

Diabetes: Meal plan Ideas 1200 calories per day

	Monday	Tuesday	Wednesday
Breakfast	2 scrambled eggs 1 small apple (15g) 2 slice whole wheat bread (30g) 1 Jennie -O Lean Turkey Sausage Total: 45 g Carbs	2 frozen whole wheat waffles(26 g) 1 Tbsp sugar free syrup (2 g) 2 Tbsp walnuts (2g) ½ medium banana (14 g) Total: 44 g Carbs	1 pkg Quaker Instant Oatmeal(low sugar) (22 g) 1 C fat free milk (12 g) ¼ C almonds (7g) Total: 41 g Carbs
Lunch	1 slice whole wheat bread (15g) 1 Tbsp almond butter (3g) 1 Tbsp sugar free jam (5 g) 4oz low fat yogurt (9g) ½ C raw carrots (9 g) Total: 41g Carbs	½ C tuna salad (3 g) 2 slices whole wheat bread (30) ½ C strawberries (6) ½ C celery 2 Tbsp low -fat Ranch dressing (6) Total: 45 g Carbs	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) Total: 37 g Carbs
Dinner	1 C turkey chili (16g) 1 Tbsp low fat sour cream 10 tortilla chips (17g) ½ C fresh pear slices (15g) Total: 48 g Carbs	3oz roasted chicken without skin 1 C baked squash (22g) 1 Tbsp margarine ½ C cauliflower ½ C canned corn (15) Total: 37 g Carbs	3oz salmon ½ large baked potato (32g) ½ C carrots 1 C fresh cherries (12) Total: 44 g Carbs
Snack	3 C popped popcorn (19g) 1 tsp canola oil Total: 19 g Carbs	½ C strawberries (11g) 2 pieces dark chocolate (10g) Total: 21 g Carbs	6oz light yogurt (16g) ½ C blueberries (10g) Total: 26 g Carbs
	Thursday	Friday	Saturday
Breakfast	1 whole wheat English muffin (23 g) 1 Tbsp sugar free jam (5 g) 1 poached egg 1 tsp margarine 1 C non- fat milk (1 2) Total: 40 g Carbs	½ large cinnamon raisin bagel (36g) 2 Tbsp whipped low fat cream cheese 1 frozen sausage patty ½ small banana (11g) Total: 47 g Carbs	2 whole wheat waffles (26g) ¼ C sugar free syrup (7g) ¼ C blueberries (15 g) ¼ C walnuts Total: 48 g Carbs
Lunch	3oz chicken breast ½ C watermelon (7) 2 small choc chip cookies (16) 4oz Swiss Miss sugar -free vanilla pudding (11g) Total: 56 g Carbs	1 Wendy's large chili (31g) 2 saltine crackers (5g) 1 medium orange(15g) Total: 51 g Carbs	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) Total: 47 g Carbs
Dinner	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) Total: 58 g Carbs	3 oz. grilled chicken breast 1 cup mixed vegetables (21g) 1 tsp canola oil 2 Tbsp sweet and sour sauce (12g) ½ cup brown long - grain rice (22g) Total: 55 g Carbs	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 (12 g) Total: 45 g Carbs
Snack	2 Laughing Cow lowfat cheese wedges 7 Whole Wheat crackers (14g) Total: 14 g Carbs	½ banana (25g) 1 oz string cheese Total: 25 g Carbs	1 C apple slices (15g) 1 Tbsp peanut butter (3g) Total: 18 g Carbs