30-Day Meal Plan for People with Diabetes – Week 4

Day 22

Breakfast:

- 1/2 serving Applegurt (find recipe on Food Network.com)
- 1 scrambled egg cooked in 1 teaspoon olive oil, topped with 1 teaspoon chopped chives

Lunch:

- Raspberry Chicken Salad (find recipe on Food Network.com)
- 1/2 whole wheat bagel spread with 2 teaspoons reduced-fat cream cheese
- 1 orange

Dinner:

- 4 ounces grilled beef tenderloin
- Oven Baked Parmesan French Fries (find recipe on Food Network.com)
- 5 grilled asparagus spears
- Mixed Tomato Salad: (1/2 cup cubed red tomatoes, 1/4 cup halved cherry tomatoes, 2 tablespoons chopped Vidalia onion, 2 teaspoons minced fresh basil drizzled with 2 teaspoons balsamic vinegar)
- 10 red grapes

Snacks:

- 1 ounce roasted unsalted cashews
- 1/2 cup edamame

Today's Takeaway Tip: Instead of frying, try baking. Oven Baked Parmesan French Fries are a perfect example of how to enjoy the crunch of fried foods without all the excess fat and calories.

Day 23

Breakfast:

- Pumpkin Muffins (find recipe on Food Network.com)
- 1 cup fat-free milk

Lunch:

- Crab Salad Sandwich: (mix 3 ounces cooked crabmeat with 1 tablespoon low-fat mayonnaise, 1/4 cup chopped red pepper, 1/4 cup chopped celery, 1/2 teaspoon capers; place in a whole wheat pita pocket with spinach or lettuce leaves.)
- 1/2 cup reduced-sodium, low-fat tomato soup

- 1/2 cup sugar-free, fat-free vanilla pudding

Dinner:
- Garlic Lime Chicken with Olives (find recipe on Food Network.com)
- 1/2 cup cooked whole wheat orzo
- 1/2 cooked artichoke dipped in 1 tablespoon low-fat mayonnaise mixed with 1/4 teaspoon lemon zest
- 2 plums

Snack:
- 1/2 banana spread with 1 teaspoon almond butter
- 6 ounces sugar-free, fat-free blueberry yogurt

Today's Takeaway Tip: Pumpkin boasts an impressive amount of beta carotene, a healthy antioxidant that may help prevent disease. Canned pumpkin, used in Pumpkin Muffins, is just as nutritious as raw.

Day 24

Breakfast:
- 1 egg fried in 1 teaspoon olive oil
- 1 (one-ounce) slice rye bread
- 1/2 cup sliced strawberries mixed with 1/2 cup plain yogurt

Lunch:
- Pumpernickel Ham and Watercress Sandwich (find recipe on Food Network.com)
- 1/2 cup each blanched broccoli and cauliflower dipped in 2 tablespoons non-fat blue cheese dressing
- 1 small orange

Dinner:
- Pork Au Poivre (find recipe on Food Network.com)
- 1/2 cup sautéed spinach
- 1 cup tossed salad with 2 tablespoons non-fat Thousand Island dressing
- Ginger Tea Cake (find recipe on Food Network.com)

Snacks:
- 1/2 cup pomegranate seeds
- 1 ounce whole wheat pretzels

Today's Takeaway Tip: Pomegranates are very high in vitamin C, potassium and fiber and low in calories. They also contain tannins, anthocyanins and ellagic

acids, three important antioxidants that may help prevent heart disease. Look for pomegranates from September through February.

Day 25

Breakfast:

- 1/2 cup hot seven-grain cereal
- 1/4 cup chopped dried apples
- 1 cup fat-free milk

Lunch:

- Chicken Kebabs (find recipe on Food Network.com)
- 1 small whole wheat pita bread, warmed
- 1/2 cup sautéed portobello mushrooms (cook in 1 teaspoon olive oil)
- 10 green grapes

Dinner:

- 3 ounces grilled salmon
- Grilled Salad with Herbed Vinaigrette (find recipe on Food Network.com)
- 1/2 cup brown rice cooked in reduced-sodium chicken broth
- 1 serving Banana Cream Pie (find recipe on Food Network.com)

Snack:

- 1 hard-boiled egg
- 6 ounces low-sodium tomato juice

Today's Takeaway Tip: It's important to keep all kinds of textures in your food plan. This low-calorie, low-fat Banana Cream Pie's smooth creamy texture and crisp crust will make your taste buds happy, but keep your waistline trim.

Day 26

Breakfast:

- Strawberry and Tofu Smoothie (find recipe on Food Network.com)
- 1 rice cake with 2 teaspoons cashew butter

Lunch:

- Spicy Bean Soup (find recipe on Food Network.com)
- 1/2 cup sliced English cucumber and1/2 cup halved grape tomatoes drizzled with 2 teaspoons balsamic vinegar
- 3 whole wheat sesame breadsticks
- 4 dried plums

Dinner:

- 3 ounces baked tilapia
- Seared Greens with Red Onion and Vinegar (find recipe on Food Network.com)
- 1/2 cup barley cooked in reduced-sodium chicken broth
- 1 cup tossed salad drizzled with 1 teaspoon walnut oil and 2 teaspoons herb vinegar
- 1/2 cup sliced bananas topped with 1 tablespoon lite whipped topping

Snacks:

- 1/2 cup water-packed mixed fruit salad
- 1/2 cup low-fat cottage cheese with 1 tablespoon toasted slivered almonds

Today's Takeaway Tip: Think dark when it comes to choosing your greens. Light colored greens like iceberg lettuce provide little nutrition. The chard used in Seared Greens with Red Onion and Vinegar is full of fiber, beta carotene and iron.

Day 27

Breakfast:

- 1/2 whole wheat bagel with 1 ounce melted reduced-fat Jarlsberg cheese
- 1/2 cup sliced star fruit (also known as carambola)

Lunch:

- 3 ounces grilled shrimp
- Beet and Mandarin Orange Salad with Mint (find recipe on Food Network.com)
- 1 small whole grain roll
- 1 teaspoon canola margarine

Dinner:

- Whole Wheat Spaghetti with Swiss Chard and Pecorino Cheese (find recipe on Food Network.com)
- Sautéed Green Beans and Pimento (find recipe on Food Network.com)
- 1/2 cup sugar-free, fat-free frozen vanilla yogurt

Snacks:

- 2 cups air-popped popcorn
- 1 ounce lean turkey breast

Today's Takeaway Tip: Beets are low in calories and provide significant amounts of folate (helpful in the prevention of heart disease), vitamin C and potassium. The carbohydrate count of beets *is* higher than many other vegetables, but beets

are perfectly acceptable for a person with diabetes. Go ahead and enjoy the Beet and Mandarin Orange Salad with Mint, guilt-free.

Day 28

Breakfast:

- 3 scrambled egg whites (scramble in 1 teaspoon olive oil, top with 1 tablespoon reduced-fat Cheddar cheese and 1 teaspoon chopped basil)
- Blueberry Compote (find recipe on Food Network.com)
- 1 cup fat-free milk

Lunch:

- Open Face Lean Roast Beef Sandwich: (3 ounces lean roast beef, 1 romaine lettuce leaf, 1 slice tomato, 2 teaspoons Dijon honey mustard, 1 slice whole grain bread) Carrot, Green Apple and Mint Salad (find recipe on Food Network.com)

Dinner:

- Wok-Sautéed Mushrooms and Tofu (find recipe on Food Network.com)
- 1/2 cup cooked soba noodles
- 1/2 cup honeydew chunks sprinkled with 1 teaspoon lemon juice and 1 teaspoon minced crystallized ginger

Snacks:

- 2 tablespoons low-fat bean dip with 1 ounce baked tortilla chips
- 6 ounces sugar-free, non-fat raspberry yogurt

Today’s Takeaway Tip: Tofu adds a wonderful vegetarian option for your meal plan that's low in saturated fat and high in protein. One of the great things about tofu is its ability to absorb whatever flavors you add — in Wok-Sautéed Mushrooms and Tofu, the tofu takes on an Asian flavor.