

**Fit With Diabetes Meal Plan #2**

Calories		1,200	1,400	1,600	1,800	2,000
<b>Meal 1</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Apple	oz.	3.0	3.5	4.0	4.5	5.0
Low fat Greek yogurt	oz.	5.0	5.8	6.7	7.5	8.3
Peanut butter / Almond butter	oz.	0.7	0.8	0.9	1.1	1.2
<b>Calories</b>		<b>244</b>	<b>285</b>	<b>325</b>	<b>366</b>	<b>407</b>
<b>Protein (g)</b>		<b>19</b>	<b>23</b>	<b>26</b>	<b>29</b>	<b>32</b>
<b>Carbs (g)</b>		<b>21</b>	<b>24</b>	<b>28</b>	<b>31</b>	<b>35</b>
<b>Fats (g)</b>		<b>10</b>	<b>11</b>	<b>13</b>	<b>15</b>	<b>16</b>
<b>Meal 2</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Low fat mozzarella	oz.	1.5	1.8	2.0	2.3	2.5
Black beans	oz.	1.5	1.8	2.0	2.3	2.5
Veggies	oz.	3.5	3.5	3.5	3.5	3.5
<b>Calories</b>		<b>179</b>	<b>206</b>	<b>232</b>	<b>259</b>	<b>285</b>
<b>Protein (g)</b>		<b>15</b>	<b>17</b>	<b>19</b>	<b>22</b>	<b>24</b>
<b>Carbs (g)</b>		<b>13</b>	<b>15</b>	<b>16</b>	<b>18</b>	<b>19</b>
<b>Fats (g)</b>		<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>13</b>
<b>Meal 3</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Chicken breast	oz.	4.0	4.7	5.3	6.0	6.7
Brown rice	oz.	3.0	3.5	4.0	4.5	5.0
Avocado	oz.	1.0	1.2	1.3	1.5	1.7
Veggies	oz.	3.5	4.1	4.7	5.3	5.8
<b>Calories</b>		<b>226</b>	<b>263</b>	<b>301</b>	<b>338</b>	<b>376</b>
<b>Protein (g)</b>		<b>26</b>	<b>30</b>	<b>35</b>	<b>39</b>	<b>43</b>
<b>Carbs (g)</b>		<b>20</b>	<b>23</b>	<b>26</b>	<b>30</b>	<b>33</b>
<b>Fats (g)</b>		<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Meal 4</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Ground beef (max. 93%)	oz.	3.3	3.9	4.4	5.0	5.5
Spaghetti Squash	oz.	4.0	4.7	5.3	6.0	6.7
Veggies	oz.	3.5	3.5	3.5	3.5	3.5
<b>Calories</b>		<b>194</b>	<b>223</b>	<b>252</b>	<b>281</b>	<b>310</b>
<b>Protein (g)</b>		<b>20</b>	<b>23</b>	<b>27</b>	<b>30</b>	<b>33</b>
<b>Carbs (g)</b>		<b>12</b>	<b>13</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Fats (g)</b>		<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Meal 5</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
White fish	oz.	4.5	5.3	6.0	6.8	7.5
Quinoa	oz.	2.4	2.8	3.2	3.6	4.0
Veggies	oz.	3.5	3.5	3.5	3.5	3.5
<b>Calories</b>		<b>217</b>	<b>250</b>	<b>283</b>	<b>316</b>	<b>349</b>
<b>Protein (g)</b>		<b>26</b>	<b>30</b>	<b>35</b>	<b>39</b>	<b>43</b>
<b>Carbs (g)</b>		<b>17</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>
<b>Fats (g)</b>		<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>6</b>
<b>Meal 6</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Low fat Greek yogurt	oz.	4.0	4.7	5.3	6.0	6.7
Blueberry	oz.	1.0	1.2	1.3	1.5	1.7
Peanut butter / Almond butter	oz.	0.4	0.5	0.5	0.6	0.7
<b>Calories</b>		<b>147</b>	<b>171</b>	<b>196</b>	<b>220</b>	<b>245</b>
<b>Protein (g)</b>		<b>14</b>	<b>17</b>	<b>19</b>	<b>21</b>	<b>24</b>
<b>Carbs (g)</b>		<b>10</b>	<b>12</b>	<b>14</b>	<b>15</b>	<b>17</b>
<b>Fats (g)</b>		<b>6</b>	<b>7</b>	<b>8</b>	<b>8</b>	<b>9</b>
<b>Daily totals</b>						
<b>Calories</b>		<b>1,206</b>	<b>1,397</b>	<b>1,589</b>	<b>1,780</b>	<b>1,971</b>
<b>Protein (g)</b>	<b>40%</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>
<b>Carbs (g)</b>	<b>31%</b>	<b>94</b>	<b>107</b>	<b>121</b>	<b>134</b>	<b>147</b>
<b>Fats (g)</b>	<b>29%</b>	<b>39</b>	<b>45</b>	<b>51</b>	<b>58</b>	<b>64</b>

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Calories		1,200	1,400	1,600	1,800	2,000
<b>Meal 1</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Apple	g	86	100	114	128	143
Low fat Greek yogurt	g	143	166	190	214	238
Peanut butter / Almond butter	g	20	23	27	30	33
<b>Calories</b>		<b>244</b>	<b>285</b>	<b>325</b>	<b>366</b>	<b>407</b>
<b>Protein (g)</b>		<b>19</b>	<b>23</b>	<b>26</b>	<b>29</b>	<b>32</b>
<b>Carbs (g)</b>		<b>21</b>	<b>24</b>	<b>28</b>	<b>31</b>	<b>35</b>
<b>Fats (g)</b>		<b>10</b>	<b>11</b>	<b>13</b>	<b>15</b>	<b>16</b>
<b>Meal 2</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Low fat mozzarella	g	43	50	57	64	71
Black beans	g	43	50	57	64	71
Veggies	g	100	100	100	100	100
<b>Calories</b>		<b>179</b>	<b>206</b>	<b>232</b>	<b>259</b>	<b>285</b>
<b>Protein (g)</b>		<b>15</b>	<b>17</b>	<b>19</b>	<b>22</b>	<b>24</b>
<b>Carbs (g)</b>		<b>13</b>	<b>15</b>	<b>16</b>	<b>18</b>	<b>19</b>
<b>Fats (g)</b>		<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>13</b>
<b>Meal 3</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Chicken breast	g	114	133	152	171	190
Brown rice	g	86	100	114	128	143
Avocado	g	28.5	33.3	38.0	42.8	47.5
Veggies	g	100	116	133	150	166
<b>Calories</b>		<b>226</b>	<b>263</b>	<b>301</b>	<b>338</b>	<b>376</b>
<b>Protein (g)</b>		<b>26</b>	<b>30</b>	<b>35</b>	<b>39</b>	<b>43</b>
<b>Carbs (g)</b>		<b>20</b>	<b>23</b>	<b>26</b>	<b>30</b>	<b>33</b>
<b>Fats (g)</b>		<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Meal 4</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Ground beef (max. 93%)	g	94	110	125	141	157
Spaghetti Squash	g	114	133	152	171	190
Veggies	g	100	100	100	100	100
<b>Calories</b>		<b>194</b>	<b>223</b>	<b>252</b>	<b>281</b>	<b>310</b>
<b>Protein (g)</b>		<b>20</b>	<b>23</b>	<b>27</b>	<b>30</b>	<b>33</b>
<b>Carbs (g)</b>		<b>12</b>	<b>13</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Fats (g)</b>		<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Meal 5</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
White fish	g	128	150	171	192	214
Quinoa	g	68	80	91	103	114
Veggies	g	100	100	100	100	100
<b>Calories</b>		<b>217</b>	<b>250</b>	<b>283</b>	<b>316</b>	<b>349</b>
<b>Protein (g)</b>		<b>26</b>	<b>30</b>	<b>35</b>	<b>39</b>	<b>43</b>
<b>Carbs (g)</b>		<b>17</b>	<b>20</b>	<b>22</b>	<b>24</b>	<b>26</b>
<b>Fats (g)</b>		<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>6</b>
<b>Meal 6</b>	<b>Measure</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>	<b>Serving size</b>
Low fat Greek yogurt	g	114	133	152	171	190
Blueberry	g	29	33	38	43	48
Peanut butter / Almond butter	g	11	13	15	17	19
<b>Calories</b>		<b>147</b>	<b>171</b>	<b>196</b>	<b>220</b>	<b>245</b>
<b>Protein (g)</b>		<b>14</b>	<b>17</b>	<b>19</b>	<b>21</b>	<b>24</b>
<b>Carbs (g)</b>		<b>10</b>	<b>12</b>	<b>14</b>	<b>15</b>	<b>17</b>
<b>Fats (g)</b>		<b>6</b>	<b>7</b>	<b>8</b>	<b>8</b>	<b>9</b>
<b>Daily totals</b>						
<b>Calories</b>		<b>1,206</b>	<b>1,397</b>	<b>1,589</b>	<b>1,780</b>	<b>1,971</b>
<b>Protein (g)</b>	<b>40%</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>
<b>Carbs (g)</b>	<b>31%</b>	<b>94</b>	<b>107</b>	<b>121</b>	<b>134</b>	<b>147</b>
<b>Fats (g)</b>	<b>29%</b>	<b>39</b>	<b>45</b>	<b>51</b>	<b>58</b>	<b>64</b>

## Fit With Diabetes Meal Plan #2 Grocery List

<i>Meal #1</i>	<i>Meal #2</i>	<i>Meal #3</i>	<i>Meal #4</i>	<i>Meal #5</i>	<i>Meal #6</i>
Apple, peanut butter Greek yogurt	Black bean paste, mozzarella and veggies sticks	Chicken, brown rice, avocado and veggies	Ground beef & spaghetti squash	Marinated fish with quinoa pilaf	Greek yogurt night cab

### Protein

- Chicken breast
- Ground beef (92-93%)
- Tilapia or other white fish
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Dairy

- Low fat mozzarella
- Low-fat Greek yogurt (plain)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Other

- Soy sauce
- Mustard
- Cooking spray
- Peanut or almond butter

### Produce

- Apple
- Crunchy veggies
- Garlic
- Avocado
- Spaghetti squash
- Broccoli
- Parsley
- Blueberries

### Dry & canned goods

- Canned black beans
- Salt & pepper
- Stevia
- Lemon juice
- Brown rice
- Quinoa
- Garlic powder
- Onion powder