



1200 Calorie Diabetic Meal Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	2 scrambled eggs 1 small apple (15g) 2 slice whole wheat bread (30g) 1 Jennie-O Lean Turkey Sausage	2 frozen whole wheat waffles(26g) 1 Tbsp sugar free syrup (2g) 2 Tbsp walnuts (2g) ½ medium banana (14g)	1 pkg Quaker Instant Oatmeal(low sugar) (22g) 1 C fat free milk (12g) ¼ C almonds (7g)	1 whole wheat English muffin (23g) 1 Tbsp sugar free jam (5g) 1 poached egg 1 tsp margarine 1 C non-fat milk (12)	½ large cinnamon raisin bagel (36g) 2 Tbsp whipped low fat cream cheese 1 frozen sausage patty ½ small banana (11g)	2 whole wheat waffles (26g) ¼ C sugar free syrup (7g) ¼ C blueberries (15g) ¼ C walnuts
Lunch	1 slice whole wheat bread (15g) 1 Tbsp almond butter (3g) 1 Tbsp sugar free jam (5g) 4oz low fat yogurt (9g) ½ C raw carrots (9g)	½ C tuna salad (3g) 2 slices whole wheat bread (30) ½ C strawberries (6) ½ C celery 2 Tbsp low-fat Ranch dressing (6)	2 slices whole wheat bread (30g) 3oz honey-roasted deli turkey 1 slice reduced fat provolone cheese 1 Tbsp mustard 1 small choc chip cookie (7g)	3oz chicken breast ½ C watermelon (7) 2 small choc chip cookies (16) 4oz Swiss Miss sugar-free vanilla pudding (11g)	1 Wendy's large chili (31g) 2 saltine crackers (5g) 1 medium orange(15g)	2 whole-wheat pita (4" diameter) (15g) 2 oz. lean ground turkey 1 Tbsp fat free sour cream 10 strips red bell pepper 1 Tbsp taco sauce 1 oz. tortilla chips (19g) 1 snack pack sugar free choc pudding (13g)
Dinner	1 C turkey chili (16g) 1 Tbsp low fat sour cream 10 tortilla chips (17g) ½ C fresh pear slices (15g)	3oz roasted chicken without skin 1 C baked squash (22g) 1 Tbsp margarine ½ C cauliflower ½ C canned corn (15)	3oz salmon ½ large baked potato (32g) ½ C carrots 1 C fresh cherries (12)	1C spaghetti with meat sauce (35g) 1 thick slice garlic bread (20g) 1 C Romaine lettuce ½ C carrots 10 slices yellow bell peppers 2 Tbsp fat free Italian dressing (3g)	3 oz. grilled chicken breast 1 cup mixed vegetables (21g) 1 tsp canola oil 2 Tbsp sweet and sour sauce (12g) ½ cup brown longgrain rice (22g)	3 oz. lasagna with meat and tomato sauce (11g) ½ cup steamed asparagus (7g) 1 small dinner roll (15g) 1 Tbsp margarine 1 cup non-fat milk (12g)
Snack	3 C popped popcorn (19g) 1 tsp canola oil	½ C strawberries (11g) 2 pieces dark chocolate (10g)	6oz light yogurt (16g) ½ C blueberries (10g)	2 Laughing Cow lowfat cheese wedges 7 Whole Wheat crackers (14g)	½ banana (25g) 1 oz string cheese	1 C apple slices (15g) 1 Tbsp peanut butter (3g)