

Diabetes: Meal plan Ideas

2000 calories per day

	Monday	Tuesday	Wednesday
Breakfast	2 scrambled eggs 6oz Fat free yogurt (15g) 2 slices whole wheat bread (30g) 1 Tbsp margarine 3/4 C blueberries (15g) 1C fat free milk (12g) Total: 72g Carbs	2 frozen whole-wheat waffles (26g) ¼ C sugar free syrup (7g) ¼ C walnuts (4g) 1 medium banana (28g) 1C fat free milk (12g) Total: 77g Carbs	1 pkg Quaker Instant Oatmeal (low-sugar Apples and Cinnamon, prepared with water) (22g) 1 C fat free milk (12g) 1 medium blueberry muffin (54g) ¼ C almonds (7g) Total: 95g Carbs
Lunch	2 TBS almond butter (6g) 2 Tbsp sugar-free jam (10g) 2 slices whole wheat bread (30g) 1 medium apple (25g) 1 small chocolate chip cookie (7g) 1C fat free milk (12g) Total: 91g Carbs	1 Egg salad sandwich (42g) 1 C strawberries (12g) ½ cup celery 2 Tbsp low-fat Ranch dressing (6g) 2 TBS Hummus (4g) 1 Snack pack choc pudding (25g) Total: 89g Carbs	1 Lean Cuisine frozen meal - alfredo pasta with chicken and broccoli (37g) 1 medium apple (25g) 2 TBSP unsalted peanut butter (6g) 1 small dinner roll (15g) 2 small chocolate chip cookies (14g) Total: 97g Carbs
Dinner	3 oz top sirloin 2 TBS low fat sour cream 1 C mashed potatoes-plain (25g) 1 cup fresh pear slices (30g) 1/2 Cup brown rice (23g) 1 C cooked broccoli (11g) Total: 89g Carbs	3 oz. roasted chicken without skin 1 cup baked squash (22g) 1 Tbsp margarine ½ cup cooked cauliflower (5g) 1/2 C canned corn (15g) 1/2 Cup brown rice (23g) 1 small dinner roll (15g) Total: 80g Carbs	3oz salmon 1 baked potato (64g) 2 tsp margarine ½ cup cooked carrots ½ cup fresh cherries (12g) 1 slice (1 oz) Angel food cake (16g) Total: 92g 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 English muffin(23g) 2 Tbsp sugar-free jam (10g) 2 poached eggs 1 tbsp margarine 1 small banana (22g) 1 medium orange (15g) 1 C fat free milk (12g) Total: 82g Carbs	1 large cinnamon raisin bagel (72g) 2 Tbsp whipped low-fat cream cheese (2g) 1 frozen sausage patty ½ small banana (11g) Total: 85g Carbs	3 whole-wheat pancakes (39g) ¼ C sugar free syrup (7g) ¾ C blueberries (15g) 1 small banana (22g) 1 C fat free milk (12g) Total: 95g Carbs
Lunch	3 oz chicken breast 1 small dinner roll (15g) 1/2 Cup brown rice (23g) 1 cup watermelon (14g) 1cup sliced strawberries (12g) 2 small choc chip cookies (14g) Total: 78g Carbs	1 Wendy's 6 piece chicken nuggets (14g) 1 Wendy's value size french fries(28g) 1 Wendy's Garden side salad with ranch (19g) Total: 76g Carbs	1 10" flour tortilla (36g) 2 oz. lean ground turkey 3 Tbsp fat free sour cream 10 strips red bell pepper 1 Tbsp taco sauce 2 oz. tortilla chips (38g) 1 snack pack sugar free choc pudding (13g) Total: 87g Carbs
Dinner	2 C spaghetti with meat sauce (70g) 1 thick slice garlic bread (20g) 1 cup Romaine lettuce 1/4 C carrots 10 slices yellow bell peppers 2 Tbsp oil and vinegar salad dressing Total: 90g Carbs	3 oz. grilled chicken breast 1 cup mixed vegetables (21g) 1 tsp canola oil 2 Tbsp sweet and sour sauce (12g) 1 cup brown long-grain rice (44g) 2 small chocolate chip cookies(14g) Total: 91g 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 fresh cherries (24g) 1 C chocolate frozen yogurt (36g) Total: 93g 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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