

Seven Day Menu for 45 Gram Carbohydrate Meals

Living Well with Your Health Conditions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast ½ cup (125 mL) all bran cereal 1 cup (250 mL) milk, low fat 1 peach 2 tbsp (30 mL) nuts	1 small oat bran muffin 1 orange ¾ cup (200 mL) yogurt, no added sugar 1 oz (30 g) cheese, low fat	1 tbsp (15 mL) peanut butter 1 tsp (5 mL) jam, no added sugar 1 slice whole wheat toast 1 small banana 1 cup (250 mL) hot chocolate, no added sugar	¾ cup hot cereal 1 cup (250 mL) milk, low fat 2 tbsp (30 mL) raisins 2 tbsp (30 mL) walnuts	1 boiled egg 1 slice whole wheat toast ½ cup (125 mL) fruit salad 1 cup (250 mL) milk, low fat	1 oz (30 g) cheese, low fat 1 whole wheat english muffin ½ grapefruit	1 oz (30 g) ham 1 slice french toast ¾ cup (200 mL) yogurt, no added sugar 1 cup (250 mL) blueberries
Lunch 2 oz (60 g) ham 2 slices whole wheat bread 3 apricots lettuce, tomato	Garbanzo salad with ½ cup (125 mL) beans 1 slice whole wheat bread 1 pear	Tuna salad in whole wheat pita with cucumber & tomato 1 cup (250 mL) cantaloupe	2 oz (60 mL) chicken breast 1 whole wheat roll green salad with cucumber, peppers, mushrooms ¾ cup (200 mL) yogurt, no added sugar 1 peach	½ cup (125 mL) cottage cheese, low fat 1 slice whole wheat bread green salad 1 cup (250 mL) milk, low fat 15 small grapes	1 cup (250 mL) lentil soup 1 small whole wheat dinner roll 1 orange spinach salad	1 veggie wiener 1 whole wheat hot dog bun raw veggies 1 apple
Dinner 3 oz (90 g) halibut 1 cup (250 mL) mashed potato broccoli & cauliflower ¾ cup (200 mL) pudding, no added sugar	3 oz (90 g) turkey breast 1 cup (250 mL) noodles (cooked) asparagus green salad 1 small banana	3 oz (90 g) stir fry beef with vegetables 1/3 cup (75 mL) brown rice (cooked) 1 cup (250 mL) milk, low fat 1 apple	3 oz (90 g) salmon steak 1 med boiled potato beans (green or yellow) green salad ½ cup (125 mL) of ice cream, lower fat	1 cup (250 mL) vegetarian chili 1 small whole wheat dinner roll celery & cucumber sticks & yogurt dip 1 apple	3 oz (90 g) pork chop 2/3 cup (150 mL) rice pilaf (cooked) broccoli asparagus 1 cup (250 mL) milk, low fat	½ cup (125 mL) meat sauce (try ground chicken) 1 cup (250 mL) spaghetti (cooked) green salad 1 pear

Grocery Shopping List for Sample Seven Day Menu
(based on the 45 g carbohydrate meal plan)

Produce	Meat & Alternatives	Treats																																		
<ul style="list-style-type: none"> Try a variety of fruits and vegetables Buy enough for 7-8 servings/day (1 serving= 1/2 cup cooked or 1 cup raw) <p><i>Staples:</i></p> <table border="0"> <tr><td>Lettuce</td><td>Broccoli</td></tr> <tr><td>Tomatoes</td><td>Cauliflower</td></tr> <tr><td>Cucumbers</td><td>Beans (green or yellow)</td></tr> <tr><td>Peppers</td><td>Apples</td></tr> <tr><td>Potatoes</td><td>Oranges</td></tr> <tr><td>Carrots</td><td>Bananas</td></tr> </table> <p><i>Other Suggestions:</i></p> <table border="0"> <tr><td>Mushrooms</td><td>Pears</td></tr> <tr><td>Celery</td><td>Berries</td></tr> <tr><td>Peas</td><td>Grapefruit</td></tr> <tr><td>Onions</td><td>Peaches</td></tr> <tr><td>Asparagus</td><td>Melon</td></tr> <tr><td>Apricots</td><td></td></tr> </table>	Lettuce	Broccoli	Tomatoes	Cauliflower	Cucumbers	Beans (green or yellow)	Peppers	Apples	Potatoes	Oranges	Carrots	Bananas	Mushrooms	Pears	Celery	Berries	Peas	Grapefruit	Onions	Peaches	Asparagus	Melon	Apricots		<ul style="list-style-type: none"> Try lean cuts of meat Buy enough for 2-3 servings/day (1 serving= 75 g or 2.5 oz) <table border="0"> <tr><td>Ham</td><td>Chicken</td></tr> <tr><td>Fish (ex. halibut, salmon, mackerel)</td><td>breast</td></tr> <tr><td>Turkey breast (sliced)</td><td>Pork chops</td></tr> <tr><td>Stir-fry beef</td><td>Veggie wieners</td></tr> <tr><td></td><td>Eggs</td></tr> </table>	Ham	Chicken	Fish (ex. halibut, salmon, mackerel)	breast	Turkey breast (sliced)	Pork chops	Stir-fry beef	Veggie wieners		Eggs	<p> pudding, no added sugar Hot chocolate, no added sugar Ice cream, lower fat Jello, no added sugar</p>
Lettuce	Broccoli																																			
Tomatoes	Cauliflower																																			
Cucumbers	Beans (green or yellow)																																			
Peppers	Apples																																			
Potatoes	Oranges																																			
Carrots	Bananas																																			
Mushrooms	Pears																																			
Celery	Berries																																			
Peas	Grapefruit																																			
Onions	Peaches																																			
Asparagus	Melon																																			
Apricots																																				
Ham	Chicken																																			
Fish (ex. halibut, salmon, mackerel)	breast																																			
Turkey breast (sliced)	Pork chops																																			
Stir-fry beef	Veggie wieners																																			
	Eggs																																			
Bakery	Dairy	Tips for Healthy Eating:																																		
<ul style="list-style-type: none"> Buy whole wheat or whole grain products if possible 	<ul style="list-style-type: none"> Buy lower fat options 	<ul style="list-style-type: none"> Choose healthy fats in moderate amounts (olive oil, canola oil, non hydrogenated margarine). Choose lower glycemic index foods more often. Choose breads with 2 g or more fibre per slice. Include fish 2 or more times per week. Aim for 7-10 servings of fruits and vegetables per day; include extra vegetables at snacks. Include vegetarian meals using beans, peas, lentils or tofu. Choose low fat dairy products (skim or 1% milk and yogurt). Try to have dinner no later than 7 pm. Eat your meals every 4 - 6 hours. If your meals are spaced more than 4 – 6 hours apart, enjoy a healthy snack between meals. 																																		
<p>Bread Muffins (small-medium size, low sugar, low fat) Pitas Dinner rolls (small) English muffins Hot dog buns</p>	<p>Milk, skim or 1% Yogurt, no added sugar Cheese (less than 20% milk fat)</p> <p>Aisles</p> <p>Cereal (high fibre, low sugar) Pasta (whole wheat) Brown rice Oatmeal Peanut butter Raisins Walnuts Tomato sauce Soup (e.g. minestrone, lentil, vegetable) Beans Canned tuna or salmon</p>	<p>Tips to Help Save Money:</p> <ul style="list-style-type: none"> Try buying items in bulk (e.g., pasta, cereal, oatmeal, nuts etc.) Buy in-season fruits and vegetables. Buy day old bakery items (they are usually still fresh enough to eat and less expensive). Buy no-name brand products. Check flyers and watch for coupons. 																																		