

DIABETIC MEAL PLAN

	BREAKFAST	LUNCH	DINNER
MON	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed 1 C blueberries	Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip	3 oz grilled salmon 1/2 cup baked potato 1 cup skim milk Spinach salad
TUE	Scrambled egg beaters on whole wheat english muffin	1 cup bean soup Green salad	Chicken or steak stir-fry with plenty of vegetables 2/3 cup brown rice
WED	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	1/2 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	3/4 cup whole grain cereal (or Glucerna cereal) 1 cup skim milk	1 cup vegetable soup 1/2 turkey sandwich on 1 whole wheat bread Raw veggies	Spaghetti dinner 1 cup spaghetti squash 1/2 cup spaghetti sauce Tossed green salad
FRI	1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed	Low-fat cottage cheese on 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 1/2 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