

30-Day Meal Plan for People with Diabetes – Week 5

Day 29

Breakfast:

- Grape Nut Parfait: (1 cup plain non-fat yogurt layered between 1/4 cup Grape Nut cereal and 1/2 sliced banana)
- 1 reduced-fat turkey sausage link

Lunch:

- Picante Roast Beef Sandwich with Lime, Garlic and Chili (find recipe on Food Network.com)
- 1/2 cup carrot sticks dipped into 2 tablespoons non-fat French dressing
- 1/4 papaya

Dinner:

- Balsamic Chicken with Baby Spinach (find recipe on Food Network.com)
- 1/2 cup steamed broccoli florets
- 1/2 cup pineapple chunks

Snacks:

- 6 ounces carrot juice
- 3 sugar-free chocolate crème sandwich cookies

Today's Takeaway Tip: If you need help now and then getting in your daily allotment of vegetables, try a pure vegetable juice, like tomato juice. Vegetable juices will not raise your blood sugar as much as fruit juices and are lower in calories, too.

Day 30

Breakfast:

- Take to Work Scrambled Egg Breakfast Tortilla (find recipe on Food Network.com)
- 1 small apple
- 1 cup fat-free milk

Lunch:

- Honey Mustard Ham and Swiss: (2 ounces lean sliced ham, 1 ounce reduced-fat Swiss cheese, 2 slices tomato, 2 teaspoons honey mustard, 1 romaine lettuce leaf and 2 {one-ounce} slices whole wheat bread)
- 6 ounces low-sodium tomato juice
- 10 red grapes

Dinner:

- Spaghetti alla Ceci (find recipe on Food Network.com)
- 1 cup spinach leaves with 1/4 cup chopped radicchio, 1 small chopped tomato, 1/4 cup diced red onion and 2 tablespoons fat-free Italian dressing
- 1/2 cup sautéed zucchini (cooked with 1 teaspoon olive oil)
- 1/2 cup applesauce sprinkled with 1/4 teaspoon ground ginger

Snack:

- Watermelon Snack (find recipe on Food Network.com)
- 2 whole wheat unsalted pretzel rods

Today's Takeaway Tip: 1 cup watermelon supplies almost one quarter of your daily vitamin C needs. But keep in mind that watermelons lose vitamin C when cut, so prepare just prior to eating.