30-DAY DIABETIC MEAL PLAN

1 2 3 4

5 6 7 8 9 10 11

12 13 14 15 16 17 18

19 20 21 22 23 24 25

26 27 28 29 30

MY DAILY TARGETS

- Carbohydrate:_____ grams per day (_____ servings)
- Protein:_____ grams per day (_____ servings)
- Fat:_____ grams per day (_____ servings)
- Calories:_____

NOTES

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WATER

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