

30-Day Meal Plan for People with Diabetes – Week 3

Day 15

Breakfast:

- Cheese and Tomato Omelet: (3 egg whites, 1/4 cup chopped tomato, 1/4 cup chopped mushrooms, 1 ounce reduced-fat Swiss cheese cooked in 1 teaspoon canola margarine or olive oil)
- 1 (one-ounce) slice pumpernickel bread
- 1/2 cup fresh blackberries

Lunch:

- Poached Salmon with Lemon Mint Tzatziki (find recipe on Food Network.com)
- 3 whole wheat sesame breadsticks
- 1/2 cup sliced peaches with mint sprig

Dinner:

- Edamame Garden Burger (find recipe on Food Network.com)
- 1 small (2-ounce) whole wheat toasted bun
- 1 cup red leaf lettuce salad tossed with 1/2 cup diced cucumber, 1/2 sliced tomato and 1/4 cup shredded carrots with 2 tablespoons non-fat French dressing

Snack:

- 2 small fresh apricots
- 1 cup fat-free milk

Today's Takeaway Tip: You'll see yogurt throughout this 30-day menu planner. It's a wonderful source of calcium, high in protein and can substitute for cream and other high-fat ingredients. Used in the Poached Salmon with Lemon Tzatziki, it makes a creamy, satisfying sauce to the salmon without all the fat of other sauces.

Day 16

Breakfast:

- Apple Muffins (find recipe on Food Network.com)
- 1/2 cup fat-free cottage cheese sprinkled with 1/4 teaspoon cinnamon

Lunch:

- Vegetarian Sandwich: (3 tablespoons hummus, 2 slices tomato, 1/4 cup shredded carrots, 2 thin slices cucumber, 2 slices whole wheat bread)
- 1/2 cup reduced-sodium, low-fat vegetable soup

- 1/2 cup cantaloupe cubes with lime wedge

Dinner:

- Baked Mahi Mahi with Wine and Herbs (find recipe on Food Network.com)
- 1/2 cup roasted red potatoes
- 1/2 cup broiled eggplant
- 1/2 cup sliced papaya

Snacks:

- Grilled Pita Triangles (find recipe on Food Network.com)
- 1 ounce part-skim string cheese

Today's Takeaway Tip: Go vegetarian! By eating naturally low-in-fat vegetarian foods like beans and grains, you can slash your saturated fat content while adding tons of fiber to your diet. Foods like hummus provide a rich taste without guilt.

Day 17

Breakfast:

- 1/2 cup cooked oatmeal sprinkled with 1/4 teaspoon each cinnamon and nutmeg
- 1/2 sliced banana
- 1 cup fat-free milk

Lunch:

- Minestrone Soup with Pasta, Beans and Vegetables (find recipe on Food Network.com)
- 1 cup romaine lettuce, 1 teaspoon Parmesan cheese, 1/2 cup halved cherry tomatoes tossed with 2 tablespoons non-fat Caesar dressing
- 1 (one-ounce) sliced whole wheat Italian bread
- 3 dried apricot halves

Dinner:

- Crispy Chicken Fingers (find recipe on Food Network.com)
- Coleslaw: (1/2 cup shredded green cabbage, 1/4 cup shredded carrots, 2 tablespoons minced red onion, 1/2 teaspoon poppy seeds tossed with 2 teaspoons olive oil and 2 teaspoons apple cider vinegar)
- 1/2 small baked potato topped with 1 tablespoon tomato salsa
- 1/2 cup sugar-free, fat-free frozen peach yogurt

Snack:

- 1 ounce shelled walnuts
- 1 rice cake spread with 2 teaspoons sugar-free raspberry jam

Today's Takeaway Tip: If you love the taste of fried foods, but can't afford the calories and fat, learn the art of substitution. Crispy Chicken Fingers, which is cereal-coated and baked, gives the texture of fried chicken without the risk of added pounds!

Day 18

Breakfast:

- 1 small whole wheat muffin
- 1 teaspoon canola margarine
- 1/2 cup sugar-free, fat-free lemon yogurt topped with 1/2 cup raspberries

Lunch:

- Slow-Roasted Salmon with Cucumber Dill Salad (find recipe on Food Network.com)
- 1/2 toasted English muffin
- 1 peeled and sliced kiwi

Dinner:

- Thai Style Shrimp Stir-Fry with Tomatoes and Basil (find recipe on Food Network.com)
- 1/2 cup cooked brown rice (cook in low-sodium chicken broth)
- 1 all-fruit frozen juice bar

Snacks:

- 1/2 apple spread with 2 teaspoons reduced-fat peanut butter
- 1 ounce baked low-fat tortilla chips with 2 tablespoons salsa

Today's Takeaway Tip: Kiwi is an excellent source of vitamin C (an important antioxidant that may prevent heart disease), fiber and potassium. In fact, kiwis supply more potassium than a medium banana!

Day 19

Breakfast:

- Open Faced Egg and Tomato Sandwich: (1 poached egg, 1 slice tomato, 1 slice cooked Canadian bacon or 1 {one-ounce} slice turkey)
- 1/2 toasted whole wheat English muffin
- 1/2 cup fresh poached figs (simmer figs in equal parts apple juice and water, seasoned with a cinnamon stick and clove or two until soft, serve with poaching liquid)
- 1 cup fat-free milk

Lunch:

- 1 cup low-fat, low-sodium black bean soup topped with 1 tablespoon low-fat sour cream
- 4 baked tortilla chips
- 1/2 cup carrot sticks dipped in 1 tablespoon non-fat Ranch dressing
- 1/2 cup water-packed mandarin oranges

Dinner:

- Snapper with Roasted Grape Tomatoes, Garlic and Basil (find recipe on Food Network.com)
- 1/2 cup cooked whole wheat couscous
- Spinach salad: (1 cup spinach leaves, 2 slices red onion, 1/4 cup sliced mushrooms, 1 tablespoon sliced toasted almonds and 2 tablespoons non-fat Italian salad dressing)
- 3 sugar-free vanilla sandwich cr me cookies

Snack:

- 2 tablespoons Chunky Guacamole with 1 ounce whole wheat crackers (find recipe on Food Network.com)
- 1 cup plain non-fat yogurt mixed with 2 teaspoons sugar-free strawberry jam

Today's Takeaway Tip: While watching your *quantity* of fat is important, it is equally important to look at the *quality*. The avocados in the Chunky Guacamole are an excellent source of monounsaturated fat, the type that is good for your cholesterol. Moreover, the avocado is a source of lutein, a phytochemical that seems to help prevent age-related macular degeneration. This may be important for people with diabetes who may have eye problems associated with the disease.

Day 20

Breakfast:

- 1 ounce Shredded Wheat Cereal
- 1 ounce cooked turkey bacon
- 1/2 cup blueberries
- 1/2 cup fat-free milk

Lunch:

- Chopped Nicoise Salad (find recipe on Food Network.com)
- 1 small whole grain roll with 1 teaspoon canola oil margarine
- 1/2 cup (no sugar added) applesauce with 1/4 teaspoon ground ginger, served warm

Dinner:

- Chicken Cacciatore (find recipe on Food Network.com)

- 1/2 cup whole wheat fusilli pasta
- 1/2 cup sautéed broccolini topped with 1 tablespoon toasted pine nuts
- 1/2 peach sprinkled with 2 teaspoons unsweetened toasted coconut

Snacks:

- Hot Chocolate (find recipe on Food Network.com)
- 1 ounce whole wheat pretzels dipped in Dijon mustard

Today's Takeaway Tip: Decadent foods like chocolate are not off limits. The creamy Hot Chocolate is a perfect example of a how to enjoy a small amount of a rich food that is normally taboo. When combined with low-fat milk and bolstered with spices, chocolate is just a sip away.

Day 21

Breakfast:

- 2 (four-inch) whole wheat pancakes topped with 1/4 cup part-skim ricotta cheese mixed with 2 teaspoons sugar-free blueberry jam
- 1 vegetarian sausage link
- 1/2 cup fat-free milk

Lunch:

- Chickpea and Spinach Salad with Cumin Dressing and Yogurt Sauce (find recipe on Food Network.com)
- 1 toasted small whole wheat tortilla
- 1/2 cup each red and yellow pepper strips
- 1/2 cup water-packed canned pineapple

Dinner:

- San Francisco Cioppino (find recipe on Food Network.com)
- 1 (one-ounce) slice whole wheat sourdough bread
- 1 cup butter lettuce salad with 1/4 cup diced zucchini, 1/4 cup diced yellow tomato, 1/4 cup diced carrot, 2 teaspoons gorgonzola cheese, tossed with 2 tablespoons non-fat blue cheese dressing
- 1 small baked apple baked in low-calorie cranberry juice cocktail

Snacks:

- 1/2 small baked sweet potato topped with 2 teaspoons sugar-free maple syrup
- 1 ounce reduced-fat Cheddar cheese wedge

Today's Takeaway Tip: It was once believed that to control high cholesterol you should eliminate shellfish. Research has shown that it is actually foods high in saturated fat, not dietary cholesterol, that effect blood cholesterol. Shellfish (in San Francisco Cioppino) are actually very low in saturated fat and total fat. In

addition, clams, shrimp, squid and crab are excellent sources of B12, potassium and iron.