

## Diabetes Meal Plan

### OPTION 1

#### Breakfast

- 1 serving Veggie Omelet
- 1 slice 100% whole-grain toast
- 1 Tbsp. reduced-sugar preserves

#### Snack

- 1 medium banana
- 1 Tbsp. nut butter

#### Lunch

- 1 serving Turkey meatballs
- 1 cup roasted green beans
- ½ roasted potatoes

#### Snack

- ¾ plain Greek yogurt
- 1 cup strawberries

#### Dinner

- 1 serving Greek salad
- 4.5 oz grilled chicken breast
- 1 tbsp low calorie/ reduced fat dressing

## **OPTION 2**

### **Breakfast**

- 1 whole-wheat English muffin half
- 1/4 avocado, mashed
- 1 scrambled egg
- 1/2 cup grapes

### **Snack**

- 1 wedge light Swiss spreadable cheese
- 7 reduced-fat wheat crackers
- 1/2 cup grapes
- 2 Tbsp. unsalted almonds

### **Lunch**

- 1 serving Strawberry Arugula salad
- 6 oz. light vanilla Greek yogurt

### **Snack**

- 1/4 cup hummus
- 1 cup carrot sticks

### **Dinner**

- 1 serving Shrimp and snap peas stir-fry
- 1 cup whole strawberries

## **OPTION 3**

### **Breakfast**

- 1 cup oatmeal (prepared with water)
- 1 Tbsp. peanut butter
- 1/2 cup blueberries

### **Snack**

- 1 cup carrot sticks
- 1 Tbsp. light ranch dressing

### **Lunch**

- 1 cup Zucchini noodles (zoodles), organic tomato basil pasta sauce and grilled skirt steak
- 1 medium banana

### **Snack**

- 1/4 cup hummus
- 1 cup green bell pepper strips

### **Dinner**

- 1 serving albacore tuna in water
- 2 low carbs wraps (La Banderita)
- 1 serving sauteed mushrooms, bell peppers and onions
- 1 serving low-fat/ low calorie dressing
- 2 oz serving of avocado