

30-Day Meal Plan for People with Diabetes – Week 1

Day 1

Breakfast

- 2 (four-inch) whole grain pancakes
- 1/2 cup mixed berries
- 2 teaspoons sugar-free maple syrup
- 1 cup fat-free milk

Lunch

- Herbed Chicken Soup with Spring Vegetables (find recipe on Food Network.com)
- 1 cup tossed salad with 2 tablespoons low-calorie dressing
- 1 (one-ounce) whole grain roll
- 1 small apple

Dinner

- 4 ounces grilled salmon
- 1/2 cup brown rice cooked with low-fat chicken broth
- 1/2 cup cubed cucumber mixed with 1/2 cup cubed tomatoes tossed with 2 teaspoons olive oil and 1 teaspoon balsamic vinegar
- 5 roasted asparagus spears
- 1 (one-ounce) slice rye bread

Snacks

- 10 almonds
- 1/2 cup melon cubes tossed with 1 teaspoon lime juice

Today's Takeaway Tip: Fiber is extremely important for keeping blood sugar stable. Since fluctuating blood sugar levels can cause feelings of hunger, irritability and low energy, high-fiber foods, such as the whole grain pancakes, whole grain roll and brown rice, will help you to have a happier and healthier day.

Day 2

Breakfast

- 1/2 broiled grapefruit
- 1 ounce ready-to-eat whole grain cereal
- 1/2 cup fat-free milk

Lunch

- Cheese Melt: 2 ounces low-fat Cheddar cheese melted on 1 whole wheat English muffin with 2 slices tomato

- 1 serving Jicama Salad (find recipe on Food Network.com)
- 1 small peach

Dinner

- 3 ounces lean grilled flank steak
- 1/2 cup baked sweet potato with 1 teaspoon canola oil margarine
- 1/2 cup steamed spinach
- 1 cup romaine lettuce tossed with carrots, red peppers and 2 tablespoons low-calorie dressing
- 1/2 baked pear (halve and core unpeeled pear, place cut-side down in baking dish, pour low-cal cranberry juice halfway up the sides, bake in 375 degree oven for 30 to 40 minutes)

Snacks

- 1 cup sugar-free, low-fat yogurt
- 1 ounce whole grain crackers spread with 2 teaspoons reduced-fat peanut butter

Today's Takeaway Tip: Use non-hydrogenated spreads, like canola margarine, for your potatoes, breads and other foods instead of butter or regular margarine. Canola margarine has no trans fats, a contributing factor for heart disease of which people with diabetes are at risk for.

Day 3

Breakfast

- 1 slice whole wheat raisin bread spread with 1/4 cup part-skim ricotta cheese, toasted
- 1 slice (one-ounce) cooked Canadian bacon
- 1/2 cup mango slices

Lunch

- 3 ounces sliced turkey
- Mushroom Barley and Roasted Asparagus Salad (find recipe on Food Network.com)
- 1 small whole wheat pita bread
- 10 red grapes

Dinner

- 3 ounces baked cod
- 1 serving Grilled Ratatouille (find recipe on Food Network.com)
- 1/2 cup cooked whole wheat couscous
- 1 cup raw spinach tossed with 2 teaspoons olive oil and 2 teaspoons champagne vinegar
- 1/2 cup sugar-free, low-fat frozen yogurt

Snacks

- 1/2 cup cooked edamame
- 1 cup fat-free milk

Today's Takeaway Tip: Including more soy foods, like edamame, into your food plan may help lower cholesterol. High cholesterol plays a role in heart disease, a risk factor for people with diabetes.

Day 4

Breakfast

- Tropical Fruit Compote: 1/2 cup mixed pineapple, kiwi and papaya cubes
- 1 small toasted whole wheat pita bread
- 2 teaspoons sugarless jam
- 1 cup fat-free milk

Lunch

- Escarole and Bean Soup (get recipe from Food Network.com)
- 1 slice multigrain bread
- 1 cup tossed salad with 2 teaspoons low-calorie dressing
- 1/2 cup (no added sugar) applesauce, sprinkled with cinnamon

Dinner

- 3 ounces grilled boneless pork loin chop
- 1/2 cup sautéed broccolini (sauté broccolini in 1 teaspoon olive oil)
- 1/2 cup roasted potatoes (leave peels on for extra fiber!)
- Angel Food Cake with Mangoes (get recipe from Food Network.com)

Snacks

- 1 ounce whole wheat pretzels
- 1 hard-boiled egg

Today's Takeaway Tip: Who says you can't have your cake and eat it too? For people with diabetes, desserts like Angel Food Cake can be a "yes," especially when it's paired with healthy vitamin C rich mangoes! Work with a registered dietitian to assist you in designing a plan that includes your favorite desserts.

Day 5

Breakfast

- 1 small (2-ounce) toasted whole wheat bagel
- 2 teaspoons reduced-fat cream cheese
- 2 slices tomato

- 1/2 cup sliced fresh strawberries
- 1/2 cup sugar-free, fat-free yogurt

Lunch

Roast Beef Roll Up: 3 ounces lean roast beef rolled in a 10-inch whole wheat tortilla with 1/4 cup shredded carrots, 1 lettuce leaf and 1 tablespoon fat-free Ranch or Thousand Island dressing

- 1/2 cup red and yellow bell pepper strips
- 1 small peach

Dinner

- Grilled Chicken with Gremolata and Arugula Salad (find recipe on Food Network.com)
- 1/2 cup cooked whole wheat couscous
- 1/2 cup cooked zucchini and yellow squash (sauté in 1 teaspoon olive oil, sprinkle with 1/4 teaspoon dried oregano)
- 1 small orange, sliced

Snacks

- 1 (1/2-cup) serving sugar-free vanilla pudding
- 2 cups air-popped popcorn

Today's Takeaway Tip: Choose your greens wisely — the darker the better. Arugula, for example, has nice dark leaves that provide ample amounts of antioxidants such as beta carotene and vitamin C. These antioxidants may have some heart protective values; good for people with diabetes!

Day 6

Breakfast

- 1/2 cup cooked sugar-free oatmeal, sprinkled with cinnamon
- 2 tablespoons raisins
- 1 cup fat-free milk

Lunch

- Halibut and Chickpea Salad (find recipe on Food Network.com)
- 1 ounce whole grain crackers
- 2 small plums

Dinner

- 1/2 grilled Cornish game hen
- 1/2 cup cooked wild rice
- 1/2 cup stir-fried broccoli with red bell pepper (stir-fry in 1 teaspoon canola

- oil in a wok over high heat)
- 1/2 cup mixed honeydew and cantaloupe chunks

Snacks

- 3 whole wheat graham crackers
- 1 frozen fruit bar (all fruit, no sugar added)

Today's Takeaway Tip: Make your diet full o'beans! The chickpeas added to the Halibut Salad are digested slowly, helping with good blood sugar control. In addition, beans offer an amazing protein value for the dollar, while lacking the artery-clogging fats and cholesterol of many other high-protein foods.

Day 7

Breakfast

- 1 small bran muffin
- 1 teaspoon canola oil margarine
- 1/2 cup blueberries sprinkled with 1/2 teaspoon lemon zest
- 1 cup fat-free milk

Lunch

- Pizza Muffin: 1 small whole wheat English muffin topped with 1/2 cup marinara sauce, 1/4 cup part-skim mozzarella cheese, 1 ounce reduced-fat turkey pepperoni and 2 slices zucchini, broiled until cheese melts
- 1 cup tossed salad with 2 tablespoons low-calorie Italian dressing
- 2 tangerines

Dinner

- Grilled Tuna Steaks with Black Sesame Seeds (find recipe on Food Network.com)
- 1/2 cup cooked udon or soba noodles
- 1/2 cup stir-fried snow peas
- 1/2 cup mango sorbet

Snacks

- 6 ounces tomato juice
- 1 small whole wheat pita bread with 2 tablespoons hummus

Today's Takeaway Tip: Tuna, with its meaty texture and steak-like quality, is ideal as a substitute for red meats. Tuna contains high levels of omega-3 fatty acids which are known to lower high blood cholesterol, a risk factor for people with diabetes.