

Weekly Diabetic Diet Journal

| Name: | | Week of: | | | |
|-----------|-----------|----------|-------------|------|-------|
| DAY | MEAL | MENU | BLOOD SUGAR | | NOTES |
| | | | PRE | POST | |
| SUNDAY | Breakfast | | | | |
| | Snack | | | | |
| | Lunch | | | | |
| | Snack | | | | |
| | Dinner | | | | |
| MONDAY | Breakfast | | | | |
| | Snack | | | | |
| | Lunch | | | | |
| | Snack | | | | |
| | Dinner | | | | |
| TUESDAY | Breakfast | | | | |
| | Snack | | | | |
| | Lunch | | | | |
| | Snack | | | | |
| | Dinner | | | | |
| WEDNESDAY | Breakfast | | | | |
| | Snack | | | | |
| | Lunch | | | | |
| | Snack | | | | |
| | Dinner | | | | |
| THURSDAY | Breakfast | | | | |
| | Snack | | | | |
| | Lunch | | | | |
| | Snack | | | | |
| | Dinner | | | | |
| FRIDAY | Breakfast | | | | |
| | Snack | | | | |
| | Lunch | | | | |
| | Snack | | | | |
| | Dinner | | | | |
| SATURDAY | Breakfast | | | | |
| | Snack | | | | |
| | Lunch | | | | |
| | Snack | | | | |
| | Dinner | | | | |