

## Low Cost 7-Day Meal Plan for Diabetes – 45 gram carbohydrate meals

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<b>Cereal in Milk</b> ½ cup All Bran or Fibre 1 1 cup skim or 1% milk <i>Serve with:</i> 1 medium apple sliced 2 tbsp peanut butter	<b>Scrambled Eggs with Toast</b> 2 slices whole grain toast 2 eggs, scrambled ½ cup raw spinach <i>Serve with:</i> 1 medium orange	<b>Yogurt Bowl</b> 1 cup plain Greek yogurt 1 cup berries (frozen) ¼ cup almond slices ⅓ cup Bran Buds	<b>Peanut Butter and Banana Sandwich</b> 2 slices whole grain toast ½ banana, sliced 1 tbsp peanut butter <i>Serve with:</i> 1 hard boiled egg	<b>Oatmeal with Berries</b> ¾ cup oats (cooked) 1 cup berries 1 tbsp peanut butter <i>Serve with:</i> 1 cup skim or 1% milk	<b>Spinach Mushroom Omelette</b> 1 cup raw spinach ½ cup sliced mushrooms 2 eggs <i>Serve with:</i> 2 slices whole grain toast 1 medium apple	<b>Egg Sandwich</b> 1 Whole Grain English Muffin 1 breakfast patty 1 egg, poached 1 slice of cheese Tomato slices <i>Serve with:</i> 1 cup Skim/1% Milk
	<b>Chicken Burger</b> 1 whole grain hamburger bun ½ chicken breast lettuce tomato <i>Serve with:</i> ⅓ cup baked sweet potato wedges 1 cup mixed greens salad with 1 tbsp Italian vinaigrette	<b>Tuna Apple Wrap</b> ½ cup canned tuna, mashed 1 small apple, diced small 1 8-inch whole grain tortilla <i>Serve with:</i> 1 carrot cut into sticks	<b>Chicken Salad Sandwich</b> 2 slices whole grain bread ½ cup diced cucumber ½ cup diced tomatoes Palm size cooked chicken <i>Serve with:</i> ½ cup canned fruit	<b>Bean Salad</b> ½ cup kidney beans ½ cup chickpeas ½ cup diced cucumber ¼ cup red onion 1 tbsp olive oil lemon juice minced garlic <i>Serve with:</i> 1 6-inch whole grain pita	<b>Salmon Pasta salad</b> 1 cup whole grain pasta ½ cup canned salmon, 1 cup mixture of diced cucumber, tomato, and carrot 1 tbsp Italian vinaigrette <i>Serve with:</i> 1/2 banana	<b>Turkey and Cheese Sandwich</b> sliced turkey 1 slice of cheese tomato slices lettuce 2 slices whole grain bread <i>Serve with:</i> 1 cup skim or 1% milk 1 carrot cut into sticks	<b>Cheesy Beef Burrito</b> 1 8-inch whole grain tortilla ½ cup cooked, drained ground beef ½ cup diced tomatoes 50g (1.5oz) cheese <i>Serve with:</i> 1 Medium Apple
	<b>Beef Chili</b> <b>Per serving:</b> ½ cup ground beef ½ cup cooked kidney beans 1 cup chopped onion, celery, and carrot <i>Serve with:</i> ⅔ cup cooked brown rice	<b>Baked Chicken Drumsticks</b> 2 chicken drumsticks, baked <i>Serve with:</i> ½ cup mashed potatoes ½ cup green beans ½ cup frozen vegetable mix 1 medium apple 1 cup skim/1% milk	<b>Meatballs and Pasta</b> <b>Roll into balls and bake:</b> ½ cup ground beef ½ cup chopped onion <i>Serve with:</i> 1 cup cooked whole grain spaghetti ½ cup pasta sauce tomato and lettuce side salad 1 Mandarin orange	<b>Broiled Lemon Garlic Basa</b> ½ cup (2.5oz) basa fillet/white fish lemon juice minced garlic ½ tsp oil <i>Serve with:</i> ⅔ cup cooked brown rice 1 cup frozen vegetable mix 1 medium apple	<b>Creamy Broccoli Chicken Pasta</b> 1 cup cooked whole grain pasta 1 cup diced broccoli ½ cup cooked chicken ½ cup white sauce made from milk <i>Serve with:</i> ½ cup carrots ¼ cup canned fruit	<b>Stuffed Peppers</b> 1 large bell pepper, halved <b>Filling:</b> ¼ lb (3 oz) cooked, drained ground beef 1 cup chopped onion, celery, and carrot <i>Serve with:</i> 1 cup roasted potatoes 1 cup skim/1% milk	<b>Chicken Mushroom Chickpea Stew</b> ½ cup cooked chicken, shredded ½ cup canned, rinsed chickpeas 1 cup mushrooms ½ cup tomato sauce <i>Serve with:</i> 1 Small Whole Grain Dinner Roll ½ banana

\*Tbsp = Tablespoon

tsp = teaspoon

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This information does not replace the advice given to you by your health care provider.

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## Helpful Tips and Suggestions

These meals can act as flexible guides for you. Foods listed are simply the main components of the dish. Experiment with various herbs and spices to create different flavours to your liking.

You can substitute items in the same food groups.

Examples: rice instead of pasta, asparagus instead of carrots or another vegetable.

- Check “carb choices” list for portions when substituting.

Examples:  $\frac{1}{3}$  cup cooked rice =  $\frac{1}{2}$  cup cooked pasta

$\frac{1}{3}$  cup sweet potato =  $\frac{1}{2}$  medium yellow or white potato

Play around with the ingredients’ arrangements to find what you like best.

Example: Rather than a poached egg on top of your oatmeal, you might want to hard-boil or scramble an egg instead as a side.

### Tips to lower costs:

- Watch for coupons and deals in flyers.
- Day-old bakery items or discounted produce that need to be eaten in the next day or two are often sold at a reduced price.
- Choose in-season fruits and vegetables.
- Canned, frozen, and dried bulk goods typically cost less than fresh. But look out for possible higher sodium or sugar levels.
- Looking to try a new item? First, see if it is in the bulk section. This way you can buy a small amount to try.
- Beans, lentils, or chickpeas are great low cost sources of lean protein. Eggs are another low cost protein item.
- Meats with the bone-in usually cost less than boneless.
- Try skim milk powder in cooking rather than fresh. It is just as nutritious!

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