




A Week's Worth of Menus

For Managing Your Diabetes



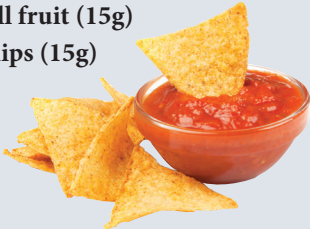
4-5 Carb Choices Per Meal (60-75 carb grams per meal)

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	1½ cups cold cereal (30g) - check label 1 cup skim or 1% milk (15g) 1 small piece fresh fruit (15) 1 slice whole wheat bread (15g) 2 tbsp peanut butter	1 cup strawberries (15g) ¾ cup fresh or ½ cup canned pineapple (15g) 10 to 15 whole grain crackers (30-45g) ¾ cup cottage cheese 12 almonds or cashews	1 cup cooked brown rice (45g) ½ cup corn or beans (15g) 1 cup broccoli (free) 1 cup melon, cubed (15g) Salad (free) 2 tbsp light dressing Grilled salmon 	6 oz light yogurt (15g) 3 graham cracker squares (15g)
MONDAY	1½ cup cooked oatmeal (45g) 2 tbsp raisins (15g) 1 tbsp light margarine Optional: 1 tbsp brown sugar (15g) 	1½ cups lentil soup (45g) 6 crackers (15g) 1 small or large apple or orange (15-30g) Raw veggies (free)	1 cup cooked whole wheat pasta (45g) ½ cup jar spaghetti sauce (15g) 1 cup broccoli (free) 3 sesame bread sticks (15g) Lean meatballs (4 to 5 oz)	6 cups light popcorn (30g)
TUESDAY	2 slices whole grain bread (30g) ½ grapefruit (15g) 1 cup skim or 1% milk (15g) ½ cup egg substitute 2 tsp margarine Optional: 1 tbsp jam or jelly (15g)	6" whole wheat sub roll (45g) 1 oz baked potato chips (15g) 1 small piece fresh fruit (15g) Salad (free) Dressing (oil and vinegar) Roast beef, turkey or ham 	6 oz sweet potato (30g) 1 cup corn or peas (30g) 1 small dinner roll (15g) Lean roast pork (4 to 5 oz) Pump margarine	1 cup low-fat, no sugar added ice cream (30g)

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	BREAKFAST	LUNCH	DINNER	BEDTIME SNACK
WEDNESDAY	<p>1 English muffin (30g) ¾ cup blueberries (15g) 1 cup sugar-free hot cocoa (15g) 1 tbsp jam (15g) 2 tbsp peanut butter</p>	<p>10 to 15 whole grain crackers (30-45g) 1 cup light drained peaches or pears (30g) ½ can tuna 1 tbsp light mayonnaise</p>	<p>3 slices* Pizza Hut® Thin ‘n Crispy ham or veggie pizza (45g) ½ to 1 cup low fat frozen dessert (15-30g) Salad (free) 2 tbsp oil/vinegar dressing *3 slices of an 8-slice medium pizza</p>	<p>1 large piece fresh fruit (30g) 2 tbsp sliced almonds 1 oz low-fat cheese</p>
THURSDAY	<p>McDonald’s® low-fat apple bran muffin (60g) Optional: 1 carton 1% milk (15g) 1 order scrambled eggs</p> 	<p>6" pita bread (30g) 17 grapes (15g) 1 cup yogurt (15-20g) ¼ cup low fat granola (15g) Chicken salad (made with ½ cup chicken, celery, 1 tbsp light mayonnaise, 4 chopped walnuts halves)</p>	<p>1-2 veggie burgers (15-30g) 1 oz low fat cheese 1 hamburger bun (30g) ¾ to 1 cup fresh fruit (15g) Sliced tomatoes, onions, cucumbers (free)</p>	<p>¾ to 1 cup low-sugar cereal (15g) - check label 8 oz skim or 1% milk (15g)</p>
FRIDAY	<p>2 waffles (30g) 2 tbsp light syrup (15g) 1 cup strawberries (15g) 4 oz juice (15g) 2 veggie sausage patties</p>	<p>Turkey sandwich on small bagel or 2 slices whole grain bread (30g) 2 small tangerines (15g) ½ to 1 cup sugar-free pudding (15-30g) Mustard/veggies (free)</p>	<p>½ order of Olive Garden® Capellini Primavera with chicken (45g) 1½ bread sticks (30g) Salad (free) (dressing on the side)</p>	<p>2 granola bars/cereal bars (30g)</p> 
SATURDAY	<p>Breakfast smoothie: Blend with 4 ice cubes: 1 cup 1% milk and ½ cup yogurt (30g) ¾ cup berries (15g) 1 small banana (15g) Optional: 1 tbsp honey or sugar (15g) 2 tbsp protein powder</p>	<p>Taco Bell® Fiesta Chicken Gordita (30g) Pintos and cheese (15g) 1 piece small fruit (15g) 15 baked chips (15g) Salsa (free)</p> 	<p>Greek salad: ½ cup low-fat potato salad (15g) 2 slices French bread (30g) ½ cup orange sherbet (30g) Chicken, feta cheese 2 tbsp salad dressing</p>	<p>½ cup natural applesauce (15g) 3 gingersnaps (15g)</p>

