

DIABETIC MEAL PLAN

	BREAKFAST	LUNCH	DINNER
MON	<p>1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed 1 C blueberries</p>	<p>Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip</p>	<p>3 oz grilled salmon 1/2 cup baked potato 1 cup skim milk Spinach salad</p>
TUE	<p>Scrambled egg beaters on whole wheat english muffin</p>	<p>1 cup bean soup Green salad</p>	<p>Chicken or steak stir-fry with plenty of vegetables 2/3 cup brown rice</p>
WED	<p>1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed</p>	<p>1/2 cup tuna fish salad on 1 whole tomato 6 oz light yogurt 1 fruit</p>	<p>3 oz grilled chicken breast 1 cup baked acorn squash 1 cup steamed broccoli 1 cup skim milk</p>
THU	<p>3/4 cup whole grain cereal (or Glucerna cereal) 1 cup skim milk</p>	<p>1 cup vegetable soup 1/2 turkey sandwich on 1 whole wheat bread Raw veggies</p>	<p>Spaghetti dinner 1 cup spaghetti squash 1/2 cup spaghetti sauce Tossed green salad</p>
FRI	<p>1 cup oatmeal 1 tbsp sliced almonds 1 tbsp ground flaxseed</p>	<p>Low-fat cottage cheese on 1 whole tomato 4 Ak-Mak crackers 1 fruit</p>	<p>2 slices thin crust veg pizza Romaine lettuce salad</p>
SAT	<p>2 slices french toast made from whole wheat bread Sugar-free maple syrup</p>	<p>Large green salad with grilled chicken breast 1 cup skim milk 1 fruit</p>	<p>3 oz pan-seared trout 1 cup stir-fried vegetables 1/2 cup brown rice</p>
SUN	<p>Scrambled Egg Beaters omelet with vegetables 2 slices whole wheat toast Sliced tomatoes</p>	<p>Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip</p>	<p>Chicken and bean burrito with whole wheat low-carb tortilla Salsa or pico de gallo Green salad</p>