

# 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) 1Jennie-O Lean Turkey Sausage  <b>Total: 45g Carbs</b>	2 frozen whole wheat waffles(26g) 1 Tbsp sugar free syrup (2g) 2 Tbsp walnuts (2g) ½ medium banana (14g)  <b>Total: 44g Carbs</b>	1 pkg Quaker Instant Oatmeal(low sugar) (22g) 1 C fat free milk (12g) ¼ C almonds (7g)  <b>Total: 41g Carbs</b>
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)  <b>Total: 41g Carbs</b>	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)  <b>Total: 45g Carbs</b>	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)  <b>Total: 37g Carbs</b>
Dinner	1 C turkey chili (16g) 1 Tbsp low fat sour cream 10 tortilla chips (17g) ½ C fresh pear slices (15g)  <b>Total: 48g Carbs</b>	3oz roasted chicken without skin 1 C baked squash (22g) 1 Tbsp margarine ½ C cauliflower ½ C canned corn (15)  <b>Total: 37g Carbs</b>	3oz salmon ½ large baked potato (32g) ½ C carrots 1 C fresh cherries (12)  <b>Total: 44g Carbs</b>
Snack	3 C popped popcorn (19g) 1 tsp canola oil  <b>Total: 19g Carbs</b>	½ C strawberries (11g) 2 pieces dark chocolate (10g)  <b>Total: 21g Carbs</b>	6oz light yogurt (16g) ½ C blueberries (10g)  <b>Total: 26g Carbs</b>

	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	1 whole wheat English muffin (23g) 1 Tbsp sugar free jam (5g) 1 poached egg 1 tsp margarine 1 C non-fat milk (12)  <b>Total: 40g Carbs</b>	½ large cinnamon raisin bagel (36g) 2 Tbsp whipped low fat cream cheese 1 frozen sausage patty ½ small banana (11g)  <b>Total: 47g Carbs</b>	2 whole wheat waffles (26g) ¼ C sugar free syrup (7g) ¾ C blueberries (15g) ¼ C walnuts  <b>Total: 48g Carbs</b>
<b>Lunch</b>	3oz chicken breast ½ C watermelon (7) 2 small choc chip cookies (16) 4oz Swiss Miss sugar-free vanilla pudding (11g)  <b>Total: 56g Carbs</b>	1 Wendy's large chili (31g) 2 saltine crackers (5g) 1 medium orange(15g)  <b>Total: 51g Carbs</b>	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)  <b>Total: 47g Carbs</b>
<b>Dinner</b>	1C spaghetti with meat sauce (35g) 1 thick slice garlic bread (20g) 1 C Romaine lettuce ¼ C carrots 10 slices yellow bell peppers 2 Tbsp fat free Italian dressing (3g)  <b>Total: 58g Carbs</b>	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)  <b>Total: 55g Carbs</b>	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)  <b>Total: 45g Carbs</b>
<b>Snack</b>	2 Laughing Cow lowfat cheese wedges 7 Whole Wheat crackers (14g)  <b>Total: 14g Carbs</b>	½ banana (25g) 1 oz string cheese  <b>Total: 25g Carbs</b>	1 C apple slices (15g) 1 Tbsp peanut butter (3g)  <b>Total: 18g Carbs</b>

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