



# 1200 Calorie Diabetic Meal Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<p>2 scrambled eggs 1 small apple (15g) 2 slice whole wheat bread (30g) 1 Jennie-O Lean Turkey Sausage</p>	<p>2 frozen whole wheat waffles(26g) 1 Tbsp sugar free syrup (2g) 2 Tbsp walnuts (2g) ½ medium banana (14g)</p>	<p>1 pkg Quaker Instant Oatmeal(low sugar) (22g) 1 C fat free milk (12g) ¼ C almonds (7g)</p>	<p>1 whole wheat English muffin (23g) 1 Tbsp sugar free jam (5g) 1 poached egg 1 tsp margarine 1 C non-fat milk (12)</p>	<p>½ large cinnamon raisin bagel (36g) 2 Tbsp whipped low fat cream cheese 1 frozen sausage patty ½ small banana (11g)</p>	<p>2 whole wheat waffles (26g) ¼ C sugar free syrup (7g) ¼ C blueberries (15g) ¼ C walnuts</p>
Lunch	<p>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)</p>	<p>½ C tuna salad (3g) 2 slices whole wheat bread (30) ¼ C strawberries (6) ¼ C celery 2 Tbsp low-fat Ranch dressing (6)</p>	<p>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)</p>	<p>3oz chicken breast ½ C watermelon (7) 2 small choc chip cookies (16) 4oz Swiss Miss sugar-free vanilla pudding (11g)</p>	<p>1 Wendy's large chili (31g) 2 saltine crackers (5g) 1 medium orange(15g)</p>	<p>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)</p>
Dinner	<p>1 C turkey chili (16g) 1 Tbsp low fat sour cream 10 tortilla chips (17g) ½ C fresh pear slices (15g)</p>	<p>3oz roasted chicken without skin 1 C baked squash (22g) 1 Tbsp margarine ¼ C cauliflower ¼ C canned corn (15)</p>	<p>3oz salmon ½ large baked potato (32g) ¼ C carrots 1 C fresh cherries (12)</p>	<p>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)</p>	<p>3 oz. grilled chicken breast 1 cup mixed vegetables (21g) 1 tsp canola oil 2 Tbsp sweet and sour sauce (12g) ½ cup brown longgrain rice (22g)</p>	<p>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)</p>
Snack	<p>3 C popped popcorn (19g) 1 tsp canola oil</p>	<p>¼ C strawberries (11g) 2 pieces dark chocolate (10g)</p>	<p>6oz light yogurt (16g) ¼ C blueberries (10g)</p>	<p>2 Laughing Cow lowfat cheese wedges 7 Whole Wheat crackers (14g)</p>	<p>½ banana (25g) 1 oz string cheese</p>	<p>1 C apple slices (15g) 1 Tbsp peanut butter (3g)</p>