

Fit With Diabetes Meal Plan #1

Calories		1,200	1,400	1,600	1,800	2,000
Meal 1	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Oats	oz.	0.9	1.1	1.2	1.4	1.5
Egg whites	oz.	4.0	4.7	5.3	6.0	6.7
Peanut butter / Almond butter	oz.	0.5	0.6	0.7	0.8	0.8
Calories		247	288	329	370	411
Protein (g)		20	23	27	30	33
Carbs (g)		20	23	26	29	33
Fats (g)		9	10	11	13	14
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Low fat Greek yogurt	oz.	4.0	4.7	5.3	6.0	6.7
Strawberry	oz.	2.4	2.8	3.2	3.6	4.0
Almonds	oz.	0.2	0.2	0.3	0.3	0.3
Calories		116	135	154	173	193
Protein (g)		13	15	17	19	21
Carbs (g)		11	13	15	16	18
Fats (g)		3	4	4	5	5
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Ground turkey (99%)	oz.	4.0	4.7	5.3	6.0	6.7
Strawberry	oz.	5.0	5.8	6.7	7.5	8.3
Olive oil	tsp	1.5	1.8	2.0	2.3	2.5
Veggies	oz.	3.5	4.1	4.7	5.3	5.8
Calories		245	286	327	368	408
Protein (g)		27	32	36	41	45
Carbs (g)		16	19	21	24	27
Fats (g)		9	10	12	13	15
Meal 4	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	oz.	3.0	3.5	4.0	4.5	5.0
Veggies	oz.	3.5	3.5	3.5	3.5	3.5
Small yellow corn tortilla	Piece	1.0	1.0	1.5	2.0	2.0
Low fat Greek yogurt	oz.	1.5	1.8	2.0	2.3	2.5
Calories		177	194	237	280	298
Protein (g)		24	28	32	36	40
Carbs (g)		17	17	22	27	28
Fats (g)		1	1	2	2	3
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Salmon - baked	oz.	4.0	4.7	5.3	6.0	6.7
Sweet potato (raw)	oz.	2.4	2.8	3.2	3.6	4.0
Veggies	oz.	3.5	3.5	3.5	3.5	3.5
Calories		310	358	406	454	503
Protein (g)		26	30	34	39	43
Carbs (g)		19	21	23	26	28
Fats (g)		14	16	19	21	23
Meal 6	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Cottage cheese (Fat-free)	oz.	2.0	2.3	2.7	3.0	3.3
Strawberry	oz.	2.0	2.3	2.7	3.0	3.3
Peanut butter / Almond butter	oz.	0.4	0.5	0.5	0.6	0.7
Calories		129	150	172	193	215
Protein (g)		11	13	15	16	18
Carbs (g)		9	10	11	13	14
Fats (g)		6	7	8	9	10
Daily totals						
Calories		1,222	1,411	1,625	1,838	2,027
Protein (g)	39%	120	140	161	181	201
Carbs (g)	30%	90	102	119	136	147
Fats (g)	31%	42	48	56	63	70

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Meal 1	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Oats	g	26	30	34	38	43
Egg whites	g	114	133	152	171	190
Peanut butter / Almond butter	g	14	17	19	21	24
Calories		247	288	329	370	411
Protein (g)		20	23	27	30	33
Carbs (g)		20	23	26	29	33
Fats (g)		9	10	11	13	14
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Low fat Greek yogurt	g	114	133	152	171	190
Strawberry	g	68	80	91	103	114
Almonds	g	6	7	8	9	10
Calories		116	135	154	173	193
Protein (g)		13	15	17	19	21
Carbs (g)		11	13	15	16	18
Fats (g)		3	4	4	5	5
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Ground turkey (99%)	g	114	133	152	171	190
Strawberry	g	143	166	190	214	238
Olive oil	tsp	1.5	1.8	2.0	2.3	2.5
Veggies	g	100	116	133	150	166
Calories		245	286	327	368	408
Protein (g)		27	32	36	41	45
Carbs (g)		16	19	21	24	27
Fats (g)		9	10	12	13	15
Meal 4	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	g	86	100	114	128	143
Veggies	g	100	100	100	100	100
Small yellow corn tortilla	Piece	1.0	1.0	1.5	2.0	2.0
Low fat Greek yogurt	g	43	50	57	64	71
Calories		177	194	237	280	298
Protein (g)		24	28	32	36	40
Carbs (g)		17	17	22	27	28
Fats (g)		1	1	2	2	3
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Salmon - baked	g	114	133	152	171	190
Sweet potato (raw)	g	68	80	91	103	114
Veggies	g	100	100	100	100	100
Calories		310	358	406	454	503
Protein (g)		26	30	34	39	43
Carbs (g)		19	21	23	26	28
Fats (g)		14	16	19	21	23
Meal 6	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Cottage cheese (Fat-free)	g	57	67	76	86	95
Strawberry	g	57	67	76	86	95
Peanut butter / Almond butter	g	11	13	15	17	19
Calories		129	150	172	193	215
Protein (g)		11	13	15	16	18
Carbs (g)		9	10	11	13	14
Fats (g)		6	7	8	9	10
Daily totals						
Calories		1,222	1,411	1,625	1,838	2,027
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Fit With Diabetes Meal Plan #1 Grocery List

Meal #1	Meal #2	Meal #3	Meal #4	Meal #5	Meal #6
Protein pancakes	Greek yogurt with berries and almonds	Garden salad with turkey and strawberries	Chicken and veggie wrap	Salmon with sweet potato fries	Cottage cheese delight

Protein

- Chicken breast
- Egg whites
- Ground turkey (99% lean)
- Salmon
- _____
- _____

Dairy

- Fat-free cottage cheese
- Low-fat Greek yogurt (plain)
- _____
- _____
- _____

Nuts and seeds

- Almonds
- Peanut or almond butter
- _____
- _____
- _____

Produce

- Strawberries
- Sweet potato
- Mixed greens
- Crunchy veggies
- Broccoli or cauliflower
- _____

Dry goods

- Old fashioned oats
- Salt & pepper
- Stevia
- Paprika
- Curry

Other

- Small yellow corn tortilla
- Balsamic vinegar
- Dijon mustard
- Olive oil
- Cooking spray