pasta* (1 cup cooked pasta). Serve with a side salad.	Spicy Chicken Fillets* with brown or basmati rice and assorted roasted vegetables.	Mince and Butternut Pilaf* with green beans on the side.	Homemade Pizza: 1 Soft tortilla wrap topped with 2 tablespoons salsa, 60g mozzarella and slices of tomato. Add rocket after baking for 7 minutes at 200 C.	Extra lean burger patty (120g) or chicken breast (120g) marinated in peri-peri sauce and grilled. Place on a seeded roll topped with caramelised onion, gherkins, tomato and cucumber. Serve with a side salad.	3 Salmon cakes* and mashed potato (half a cup) with steamed broccoli and cauliflower.