

# 7-day Diabetic Meal Plan

DAY

BREAKFAST

LUNCH

DINNER

## MONDAY

- One slice of whole grain bread.
- Half a cup of cooked spinach with a teaspoon of olive oil.
- Scrambled egg with 2 egg whites.
- A quarter cup of low-fat shredded cheese.
- A cup of coffee with a teaspoon of cream.

- One serving of chicken salad with seasoning.
- A loaf of whole grain bread.

### Snack:

- A tablespoon of peanut butter.
- Small apple.

- 4 ounces of grilled chicken.
- Grilled small potatoes.
- A cup of green beans and fried mushrooms.

### Snack:

- A small apple with a tablespoon of almond butter.

## TUESDAY

- One cup is equivalent to 100 grams of cooked oatmeal.
- $\frac{3}{4}$  cup cranberries, or a few grams of almonds.
- One teaspoon of chia seeds.

- Two cups of fresh spinach.
- Two ounces of grilled chicken breast.
- Half a cup of chickpeas.
- Half of a small avocado.
- Half a cup of chopped strawberries.
- Quarter cup of shredded carrots.
- Two tablespoons of low-fat dressing.

- A bowl of "whole grain" oats.
- Half a cup of fried eggplant.
- 4 pieces of dried tomatoes.
- 5 large olives, chopped.
- Half a cucumber, cut into cubes.
- A tablespoon of balsamic vinegar.
- Some fresh basil.
- Snack:
  - one apple.
- Two teaspoons of almond butter.

## WEDNSDAY

- Three quarters of a cup of bran flakes.
- One piece of fruit.
- A cup of skim milk.
- Boiled egg.

- Two ounces of red meat.
- Two teaspoons of low-fat mayonnaise.
- Half a cup of chopped celery.
- a slice of bread.
- A medium sized orange.
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- Snack:
- Half a cup of vegetable juice.

- Two ounces of lean chicken breast.
- Half a cup of cooked pasta.
- A teaspoon of vegetable butter.
- Quarter of a cup of cantaloupe.
- A cup of skim milk.
- Snack:
- A cup of low-fat Greek yogurt.
- Half a small banana.
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## THURSDAY

- A medium slice of whole grain bread.
- Two teaspoons of jelly.
- Half a cup of shredded wheat grains.
- A cup of 1% low-fat milk.
- Pieces of fruits.

- 3 ounces of grilled chicken breast.
- One and a half cups of fresh cauliflower.
- A teaspoon of ready-made salad dressing.
- A cup of fresh strawberries.
- Snack:
- fruit.

- Sliced large onion.
- Two teaspoons of curry powder.
- Two thirds of a cup of whole wheat couscous.
- A cup and a third of water.
- Two cups of cooked chicken.
- A cup of frozen peas.
- One sweet pepper.
- Half a cup of low-fat mayonnaise.
- 3 tablespoons of sauce.
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## FRIDAY

- Toast bread sandwich with sweet potatoes.
- Snack:  
A cup of low-fat Greek yogurt.

- 3 ounces of grilled chicken breast.
- One and a half cups of fresh cauliflower.
- A teaspoon of ready-made salad dressing.
- A cup of fresh strawberries.

- Two thirds of a cup of quinoa.
- 8 ounces of tofu.
- A cup of cooked Chinese cabbage.
- A cup of steamed broccoli.
- Two teaspoons of olive oil.
- One piece of kiwi fruit.
- Snack:  
Add one cup of celery to it and one and a half teaspoons of peanut butter.

## SATURDAY

- loaf of bread
- A quarter cup of cheese.
- Half a large banana.
- A cup of 1% low-fat milk.

- Half a cup of canned tuna in water.
- A teaspoon of mayonnaise.
- Half a cup of mixed vegetables.
- a slice of bread.
- A medium orange.
- Snack:  
one apple.
- Two teaspoons of almond butter.

- Two ounces of red meat.
- Half a cup of cooked pasta.
- A teaspoon of vegetable butter.
- Quarter of a cup of watermelon.
- A cup of skim milk.
- Snack:  
One cup of cucumber plus one teaspoon of tahini.

## SUNDAY

- Two slices of roasted sweet potato topped with an ounce of cheese, spinach, and a teaspoon of flaxseeds.

## Snack:

- 16 pieces of pistachio nuts.

- 5 and a half ounces of green leafy salad.
- Two tablespoons of chopped almonds.
- $\frac{1}{4}$  cup of toasted pumpkin seeds.
- Half a cup of dried berries.
- Small apple cut into cubes.
- A third of a cup of low-fat feta cheese.
- 7 ounces of roasted turkey breast.
- A tablespoon of olive oil.

- Two thirds of a cup of quinoa.
  - 8 ounces of tofu.
  - A cup of cooked Chinese cabbage.
  - A cup of steamed broccoli.
  - Two teaspoons of olive oil.
  - One piece of kiwi fruit.
- Snack:
- A cup of celery with a tablespoon of peanut butter.

