

7 Day Meal Plan for Diabetes – 30 gram Carbohydrate

This meal plan contains ideas for meals that each have 30 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 whole grain breads and crackers, legumes, and vegetables.
- ✓ Include fish 2 or more times per week.
- ✓ Aim for 7 to 10 servings of vegetables and fruits per day; include extra veggies as snacks.
- ✓ Include vegetarian meals using beans, lentils, peas or tofu.
- ✓ Choose lower fat dairy products (skim or 1% milk and yogurt).
- ✓ Eat meals approximately 4 to 6 hours apart. If your meals are spaced more than 4 to 6 hours apart, you may 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 store bread in the freezer.
- ✓ Buy no-name brand products.
- ✓ Check flyers and watch for coupons.



Protein Pancakes

Makes: 8 pancakes

Prep time: 10 minutes Cook time: 10 minutes

Ingredients:

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

7 Day Meal Plan for Diabetes - 30 gram Carbohydrate – *continued*

*Tbsp = Tablespoon, tsp = teaspoon

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Eggs & Avocado Toast 2 large eggs, poached 1 slice whole grain toast ¼ avocado, sliced 1 medium orange	Protein Pancakes 2 pancakes <i>Top with:</i> 2 Tbsp. sugar free syrup ¼ cup strawberries	Blueberry Ricotta Oatmeal 1/3 cup steel cut oats <i>Prepare with</i> 1 cup unsweetened soy milk <i>Top with:</i> ¼ cup chopped almonds 2 Tbsp. ricotta cheese ¼ cup blueberries	Veggie Omelette & Toast 2 eggs 1 ounce light cheese ¾ cup sliced veggies (onion, pepper, mushroom) 1 Tbsp. fresh herbs <i>Serve with:</i> 2 slices whole grain toast	Berry Power Smoothie 1 cup frozen berries 1 cup raw spinach 1 cup low fat milk ½ cup plain Greek yogurt 1 tsp vanilla extract 1 tsp chia seeds Water as needed	TexMex Tofu Scramble <i>Scramble:</i> 150g crumbled firm tofu ¼ cup green pepper, diced ⅛ cup onion (chili powder, cumin, salt) <i>Serve with:</i> ¼ cup salsa 1 cup roasted potatoes	French Toast 2 slices whole grain bread <i>Dip into mix below:</i> 2 egg ¼ cup unsweetened soy milk ¼ tsp cinnamon <i>Top with:</i> 2 Tbsp. sugar free syrup ¼ cup plain Greek yogurt
Lunch	Garbanzo Salad 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 Dressing: 1 Tbsp. balsamic dressing 1 Tbsp. olive oil 1 clove garlic, minced Black pepper, to taste	Salmon Melt 3 ounces canned salmon <i>Mix with</i> 1 Tbsp. mayonnaise 1 tsp dried dill ¼ tsp black pepper 1 slice whole grain toast 1 ounce light cheese <i>Serve with:</i> 1 cup carrot sticks 1 medium apple	Edamame Hummus Wrap 1 whole wheat wrap Hummus: Blend ¾ cup frozen shelled edamame 1 Tbsp. fresh lemon juice ½ tbsp. tahini 1 clove garlic, minced ¼ tsp cumin, ground ¼ tsp black pepper, ground Fillings: Combine ½ cup shredded cabbage ¼ bell pepper, sliced 1 green onion, sliced 1 Tbsp. fresh parsley	Smoked Gouda Grilled Cheese 2 slices of whole grain bread, buttered Filling: 1/3 cup smoked gouda cheese ½ cup arugula ¼ medium jar roasted red pepper <i>Serve with:</i> 1 cup mixed green salad 1 Tbsp. Italian dressing	Three Bean Chili 1 ½ cups three bean chili <i>Top with:</i> 1 ounce light cheese	Cottage Cheese Crackers ¾ cup cottage cheese 1 tsp dill spice 1 cup cucumber and tomato slices 3 Ryvita crackers	Chicken Avocado Wrap 1 whole wheat wrap ¼ avocado, sliced 3 ounces grilled chicken 2 to 3 tomato slices ½ cup Romaine lettuce <i>Serve with:</i> 1 cup carrot and celery sticks with dip
Dinner	Turkey Burger 3 to 4 ounce turkey patty 1 whole grain bun <i>Top with:</i> Lettuce, tomato, onion 2 Tbsp. Tzatziki <i>Serve with:</i> Side salad 1 to 2 Tbsp. Greek dressing	Southwest Lettuce Wraps Wraps: 3 pieces Romaine lettuce Filling: ½ cup sweet potato <i>roasted at 400F with</i> (smoked paprika, chili powder, turmeric, garlic, black pepper) ½ cup black beans ½ cup green bell pepper ½ cup tomato Toppings: 2 Tbsp. fresh salsa 2 Tbsp. Greek yogurt ¼ cup old cheddar cheese	Chicken Satay Salad 1 cup spinach ½ cup canned mandarin 3 to 4 ounce chicken breast ½ cup brown rice 1 to 2 cup mixed vegetables 1 Tbsp. sesame-ginger dressing	Salmon Steaks 3 to 4 ounces grilled salmon steak Marinade: (Sesame oil, lemon juice, garlic powder, dill spice, salt and ground pepper) <i>Serve with:</i> 1 cup cooked barley 1 to 2 cups grilled vegetables (peppers, tomato, onion, zucchini, mushrooms)	Pork Chop & Applesauce 3 to 4 ounces lean pork chop ½ cup roasted new potatoes ½ cup unsweetened applesauce 1 ½ cups carrots and Brussel sprouts	Beef Broccoli Stir Fry 2/3 cup cooked brown rice <i>Sauté</i> 3 to 4 ounce grilled steak 1 cup broccoli florets <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	Lentil Curry 1 cup lentil vegetable curry 1 small whole wheat roti or ½ pita 1/3 cup plain Greek yogurt