

## 30-Day Meal Plan for People with Diabetes – Week 2

### Day 8

#### Breakfast

- 1/2 recipe Blueberry Blast Smoothie (find recipe on Food Network.com)
- 1 slice (one-ounce) oatmeal bread
- 1 teaspoon canola margarine

#### Lunch

- Lentil and Rice Salad (find recipe on Food Network.com)
- Cherry Tomato and Zucchini Salad (1/2 cup each halved cherry tomatoes and zucchini cubes, drizzled with 2 teaspoons olive oil and 2 teaspoons balsamic vinegar)
- 1/2 cup fresh pineapple chunks

#### Dinner

- 4 ounces grilled scallops
- 1/2 cup cooked quinoa
- 1/2 cup sautéed red and yellow peppers with onion (sauté red and yellow bell pepper strips with thinly sliced red onion in 1 teaspoon olive oil, sprinkle with 1/2 teaspoon dried basil)
- 1/2 cup sliced grapes tossed with 1/2 cup sugar-free, fat-free vanilla yogurt

#### Snacks

- 1 ounce reduced-fat string cheese with 1 ounce whole grain crackers
- 1 cup low-fat, low-sodium vegetable soup

Today's Takeaway Tip: Berry nice! Blueberries are loaded with antioxidants — more than most other fruits. In addition, blueberries rank low on the glycemic index, an indicator on how carbohydrates effect blood sugar levels. Foods with lower scores raise blood sugar less.

### Day 9

#### Breakfast

- 1 small whole wheat waffle
- 1 tablespoon sugar-free maple syrup
- 1 ounce reduced-fat turkey sausage link
- 1/2 banana

#### Lunch

- 3 ounces lean low-sodium ham slices
- Waldorf Salad (find recipe on Food Network.com)
- 1/2 toasted English muffin with 1 teaspoon canola margarine

### **Dinner**

- Turkey Burgers with Tomato Corn Salsa (find recipe on Food Network.com)
- 1/2 cup sautéed spinach
- 1 cup cabbage salad (3/4 cup green or red cabbage with 1/4 cup shredded carrots, 2 tablespoons chopped onion and 1 tablespoon low-calorie dressing)

### **Snacks**

- 1/2 small whole wheat toasted bagel with 2 teaspoons sugar-free jam
- 1 sugar-free, fat-free chocolate pudding

Today's Takeaway Tip: The apples in Waldorf Salad are high in a fiber called pectin. This "soluble" fiber contributes to reduced cholesterol levels and helps you to feel full longer. Choosing low-calorie foods that keep you satisfied contribute to good weight control, an issue for many people with diabetes.

## **Day 10**

### **Breakfast**

- 1/2 cup hot wheat cereal mixed with:
- 1/4 cup grated apple
- 2 tablespoons raisins
- 1 tablespoon sliced toasted almonds
- 1 cup fat-free milk

### **Lunch:**

- Tabbouleh (with chicken) (find recipe on Food Network.com)
- 1 cup tossed salad (butter lettuce, carrots and cherry tomatoes, tossed with 2 tablespoons reduced-fat Thousand Island dressing)
- 1 nectarine

### **Dinner**

- 4 ounces baked halibut fillet
- Garlicky Broccolini (find recipe on Food Network.com)
- 1 small (three-ounces) baked potato with 2 tablespoons reduced-fat sour cream and chopped chives
- 1/2 cup sugar-free, fat-free frozen chocolate yogurt

### **Snacks**

- Salsa (find recipe on Food Network.com)
- 1 ounce fat-free tortilla chips
- 1 ounce unsalted cashews

Today's Takeaway Tip: Shake up your diet! Eating the same foods repeatedly not only causes boredom (one of the top reasons people abandon their healthy diets), but may also make it harder to lose weight. Trying broccolini, in the Garlicky Broccolini recipe, rather than the more familiar broccoli, makes your food plan that much more interesting!

## Day 11

### Breakfast

- 1 serving Mixed Berry Salad (find recipe on Food Network.com)
- 1 (one-ounce) whole wheat roll
- 1 teaspoon canola margarine
- 1 cup fat-free milk

### Lunch

- Manhattan Clam Chowder (find recipe on Food Network.com)
- 1 cup mixed field greens salad with 2 tablespoons fat-free blue cheese dressing
- 1 (one-ounce) slice seven-grain bread

### Dinner

- Grilled Chicken with Tomato Cucumber Salad (find recipe on Food Network.com)
- 1/2 cup brown rice (cooked in low-fat, reduced-sodium chicken broth)
- 1/2 cup steamed snow peas
- 1/2 baked pear (halve and core unpeeled pear, place cut-side down in baking dish, pour low-cal cranberry juice 1/2 way up the sides, bake in 375 degree oven for 30 to 40 minutes)

### Snacks

- 1/2 cup mango chunks
- 1/2 cup low-fat cottage cheese mixed with 1/2 teaspoon cinnamon and 1 teaspoon sugar-free jam

Today's Takeaway Tip: Great tasting food does not always require tons of salt, fat and sugar. Manhattan Clam Chowder is a good example of this — it tastes just as good as the cream-based version, but without the excess fat and calories.

## Day 12

### Breakfast

- Healthy Carrot Muffin (find recipe on Food Network.com)
- 1 ounce reduced-fat turkey sausage patty
- 1 cup fat-free milk

### Lunch

- Tuna Pocket: (3 ounces canned tuna mixed with 2 tablespoons reduced-fat mayonnaise, 2 tablespoons each minced onion, celery and grated carrot), 1 romaine lettuce leaf, 1 ounce reduced-fat Swiss cheese, 1 small whole wheat pita bread
- 1/2 cup applesauce sprinkled with 1/2 teaspoon pumpkin pie spice

### Dinner

- Sicilian-Style Cauliflower with Whole Wheat Pasta (find recipe on Food Network.com)
- 3 ounces grilled chicken
- 1 cup romaine lettuce tossed with tomatoes, zucchini and 2 tablespoons fat-free Caesar dressing
- 2 small plums

### Snacks

- 1/2 apple with 1 tablespoon reduced-fat peanut butter
- 1 ounce whole wheat pretzels

Today's Takeaway Tip: Pasta took quite a beating during the low-carb craze. Truth is, a reasonable portion of whole wheat pasta, as prepared in Sicilian-Style Cauliflower with Whole Wheat Pasta, is high-fiber and filling; two pluses for people with diabetes. The key, as always, is portion size!

## Day 13

### Breakfast

- Yogurt Granola Parfait: (1 cup plain non-fat yogurt, layered with 1/2 cup sliced bananas and 1/4 cup low-fat granola)

### Lunch

- Chicken and Pasta Soup (find recipe on Food Network.com)
- 1 ounce whole wheat crackers
- 1 cup tossed salad with watercress, sliced radishes and 2 tablespoons reduced-fat Italian dressing
- 3 whole wheat Fig Newton cookies

## **Dinner**

- Linguine with Shrimp (find recipe on Food Network.com)
- 1/2 cup sautéed broccoli
- Mango Strawberry Snow Cones (find recipe on Food Network.com)

## **Snacks**

- 6 ounces carrot juice
- 1 ounce whole wheat pita chips

Today's Takeaway Tip: Fill up on soup! High water content foods, such as soup, fruits and vegetables, help you feel full and satisfied and help prevent overeating. The Chicken and Pasta Soup delivers in many ways: lots of water in both broth and vegetables, low in fat and high in flavor.

## **Day 14**

### **Breakfast**

- Peach French Toast Bake (find recipe on Food Network.com)
- 1 slice (one-ounce) Canadian bacon
- 1 cup fat-free milk

### **Lunch**

- Greek Salad with Oregano Marinated Chicken (find recipe on Food Network.com)
- 1 ounce whole wheat breadsticks
- 1/2 cup fresh cherries

### **Dinner**

- Crab Cakes (find recipe on Food Network.com)
- 1 small ear corn
- 1/2 cup sautéed kale( sauté in 1 teaspoon olive oil)
- 1/2 cup fresh raspberries topped with 2 tablespoons sugar-free, fat-free lemon yogurt

### **Snacks**

- 2 ounces low-fat turkey slices rolled with 1 ounce reduced-fat Swiss cheese
- 1/2 cup sugar-free, fat-free tapioca pudding

Today's Takeaway Tip: Tired of the same old breakfast? Spice it up with a treat like Peach French Toast Bake — you actually might forget that you're eating healthy! It's important to know that you can have some treats, especially if you can tailor them to your needs.