

# SAMPLE DIABETIC DIET MEAL PLAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1) 1/2 cup Egg Beaters With your choice of vegie's added. 2) Slices of Turkey Bacon 3) 2 Slices of whole wheat bread 4) 1 cup cantaloupe	1) 2 low carb Wheat bread French toast 2) 1 tbls. Margarine 3) 1 cup strawberries 4) 3 slices bacon	1) 2 Whole wheat slices of toast 2) 2 tbls. Peanut butter (for toast) 3) 1 small banana	1) 2 Whole wheat slices of toast 2) 1 tbls margarine 3) low or reduced sugar jam 4) 8 oz glass 2% milk 5) 1 sausage link	1) 1 cup cooked oatmeal 2) raisins, dark, seedless 2 tbls 3) 1 cup 2% milk 4) 3 slices bacon	1) 1/2 cup egg beaters with choice of vegie's 2) 1/4 cup salsa 3) whole wheat muffin 4) 1 tbls margarine 5) 1/2 cup orange juice 6) 1 sausage link	1) 1 cup Cheerios 2) 1/2 cup skim milk 3) 8 halves of dried Apricots 4) 6 almonds 5) 1 slice whole wheat toast 6) 1 tbls margarine
1) tossed green salad with 2 tbls of low fat dressing 2) 1 hard boiled egg 3) 8 Saltines 4) 1 1/2 cups of strawberries 5) 1 cup 2% milk	1) 2 slices whole wheat bread 2) 4 oz roast left over from Sunday for roast beef sandwich 3) 1 small apple with peel	1) 1 Pita bread whole wheat 2) 1 oz Roasted low sodium ham 3) 1 oz reduce fat Monterey Jack cheese 5) Tomato, cucumber, 6) 1/4 cup avocado	1) grilled cheese sandwich with 2 slices whole wheat bread. 1 slice skim milk American cheese. using 1 tbls margarine 2) 1/2 cup tomato soup with water added & fresh veg.	1) 1/2 low fat cottage cheese 2) Whole wheat crackers 3) 17 grapes, seedless, small 4) 3 slices of tomato	1) 1/2 cup tuna 2) 2 slices whole wheat bread 3) 2 slices of tomato 4) small apple with peel	1) 2 oz of chicken 2) 2 slices whole wheat bread 3) lettuce, tomato 4) Hard boiled egg 5) 1 orange
1) 4 oz of Roast 2) 1 cup Carrots 3) 1/2 potato plain	1) Balsamic Roast Chicken 2) 1 cup mashed potatoes 3) Tossed green salad with 2 tbls low fat Italian dressing	1) Roasted Salmon Fillet 2) Avocado Bean Salad 3) 1 cup 2% milk	1) Pork Chops 2) Wild Rice 3) Steamed Broccoli	1) Hearty Beef Stew 2) Vegie of choice steamed 3) Pillsbury Grands Jr Buttermilk Biscuits	1) Slow Cooker Enchiladas	1) Steak 2) vegie of choice, steamed 3) Baked Potatoes