

7 Day Meal Plan – 45 gram Carbohydrate

This meal plan contains ideas for meals that each have 45 grams of carbohydrates

Tips for Healthy Eating

- ✓ Choose healthy fats in moderate amounts (olive oil, canola oil, avocados, nuts and seeds).
- ✓ Eat more high-fibre foods such as vegetables, legumes, and whole grain breads and crackers. High fibre foods should have at least 4 grams of fibre per serving.
- ✓ Include fish 2 or more times a week.
- ✓ Aim for 7 to 10 servings of vegetables and fruits each day; include extra veggies as snacks.
- ✓ Include vegetarian meals using beans, lentils, peas, or tofu.
- ✓ Choose lower fat dairy products (1% milk, less than 20% Milk Fat, cheese, and yogurt).
- ✓ Eat meals about 4 to 6 hours apart. If your meals are spaced more than 4 to 6 hours apart, you might benefit from a healthy snack.

Tips for Saving Money

- ✓ Try buying items in bulk such as pasta, cereal, oatmeal, nuts, etc.
- ✓ Buy in-season fruits and vegetables.
- ✓ Buy day-old bread and keep bread in the freezer.
- ✓ Buy no-name brand products.
- ✓ Check flyers and watch for coupons.



Helpful Resources and Websites

- ✓ Diabetes Canada – Just The Basics
- ✓ Health Canada – Meal Planning Basics
- ✓ Unlock Food – www.unlockfood.ca
- ✓ Dietitians of Canada – Plan Well Shop Smart
- ✓ Eatracker – Food and Activity Tracker (Web and App)
- ✓ Cookspiration – Recipe Ideas (Web and App)

Protein Pancakes

Makes: 8 pancakes

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients:

- 1 cup large flake oats
- 2 large eggs
- ¼ cup low fat milk
- pinch of salt
- 1 to 2 scoops unsweetened protein powder
- 1 ripe banana
- 1/2 cup egg whites
- 4 tsp baking powder
- 1 tsp cinnamon
- 2 Tbsp. ground flaxseeds

Method

Blend all ingredients in a blender at medium speed until well mixed.

Heat a non-stick griddle to medium high heat. Add batter in small circles. When the edges start to look browned (2 to 3 minutes), flip and cook for another minute or two on the other side.

Top with sugar-free syrup, peanut butter, Greek yogurt, nuts, or fresh berries!

Tip: Refrigerate or freeze cooked pancakes. Reheat in a toaster for a quick, on-the-go breakfast.

Curried Lentils

Makes: 2 cups of lentils

Ingredients

- 1 Tbsp olive oil
- 1 chopped carrot
- 1 Tbsp yellow curry paste
- 1 Tbsp coriander
- 2 Tbsp chopped fresh ginger
- 1 cup diced canned tomatoes
- 1 tsp salt
- 1 chopped onion
- 2 Tbsp chopped garlic
- 1 Tbsp cumin
- ½ tsp fenugreek
- 2 cups lentils
- 6 cups vegetable or chicken stock
- ½ cup chopped cilantro

Method

Heat 1 Tbsp olive oil, add chopped onion and carrots, and cook until soft.

Mix in garlic, ginger, cumin, coriander, fenugreek, and curry paste.

Add lentils, canned tomatoes, stock and salt, stir, cover the pot and simmer for 30-40 minutes until lentils are soft.

Add chopped cilantro.

7 Day Meal Plan: 45 gram Carbohydrate – continued

*Tbsp = Tablespoon

tsp = teaspoon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<p>Eggs & Avocado Toast</p> <p>1 to 2 large eggs, poached 2 slices whole grain toast ¼ avocado, sliced 1 medium orange</p>	<p>TexMex Tofu Scramble</p> <p><i>Scramble</i> 150g crumbled firm tofu ¼ cup green pepper, diced ⅓ cup onion chili powder, cumin, salt</p> <p><i>Serve with:</i> ¼ cup salsa 2 slices whole grain bread ½ banana</p>	<p>Blueberry Ricotta Oatmeal</p> <p>¾ cup steel cut oats</p> <p><i>Prepare with</i> 1 cup unsweetened soy milk or water</p> <p><i>Top with</i> ¼ cup chopped almonds 2 Tbsp. ricotta cheese 1 cup blueberries</p>	<p>Veggie Omelette & Toast</p> <p>1 to 2 eggs 1 ounce light cheese ¾ cup sliced veggies (onion, pepper, mushroom)</p> <p><i>Serve with</i> 2 slices whole grain toast 1 medium apple</p>	<p>Cereal with Milk</p> <p>1 cup high fibre dry cereal 1 cup milk ½ cup unsalted nuts and/or seeds</p>	<p>Protein Pancakes</p> <p>2 pancakes</p> <p><i>Top with</i> 1 Tbsp. maple syrup 1 cup strawberries</p> <p>(see recipe on Page 1)</p>	<p>French Toast</p> <p>2 slices whole grain bread</p> <p><i>Dip into mix below:</i> 2 egg ¼ cup unsweetened soy milk ¼ tsp cinnamon</p> <p><i>Top with:</i> 1 cup thawed frozen berries ¼ cup plain Greek yogurt</p>
Lunch	<p>Garbanzo Salad</p> <p>Salad 1 cup cooked Garbanzo beans 1 ½ cup diced vegetables (tomato, green pepper, cucumber, celery) 2 large olives, diced ¼ cup feta cheese, crumbled 2 Tbsp. sun flower seeds</p> <p>Dressing 1 Tbsp. balsamic dressing 1 Tbsp. olive oil 1 clove garlic, minced Black pepper, to taste</p> <p>1 medium pear</p>	<p>Smoked Gouda Grilled Cheese</p> <p>2 slices of whole grain bread</p> <p>Filling ⅓ cup smoked gouda cheese ½ cup arugula ¼ medium jar roasted red pepper</p> <p><i>Serve with:</i> 1 cup mixed green salad 1 Tbsp. Italian dressing</p>	<p>Salmon Melt</p> <p>3 ounces canned salmon</p> <p><i>Mix with</i> 1 Tbsp. mayonnaise 1 tsp dried dill ¼ tsp black pepper</p> <p>2 slice whole grain toast 1 ounce light cheese</p> <p><i>Serve with:</i> 1 cup carrot sticks 1 medium apple</p>	<p>Wild Rice Salad</p> <p><i>Combine</i> 1 cup of cooked wild rice, cooled 1 cup arugula, chopped ⅓ pomegranate, seeds only 1 oz. feta ¼ cup toasted pecans ⅓ cup red or green onion, sliced</p> <p>Dressing ½ Tbsp. white wine vinegar 2 Tbsp. olive oil 1 pinch of chopped garlic and pepper</p>	<p>Chickpeas Hummus Wrap</p> <p>1 whole wheat wrap</p> <p><i>Blend</i> ½ cup cooked chickpeas 1 Tbsp. fresh lemon juice ½ Tbsp. tahini 1 clove garlic, minced ¼ tsp cumin, ground ¼ tsp black pepper, ground</p> <p><i>Mix with</i> ½ cup shredded cabbage ¼ bell pepper, sliced 1 green onion, sliced 1 Tbsp fresh parsley</p>	<p>Chicken Avocado Wrap</p> <p>1 whole wheat wrap</p> <p><i>Add</i> ¼ avocado, sliced 3 ounces grilled chicken 2 to 3 tomato slices ½ cup Romaine lettuce</p> <p><i>Serve with:</i> 1 cup carrot and celery sticks with dip</p>	<p>Tuna Pasta Salad</p> <p>Salad 1 cup cooked pasta 2 to 3 ounces of canned tuna 1 cup peas 1 cup diced vegetables (onions, tomato, cucumber)</p> <p>2 large olives, diced</p> <p>Dressing ½ Tbsp. lemon juice 1 Tbsp. olive oil ½ Tbsp. plain yogurt 1 Tbsp. fresh parsley 1 tsp Dijon mustard A pinch of garlic powder and black pepper</p>
Dinner	<p>Turkey Burger</p> <p>3 to 4 ounce turkey patty 1 whole grain bun</p> <p><i>Top with</i> Lettuce, tomato, onion 2 Tbsp. Tzatziki</p> <p><i>Serve with</i> Side salad 1 to 2 Tbsp. Greek dressing</p> <p>½ cup plain yogurt 1 cup blackberries</p>	<p>Southwest Lettuce Wraps</p> <p>Wraps 3 pieces Romaine lettuce</p> <p>Filling ½ cup sweet potato roasted at 400F with (smoked paprika, chili powder, turmeric, garlic, black pepper) ½ cup black beans ½ cup green bell pepper ½ cup tomato</p> <p>Toppings 2 Tbsp. fresh salsa 2 Tbsp. Greek yogurt ¼ cup old cheddar cheese 1 cup melon</p>	<p>Chicken Satay Salad</p> <p>1 cup spinach ½ cup no sugar added canned mandarin 3 to 4 ounce chicken breast ⅔ cup brown rice 1 to 2 cup mixed vegetables 1 Tbsp. sesame-ginger dressing</p>	<p>Salmon Steaks</p> <p>3 to 4 ounces grilled salmon steak</p> <p>Marinade: (Sesame oil, lemon juice, garlic powder, dill spice, salt and ground pepper)</p> <p><i>Serve with:</i> 1 cup cooked barley 1 to 2 cups grilled vegetables (peppers, tomato, onion, zucchini, mushrooms)</p>	<p>Pork Chop & Applesauce</p> <p>3 to 4 ounces lean pork chop ½ cup roasted new potatoes ½ cup unsweetened applesauce 1 ½ cups carrots and Brussel sprouts ¾ cup plain yogurt 2 Tbsp. hemp seeds</p>	<p>Beef Broccoli Stir Fry</p> <p>1 cup cooked brown rice</p> <p><i>Sauté</i> 3 to 4 ounce grilled steak 1 cup broccoli florets</p> <p><i>Mix and add sauce:</i> 1 tsp sesame oil 1 to 2 Tbsp. low sodium soy sauce 1 to 2 Tbsp. water ¼ tsp crushed red pepper flakes</p>	<p>Lentil Curry</p> <p>1 cup lentil vegetable curry 2 small whole wheat roti or 1 pita ⅓ cup plain Greek yogurt</p> <p>(see recipe on Page 1)</p>