## Diabetic Meal Planner

| Meal or Snack | Food Group | Number of<br>Servings | Total grams of carb | Menu Ideas |
|---------------|------------|-----------------------|---------------------|------------|
| BREAKFAST     |            |                       |                     |            |
| A.M SNACK     |            |                       |                     |            |
| LUNCH         |            |                       |                     |            |
| P.M SNACK     |            |                       |                     |            |
| DINNER        |            |                       |                     |            |