




A Week's Worth of Menus

For Managing Your Diabetes



3-4 Carb Choices Per Meal (45-60 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	<p>¾ to 1½ cup cold cereal (15-30g) - check label</p> <p>8 oz nonfat or 1% milk (15g)</p> <p>1 small piece fresh fruit (15g)</p>	<p>Fruit plate:</p> <p>¾ cup fresh or ½ cup pineapple canned (15g)</p> <p>1 cup strawberries (15g)</p> <p>6 whole grain crackers (15g)</p> <p>½ cup cottage cheese</p> <p>6 almonds</p>	<p>⅔ to 1 cup brown rice (30-45g)</p> <p>1 cup broccoli (free)</p> <p>1 cup cantaloupe, cubed (15g)</p> <p>Salad (free) with 2 tbsp light salad dressing</p> <p>Grilled salmon</p>	<p>6 oz light yogurt (15g)</p> <p>3 graham cracker squares (15g)</p> 
MONDAY	<p>1 to 1½ cups cooked oatmeal (30-45g)</p> <p>2 tbsp raisins (15g)</p> <p>1 tsp light margarine</p> 	<p>6" whole wheat sub (45g) or 2 slices pumpernickel (30g)</p> <p>1-2 oz baked chips (15-30g)</p> <p>Tomato, lettuce, onion (free)</p> <p>Mixed greens salad (free)</p> <p>Vinaigrette dressing</p> <p>Roast beef, turkey or ham</p> <p>Mustard (free)</p>	<p>⅔ to 1 cup cooked whole wheat pasta (30-45g)</p> <p>½ cup jar spaghetti sauce (15g)</p> <p>1 cup broccoli (free)</p> <p>Lean meat balls (3-4 oz)</p>	<p>3 to 6 cups air-popped or light popcorn (15-30g)</p>
TUESDAY	<p>2 slices whole-grain bread (30g)</p> <p>½ pink grapefruit (15g)</p> <p>8 oz skim or 1% milk (15g)</p> <p>1 poached egg or ½ cup egg substitute</p> <p>Pump margarine</p>	<p>1 cup lentil soup (30g)</p> <p>6 crackers (15g)</p> <p>1 small apple or orange (15g)</p> <p>Raw veggies (free)</p>	<p>3 to 4 slices* Pizza Hut® Thin 'n Crispy ham or veggie pizza (45-60g)</p> <p>Salad (free)</p> <p>2 tbsp light dressing</p> <p>*Note: 3 to 4 slices of an 8-slice medium pizza</p>	<p>Piece of fruit: 1 small (15g) or 1 large (30g)</p> <p>2 tbsp sliced almonds</p> <p>1 oz low-fat cheese</p> 

Continued on back



	BREAKFAST	LUNCH	DINNER	BEDTIME SNACK
WEDNESDAY	<p>English muffin (30g) 1 cup blueberries (15g) 2 tbsp peanut butter</p>	<p>6 to 12 crackers (15-30g) ½ to 1 cup light peaches drained or pears (15-30g) ½ can tuna 1 tbsp light mayonnaise</p>	<p>6 oz sweet potato (30g) ½ cup corn, peas or winter squash (15g) 1 cup cooked green beans (free) 1 small sourdough roll (15g) Lean roast pork (4-5 oz) Pump margarine</p>	<p>½ to 1 cup low-fat, no sugar added ice cream (15-30g)</p> 
THURSDAY	<p>McDonald's® Egg McMuffin (30g) 1 carton 1% milk (15g) or 4 oz orange juice (15g)</p>	<p>6" pita bread (30g) 17 grapes (15g) Chicken salad (made with ½ cup chicken, celery, 1 tbsp light mayonnaise, 4 chopped walnut halves)</p>	<p>1 to 2 veggie patties (15-30g) 1 whole grain bun (30g) Sliced tomatoes, onions and cucumbers (free) Sugar-free gelatin (free)</p>	<p>⅓ to ¾ cup cold cereal (7-15g) - check label 4 to 8 oz fat-free or 1% milk (7-15g)</p>
FRIDAY	<p>2 (4½") waffles (30g) 2 tbsp light syrup (15g) 1 cup strawberries (15g) 2 veggie sausage patties</p> 	<p>2 slices wheat bread (30g) 2 small tangerines or 1 small orange (15g) ½ cup sugar-free pudding (15g) Salad veggies w/mustard (free) Turkey</p>	<p>½ order of Olive Garden® Capellini Primavera w/chicken (45g) 1 soft breadstick (26g) Salad w/dressing on the side (free)</p>	<p>1 to 2 granola/cereal bars (15-30g)</p>
SATURDAY	<p>Breakfast smoothie: Blend w/4 ice cubes: ½ cup 1% milk and ½ cup nonfat yogurt (15g) ¾ cup berries (15g) ½ banana (15g) Optional: 1 tbsp honey or sugar (15g) 2 tbsp protein powder</p>	<p>2 Taco Bell® Soft Steak Tacos (45g) 1 small piece of fruit (15g)</p>	<p>Greek salad with ½ cup low-fat potato salad (15g) 1 to 2 slices French bread (15-30g) 1 cup mixed fresh fruit (15g) Feta cheese 2 oz 2 tbsp salad dressing</p>	<p>½ cup natural applesauce (15g) Top with: 3 tbsp low-fat granola (15g)</p> 