



A Week's Worth of Menus

For Managing Your Diabetes

2-3 Carb Choices Per Meal (30-45 carb grams per meal)

The following menu will give you some ideas of how to plan your meals. A “carb choice” is any food with 15 grams of total carbohydrate per serving (bold print items highlight carbohydrate food). Carbs that have "(free)" after them are not counted in the total carbs for these meal plans. The goal is to choose the appropriate number of carb choices (or carb grams) that meet your meal plan. You should include lean protein and small amounts of heart-healthy fats to complete your meals. Most restaurants have healthy options, and this meal plan provides examples of how to eat at a restaurant and still control your carb intake.

| | BREAKFAST | LUNCH | DINNER | BEDTIME SNACK |
|---------|--|---|---|--|
| SUNDAY | 1 cup flaked cereal (15g) 8 oz skim or 1% milk (15g) Optional: 1 small fresh fruit (15g)  | ½ cup canned peaches or 1 small fresh peach (15g) 1 cup strawberries (15g) 6 whole grain crackers (15g) ½ cup cottage cheese 6 almonds | ⅔ cup cooked brown rice (30g) 1 cup cantaloupe, cubed (15g) Salad (free) 2 tbsp light dressing or 2 tsp oil + unlimited vinegar 3 to 4 oz salmon | 6 oz light yogurt (15g) ¼ cup toasted wheat germ (15g) |
| MONDAY | 1 cup cooked oatmeal (30g) ½ banana or 2 tbsp raisins (15g) | 1 cup lentil soup (30g) 6 whole grain crackers (15g) Raw veggies (free) | ⅔ cup cooked wheat pasta (30g) ½ cup spaghetti sauce (jar) (15g) 1 cup broccoli (free) Lean meatballs (3-4 oz) | 3 to 6 cups air-popped or light popcorn (15-30g)  |
| TUESDAY | 1 slice whole grain bread (15g) 1 tbsp jelly or jam (15g) ½ grapefruit (15g) ½ cup egg substitute 1 tbsp margarine | 1 oz baked chips (15g) 2 slices rye bread (30g) Tomato, lettuce, onion (free) Roast beef, turkey or ham 1 tbsp mayonnaise Mustard (free) | ⅓ to ⅔ cups cooked yellow rice (15-30g) ½ cup black beans or peas (15g) 1 cup skim or 1% milk (15g) Lean roast pork (3-4 oz) Pump margarine | ½ cup low-fat, no sugar added ice cream (15g) ¾ cup blueberries (15g) |

Continued on back



| | BREAKFAST | LUNCH | DINNER | BEDTIME SNACK |
|-----------|---|--|--|---|
| WEDNESDAY | <p>English muffin (30g) 1 cup sugar-free cocoa (15g) 2 tbsp peanut butter</p>  | <p>6 to 12 whole grain crackers (15-30g) ½ cup canned lite peaches or pears (15g) ½ can tuna 1 tbsp light mayonnaise</p> | <p>2 slices* Pizza Hut® thin crust ham or veggie pizza (30-45g) Salad (free) 2 tbsp light dressing *2 slices of an 8-slice/12-inch pizza</p>  | <p>1 small piece fruit (15g) 2 pretzel rods (15g)</p> |
| THURSDAY | <p>McDonald's® Egg McMuffin (30g) 4 oz orange juice (15g) or 1 carton skim or 1% milk (15g)</p> | <p>3" to 6" whole wheat pita pocket (15-30g) 12 to 15 grapes (15g) Chicken salad (made with ½ cup chicken, celery, 1 tbsp light mayonnaise, 2 chopped walnuts)</p> | <p>1 veggie burger patty (15g) ½ to 1 whole wheat bun (15-30g) 1¼ cup fresh strawberries (15g) Sliced tomatoes, onions, and cucumbers (free) 1 oz low fat cheese</p> | <p>½ to ¾ cup bran cereal (15-30g) - check label 4 oz skim or 1% milk (6g)</p> |
| FRIDAY | <p>1 multi-grain waffle (15g) 1¼ cup strawberries (15g) 2 tbsp light syrup(15g) 1 veggie sausage patty</p> | <p>2 slices whole grain bread or small (2 oz) bagel (30g) 2 small tangerines or 1 small orange (15g) Veggies/mustard (free) Turkey or roast beef</p> | <p>½ order of Olive Garden® Capellini Primavera with chicken (45g) Salad (free) w/dressing on the side</p> | <p>1 granola/cereal bar (15g) 1 cup blueberries (15g)</p>  |
| SATURDAY | <p>Breakfast smoothie: Blend w/ 4 ice cubes: ½ cup berries (8g) ½ small banana (15g) ½ cup milk & ½ cup light yogurt (15g) Optional: 2 tbsp protein powder</p> | <p>Taco Bell® Soft Taco w/steak (20g) ½ cup pintos and cheese (15g) ½ cup canned light fruit (15g)</p> | <p>Greek salad with ½ cup low-fat potato salad (15g) 1 slice French bread (15g) 1 cup melon, cubed (15g) Feta cheese 2 tbsp salad dressing</p> | <p>½ cup natural applesauce (15g) Topped with: 3 tbsp low-fat granola or 3 tbsp wheat germ (15g)</p> |

