

Fit With Diabetes Meal Plan #4

Calories		1,200	1,400	1,600	1,800	2,000
Meal 1	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Raspberry (can be frozen)	oz.	3.5	4.1	4.7	5.3	5.8
Egg whites	oz.	4.0	4.7	5.3	6.0	6.7
Egg (1 whole egg)	Piece	1.0	1.0	1.0	2.0	2.0
Calories		188	207	226	319	338
Protein (g)		19	22	24	32	34
Carbs (g)		12	14	16	18	20
Fats (g)		6	6	6	11	11
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Edamame (shelled)	oz.	4.0	4.7	5.3	6.0	6.7
Veggies	oz.	2.0	2.3	2.7	3.0	3.3
Calories		151	177	202	227	252
Protein (g)		14	16	18	20	23
Carbs (g)		18	21	24	26	29
Fats (g)		4	5	5	6	7
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	oz.	4.0	4.7	5.3	6.0	6.7
Tortillas (Whole Wheat 16ct)	Piece	1.0	1.0	1.5	1.5	2.0
Hummus	oz.	1.0	1.2	1.3	1.5	1.7
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
Calories		259	289	359	389	459
Protein (g)		30	35	41	45	51
Carbs (g)		22	24	32	34	42
Fats (g)		6	6	8	8	10
Meal 4	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Hummus	oz.	2.0	2.3	2.7	3.0	3.3
Low fat mozzarella	oz.	1.2	1.4	1.6	1.8	2.0
Veggies	oz.	2.0	2.3	2.7	3.0	3.3
Calories		209	243	278	313	348
Protein (g)		15	17	19	22	24
Carbs (g)		12	15	17	19	21
Fats (g)		12	14	16	18	20
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Turkey breast	oz.	4.0	4.7	5.3	6.0	6.7
Quinoa	oz.	2.0	2.3	2.7	3.0	3.3
Coconut oil	oz.	0.25	0.3	0.3	0.4	0.4
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
Calories		264	309	353	397	441
Protein (g)		25	29	33	37	42
Carbs (g)		15	18	20	23	25
Fats (g)		12	14	16	18	20
Meal 6	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Low fat Greek yogurt	oz.	5.0	5.8	6.7	7.5	8.3
Blueberries	oz.	2.0	2.3	2.7	3.0	3.3
Calories		125	146	167	188	208
Protein (g)		17	20	23	26	29
Carbs (g)		15	17	20	22	25
Fats (g)		0	0	0	0	0
Daily totals						
Calories		1,197	1,370	1,584	1,832	2,046
Protein (g)	40%	120	138	158	183	203
Carbs (g)	32%	94	108	128	141	162
Fats (g)	29%	39	44	51	61	67

Calories		1,200	1,400	1,600	1,800	2,000
Meal 1	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Raspberry (can be frozen)	g	100	116	133	150	166
Egg whites	g	114	133	152	171	190
Egg (1 whole egg)	Piece	1.0	1.0	1.0	2.0	2.0
Calories		188	207	226	319	338
Protein (g)		19	22	24	32	34
Carbs (g)		12	14	16	18	20
Fats (g)		6	6	6	11	11
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Edamame (shelled)	g	114	133	152	171	190
Veggies	g	57	67	76	86	95
Calories		151	177	202	227	252
Protein (g)		14	16	18	20	23
Carbs (g)		18	21	24	26	29
Fats (g)		4	5	5	6	7
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	g	114	133	152	171	190
Tortillas (Whole Wheat 16ct)	Piece	1.0	1.0	1.5	1.5	2.0
Hummus	g	29	33	38	43	48
Veggies	g	86	100	114	128	143
Calories		259	289	359	389	459
Protein (g)		30	35	41	45	51
Carbs (g)		22	24	32	34	42
Fats (g)		6	6	8	8	10
Meal 4	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Hummus	g	57	67	76	86	95
Low fat mozzarella	g	34	40	46	51	57
Veggies	g	57	67	76	86	95
Calories		209	243	278	313	348
Protein (g)		15	17	19	22	24
Carbs (g)		12	15	17	19	21
Fats (g)		12	14	16	18	20
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Turkey breast	g	114	133	152	171	190
Quinoa	g	57	67	76	86	95
Coconut oil	g	7	8	10	11	12
Veggies	g	86	100	114	128	143
Calories		264	309	353	397	441
Protein (g)		25	29	33	37	42
Carbs (g)		15	18	20	23	25
Fats (g)		12	14	16	18	20
Meal 6	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Low fat Greek yogurt	g	143	166	190	214	238
Blueberries	g	57	67	76	86	95
Calories		125	146	167	188	208
Protein (g)		17	20	23	26	29
Carbs (g)		15	17	20	22	25
Fats (g)		0	0	0	0	0
Daily totals						
Calories		1,197	1,370	1,584	1,832	2,046
Protein (g)	40%	120	138	158	183	203
Carbs (g)	32%	94	108	128	141	162
Fats (g)	29%	39	44	51	61	67

Fit With Diabetes Meal Plan #4 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>
Scrambled eggs and berries	Edamame and veggies	Chicken & hummus lunch wrap	Veggies & cheese with hummus dip	Marinated turkey with veggie quinoa	Greek yogurt with berries

Protein

- Chicken breast
- Egg whites
- Turkey breast
- Whole eggs
- _____
- _____

Produce

- Raspberries
- Shelled edamame
- Crunchy veggies
- Blueberries
- _____
- _____

Dairy

- Low-fat Greek yogurt (plain)
- _____
- _____

Other

- Cooking spray
- Ketchup or hot sauce
- Whole wheat tortilla
- Hummus
- Coconut oil
- Olive oil
- Balsamic vinegar
- _____
- _____

Dry goods

- Salt & pepper
- Quinoa
- Stevia
- Dried basil
- Thyme
- Onion powder
- _____