

Seven Day Menu for 60 Gram Carbohydrate Meals

Living Well with Your Health Conditions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast 1 cup (250 mL) all bran cereal 1 boiled egg 1 cup (250 mL) milk, low fat 1 peach	1 medium oat bran muffin 1 orange ¾ cup (200 mL) yogurt, no added sugar 1 oz (30 g) cheese	2 tbsp (30 mL) peanut butter 1 tsp (5 mL) jam, no added sugar 2 slices whole wheat toast 1 small banana 1 cup (250 mL) hot chocolate, no added sugar	1 1/2 cup (375 mL) oatmeal 1 cup (250 mL) milk, low fat 2 tbsp (30 mL) raisins 2 tbsp (30mL) walnuts	1 boiled egg 2 slices toast ½ cup (125 mL) fruit salad 1 cup (250 mL) milk, low fat	1 oz cheese, low fat 1 whole wheat english muffin 1 cup (250 mL) milk, low fat ½ grapefruit	1 oz (30 g) ham 2 slices 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 ¾ cup (200 mL) yogurt, no added sugar	Garbanzo salad with ½ c (125 mL) beans) 1 slice whole wheat bread 1 pear 1 cup (250 mL) milk, low fat	Tuna salad whole wheat pita with cucumber & tomato 1 cup (250 mL) milk, low fat ½ cantaloupe 1 c up (250 mL) cantaloupe	2 oz (60 g) chicken 1 large whole wheat tortilla green salad with cucumber, peppers, mushrooms ¾ cup (200 mL) yogurt, no added sugar 1 peach	Turkey breast sandwich (2 slices whole wheat bread) green salad 1 cup (250 mL) milk, low fat 15 grapes	1 cup (250 mL) lentil soup 1 small whole wheat dinner roll 1 orange ¾ cup (200 mL) yogurt, no added sugar	1 veggie wiener 1 whole wheat bun raw veggies 1 apple 1 cup (250 mL) milk, low fat
Dinner 3 oz (90 g) halibut 1 cup (250 mL) mashed potato broccoli & cauliflower ½ cup (125 mL) corn ¾ cup (200 mL) pudding, no added sugar	3 oz (90 g) turkey breast 1-1/2 cup (375 mL) noodles (cooked) asparagus green salad ½ cup (125 mL) fruit salad	3 oz (90 g) stir fry beef with vegetables 2/3 cup (150 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) 1 cup (250 mL) carrots & peas ½ cup (125 mL) ice cream, lower fat	1-1/2 cup (375 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 1 cup (250 mL) carrots & peas 1 cup (250 mL) milk, low fat	½ cup (125 mL) meat sauce (try ground chicken) 1-1/2 cup (375 mL) spaghetti (Cooked) green salad 1 pear

Grocery Shopping List for Sample Seven Day Menu

(based on the 60 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 breast</td> </tr> <tr> <td>Fish (ex. halibut, salmon, mackerel)</td> <td>Pork chops</td> </tr> <tr> <td>Turkey breast (sliced)</td> <td>Veggie wieners</td> </tr> <tr> <td>Stir-fry beef</td> <td>Eggs</td> </tr> </table> <p>Dairy</p> <ul style="list-style-type: none"> Buy lower fat options <table border="0"> <tr> <td>Milk, skim or 1%</td> </tr> <tr> <td>Yogurt, no added sugar</td> </tr> <tr> <td>Cheese (less than 20% milk fat)</td> </tr> </table> <p>Aisles</p> <table border="0"> <tr> <td>Cereal (high fibre, low sugar)</td> </tr> <tr> <td>Pasta (whole wheat)</td> </tr> <tr> <td>Brown rice</td> </tr> <tr> <td>Oatmeal</td> </tr> <tr> <td>Peanut butter</td> </tr> <tr> <td>Raisins</td> </tr> <tr> <td>Walnuts</td> </tr> <tr> <td>Tomato sauce</td> </tr> <tr> <td>Soup (e.g. minestrone, lentil, vegetable)</td> </tr> <tr> <td>Beans</td> </tr> <tr> <td>Canned tuna or salmon</td> </tr> </table>	Ham	Chicken breast	Fish (ex. halibut, salmon, mackerel)	Pork chops	Turkey breast (sliced)	Veggie wieners	Stir-fry beef	Eggs	Milk, skim or 1%	Yogurt, no added sugar	Cheese (less than 20% milk fat)	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> pudding, no added sugar Hot chocolate, no added sugar Ice cream, lower fat Jello, no added sugar</p> <p>Tips for Healthy Eating:</p> <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>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.
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