

Diabetes: Meal plan Ideas

1800 calories per day

	Monday	Tuesday	Wednesday
Breakfast	1 slice banana nut bread (30g) 1 Tbsp peanut butter (3g) ½ banana (25g) 1C fat free milk (12g) Total: 70g Carbs	3 whole grain pancakes (38g) ¼ C sugar free syrup (7g) ¼ C pecans 1C blueberries (21g) Total: 70g Carbs	1 ½ C Cheerios (33g) 1 C fat free milk (12g) ½ C strawberries (11g) ¼ C almonds Total: 64g Carbs
Lunch	1 can Cambell's Chunky Beef Vegetable Soup (17g) ¼ C shredded cheese 10 tortilla chips (28g) 2 Tbsp salsa ½C pineapple (17g) Total: 65g Carbs	6" turkey sub sandwich (46g) ¼ C almonds 1 Tbsp light mayonnaise 1 small apple (20g) Total: 74g Carbs	1 Lean Cuisine Chicken with Basil Cream Sauce (28g) 2 plain bread sticks (14g) 2C mixed greens 2Tbsp balsamic dressing ½ banana (25g) Total: 76g Carbs
Dinner	3oz grilled chicken breast 1 cup baked squash (22g) ½ cup cooked spinach 1 small whole wheat roll (15g) 1TBS butter spread 30 grapes (30g) Total: 71g Carbs	2 Amy's Black Bean Vegetable Enchiladas (22g) 2C mixed greens 1C brown rice (46g) 2 Tbsp raspberry vinaigrette (7g) Total: 78g Carbs	4oz salmon ½ baked potato (12g) 1C carrots 1 small wheat roll (15g) 1 small chocolate chip cookie (9g) Total: 53g Carbs
Snack	3 C popped popcorn (19g) 1 tsp canola oil Total: 19g Carbs	½ C strawberries (11g) 2 pieces dark chocolate (10g) Total: 21g Carbs	6oz light yogurt (16g) ½ C blueberries (10g) Total: 26g Carbs

	Thursday	Friday	Saturday
Breakfast	1 whole wheat bagel (50g) 2 Tbsp peanut butter (6g) 1 small banana (20g) Total: 76g Carbs	1 ½ C Cinnamon Chex (50g) 1 C fat free milk (12g) Total: 62g Carbs	2 whole wheat waffles (26g) ¼ C sugar free syrup (7g) ¾ C blueberries (6g) ¼ C walnuts 1 C fat free milk (12g) Total: 61g Carbs
Lunch	1 Wendy's Gr Chicken Wrap (17g) 1 plain Wendy's Bk Potato (30g) 1 Tbsp butter spread 15 grapes (15g) Total: 62g Carbs	1 Panera BBQ Chopped Chicken Salad (49g) ½ C raspberries (7g) Total: 56g Carbs	1 lean turkey burger 1 whole wheat bun (23g) 20 baked French fries (32g) 12 cherries (12g) Total: 67g Carbs
Dinner	1C Health Valley Turkey Chili with Beans (34g) ¼ C shredded cheese 10 tortilla chips (28g) ½ C watermelon (6g) Total: 69g Carbs	1C spaghetti (43g) 2 Tbsp pesto sauce (5g) 2C mixed greens 2Tbsp ranch dressing Total: 52g Carbs	3oz grilled chicken breast ¾ C mixed vegetables (18g) 2 tsp canola oil 2 Tbsp sweet and sour sauce (14g) ¾ C brown rice (35g) Total: 67g Carbs
Snack	2 Laughing Cow lowfat cheese wedges 7 Whole Wheat crackers (14g) Total: 14g Carbs	½ banana (25g) 1 oz string cheese Total: 25g Carbs	1 C apple slices (15g) 1 Tbsp peanut butter (3g) Total: 18g Carbs

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