

Diabetes: Meal plan Ideas

1800 calories/day

	Monday	Tuesday	Wednesday
Breakfast	1 slice banana nut bread 1 Tbsp. "0g trans-fat" butter spread ½ large banana 1 cup fat free milk 1 oz. lite string cheese Total: 61g Carbs	3 whole grain frozen pancakes ¼ cup sugar free syrup ¼ cup pecans 1 cup blueberries Total: 67g Carbs	1½ cups whole grain cereal 1 cup fat free milk ½ cup sliced strawberries ¼ cup almonds Total: 64g Carbs
Lunch	1 cup black bean soup ¼ cup shredded cheddar cheese 10 tortilla chips 2 Tbsp. chunky salsa 1 cup chopped pineapple Total: 67g Carbs	6" turkey sub sandwich w/ mustard and veggie toppings ¼ cup almonds 1 small apple Total: 62g Carbs	Frozen entrée under 300 calories and 30g Carbs 1 side salad 2 Tbsp. ranch dressing 1 large banana Total: 62g Carbs
Dinner	3 oz. roasted chicken breast 1 cup baked winter squash ½ cup cooked spinach 1 small whole wheat roll 1 Tbsp. "0g trans-fat" butter spread 30 red grapes Total: 65g Carbs	4 oz. salmon ½ baked potato 1 cup carrots 1 small whole wheat roll 1 small chocolate chip cookie Total: 68g Carbs	1 small frozen chicken pot pie 1 side salad 2 Tbsp. low-fat Italian dressing 1 cup chopped pineapple 1 cup fat free milk Total: 65g Carbs
Snack	1 medium apple 1 Tbsp. peanut butter 25g Carbs	7 whole wheat crackers 2 Laughing Cow low-fat cheese wedges 15g Carbs	½ cup canned peaches in own juice 15g Carbs

	Thursday	Friday	Saturday
Breakfast	1 whole wheat bagel 2 Tbsp. natural peanut butter ½ large banana Total: 62g Carbs	1 McDonald's Egg McMuffin 1 order McDonald's hash browns 1 small apple Total: 62g Carbs	2 frozen whole wheat waffles 2 Tbsp. sugar free syrup ¼ cup walnuts 1 cup blueberries 1 cup fat free milk Total: 70g Carbs
Lunch	Wendy's grilled chicken wrap ½ Wendy's baked potato 1 Tbsp. "0g trans-fat" butter spread 15 grapes Total: 69g Carbs	3 slices lean deli ham 2 slices whole wheat bread 1 slice Swiss cheese 2 Tbsp. mayonnaise 1 cup canned peaches in own juice Total: 60g Carbs	Turkey burger on whole wheat bun 20 crinkle cut frozen French fries 12 cherries Total: 60g Carbs
Dinner	1 cup turkey chili with beans ¼ cup shredded cheese 15 tortilla chips 1 cup diced watermelon Total: 62g Carbs	2 slices pepperoni pizza 1 side salad 2 Tbsp. low fat ranch dressing Total: 65g Carbs	3 oz. chicken breast 1 cup mixed vegetables 2 tsp. canola oil 3 Tbsp. sweet and sour sauce 1 cup brown rice Total: 66g Carbs
Snack	½ cup strawberries 2 pieces dark chocolate 20g Carbs	½ large banana 1 oz. lite string cheese 20g Carbs	4 oz. low-fat cottage cheese ½ cup or small piece of fruit 15g Carbs

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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