

7-Day Diabetic Meal Plan

	Breakfast	Lunch	Dinner	Snack/Dessert
Monday	Oatmeal with Nuts/Seeds & Berries	Bean & Quinoa Salad	Grilled Sugar-Free BBQ Chicken, Brown Rice, Asparagus	Handful of Nuts, 70%+ Dark Chocolate
Tuesday	Oatmeal with Nuts/Seeds & Berries	Grilled Chicken Waldorf Salad	Vegetarian Chilli, Brown Rice/Quinoa & Sliced Avocado	Carrots & Cucumbers with Hummus
Wednesday	Veggie Omelette with Low Carb Bread and/or ½ an Avocado	Leftover Chilli, Rice/Quinoa & Sliced Avocado	Grilled Salmon, Brown Rice/Quinoa & Roasted Vegetables	Apple/Pear with Nut Butter
Thursday	Veggie Omelette with Low Carb Bread and/or ½ an Avocado	Roasted Vegetable Salad	Tofu Stir Fry with Brown Rice	Handful of Nuts, Dried Dates/Apricots
Friday	Oatmeal with Nuts/Seeds & Berries	Leftover Tofu Stir Fry with Brown Rice	Veggie Burger & Sweet Potato Fries	Handful of Nuts, 70%+ Dark Chocolate
Saturday	Veggie Omelette with Low Carb Bread and/or ½ an Avocado	Veggie Patty Salad	Grilled Salmon, Brown Rice/Quinoa & Roasted Vegetables	Low GI Banana Oatmeal Cookies
Sunday	Protein Pancakes	Roasted Vegetable Salad	Grilled Sugar-Free BBQ Chicken, Brown Rice, Asparagus	Low GI Banana Oatmeal Cookies