



## Fit With Diabetes Meal Plan #5

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>
TheFitBlog Egg Muffins with Lean Turke	1 Muffin	3.0	3.5	4.0	4.5	5.0
<b>Calories</b>		<b>249</b>	<b>291</b>	<b>332</b>	<b>374</b>	<b>415</b>
<b>Protein (g)</b>		<b>28</b>	<b>32</b>	<b>37</b>	<b>41</b>	<b>46</b>
<b>Carbs (g)</b>		<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Fats (g)</b>		<b>13</b>	<b>15</b>	<b>17</b>	<b>19</b>	<b>22</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 Greek yogurt	oz.	2.5	2.9	3.3	3.8	4.2
Peanut butter / Almond butter	oz.	0.5	0.6	0.7	0.8	0.8
Blueberry	oz.	1.8	2.1	2.4	2.7	3.0
<b>Calories</b>		<b>155</b>	<b>181</b>	<b>206</b>	<b>232</b>	<b>258</b>
<b>Protein (g)</b>		<b>11</b>	<b>13</b>	<b>15</b>	<b>17</b>	<b>18</b>
<b>Carbs (g)</b>		<b>12</b>	<b>14</b>	<b>17</b>	<b>19</b>	<b>21</b>
<b>Fats (g)</b>		<b>7</b>	<b>8</b>	<b>10</b>	<b>11</b>	<b>12</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>
Steak (sirloin, flat iron)	oz.	4.0	4.7	5.3	6.0	6.7
Tortillas (Whole Wheat 16ct)	Piece	1.0	1.0	1.0	1.5	2.0
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
<b>Calories</b>		<b>233</b>	<b>259</b>	<b>284</b>	<b>350</b>	<b>415</b>
<b>Protein (g)</b>		<b>28</b>	<b>32</b>	<b>36</b>	<b>42</b>	<b>47</b>
<b>Carbs (g)</b>		<b>18</b>	<b>19</b>	<b>20</b>	<b>27</b>	<b>35</b>
<b>Fats (g)</b>		<b>5</b>	<b>5</b>	<b>6</b>	<b>7</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>
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
<b>Calories</b>		<b>209</b>	<b>243</b>	<b>278</b>	<b>313</b>	<b>348</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>12</b>	<b>15</b>	<b>17</b>	<b>19</b>	<b>21</b>
<b>Fats (g)</b>		<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</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>
TheFitBlog Turkey Meatballs	1 meat ball	2.0	2.5	3.0	3.0	3.5
Whole wheat pasta	oz.	1.0	1.2	1.3	1.5	1.7
Parmesean cheese	oz.	0.7	0.8	0.9	1.1	1.2
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
<b>Calories</b>		<b>310</b>	<b>370</b>	<b>431</b>	<b>464</b>	<b>525</b>
<b>Protein (g)</b>		<b>33</b>	<b>39</b>	<b>45</b>	<b>50</b>	<b>56</b>
<b>Carbs (g)</b>		<b>29</b>	<b>35</b>	<b>41</b>	<b>43</b>	<b>49</b>
<b>Fats (g)</b>		<b>7</b>	<b>8</b>	<b>10</b>	<b>11</b>	<b>12</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>
Cottage cheese (Fat-free)	oz.	2.0	2.3	2.7	3.0	3.3
Raspberry (can be frozen)	oz.	1.0	1.2	1.3	1.5	1.7
<b>Calories</b>		<b>55</b>	<b>64</b>	<b>73</b>	<b>83</b>	<b>92</b>
<b>Protein (g)</b>		<b>8</b>	<b>9</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Carbs (g)</b>		<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Fats (g)</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Daily totals</b>						
<b>Calories</b>		<b>1,210</b>	<b>1,408</b>	<b>1,605</b>	<b>1,815</b>	<b>2,053</b>
<b>Protein (g)</b>	<b>40%</b>	<b>122</b>	<b>142</b>	<b>162</b>	<b>183</b>	<b>205</b>
<b>Carbs (g)</b>	<b>27%</b>	<b>83</b>	<b>96</b>	<b>109</b>	<b>124</b>	<b>144</b>
<b>Fats (g)</b>	<b>33%</b>	<b>44</b>	<b>51</b>	<b>58</b>	<b>66</b>	<b>74</b>



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>
TheFitBlog Egg Muffins with Lean Turkey	1 Muffin	3.0	4	4	5	5
<b>Calories</b>		<b>249</b>	<b>291</b>	<b>332</b>	<b>374</b>	<b>415</b>
<b>Protein (g)</b>		<b>28</b>	<b>32</b>	<b>37</b>	<b>41</b>	<b>46</b>
<b>Carbs (g)</b>		<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Fats (g)</b>		<b>13</b>	<b>15</b>	<b>17</b>	<b>19</b>	<b>22</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 Greek yogurt	g	71	83	95	107	119
Peanut butter / Almond butter	g	14	17	19	21	24
Blueberry	g	51	60	68	77	86
<b>Calories</b>		<b>155</b>	<b>181</b>	<b>206</b>	<b>232</b>	<b>258</b>
<b>Protein (g)</b>		<b>11</b>	<b>13</b>	<b>15</b>	<b>17</b>	<b>18</b>
<b>Carbs (g)</b>		<b>12</b>	<b>14</b>	<b>17</b>	<b>19</b>	<b>21</b>
<b>Fats (g)</b>		<b>7</b>	<b>8</b>	<b>10</b>	<b>11</b>	<b>12</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>
Steak (sirloin, flat iron)	g	114	133	152	171	190
Tortillas (Whole Wheat 16ct)	Piece	1	1.0	1.0	1.5	2.0
Veggies	g	86	100	114	128	143
<b>Calories</b>		<b>233</b>	<b>259</b>	<b>284</b>	<b>350</b>	<b>415</b>
<b>Protein (g)</b>		<b>28</b>	<b>32</b>	<b>36</b>	<b>42</b>	<b>47</b>
<b>Carbs (g)</b>		<b>18</b>	<b>19</b>	<b>20</b>	<b>27</b>	<b>35</b>
<b>Fats (g)</b>		<b>5</b>	<b>5</b>	<b>6</b>	<b>7</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>
Hummus	g	57	67	76	86	95
Low fat mozzarella	g	34	40	46	51	57
Veggies	g	57	67	76	86	95
<b>Calories</b>		<b>209</b>	<b>243</b>	<b>278</b>	<b>313</b>	<b>348</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>12</b>	<b>15</b>	<b>17</b>	<b>19</b>	<b>21</b>
<b>Fats (g)</b>		<b>12</b>	<b>14</b>	<b>16</b>	<b>18</b>	<b>20</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>
TheFitBlog Turkey Meatballs	1 meat ball	2.0	2.5	3.0	3.0	3.5
Whole wheat pasta	g	29	33	38	43	48
Parmesean cheese	g	20	23	27	30	33
Veggies	g	86	100	114	128	143
<b>Calories</b>		<b>310</b>	<b>370</b>	<b>431</b>	<b>464</b>	<b>525</b>
<b>Protein (g)</b>		<b>33</b>	<b>39</b>	<b>45</b>	<b>50</b>	<b>56</b>
<b>Carbs (g)</b>		<b>29</b>	<b>35</b>	<b>41</b>	<b>43</b>	<b>49</b>
<b>Fats (g)</b>		<b>7</b>	<b>8</b>	<b>10</b>	<b>11</b>	<b>12</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>
Cottage cheese (Fat-free)	g	57	67	76	86	95
Raspberry (can be frozen)	g	29	33	38	43	48
<b>Calories</b>		<b>55</b>	<b>64</b>	<b>73</b>	<b>83</b>	<b>92</b>
<b>Protein (g)</b>		<b>8</b>	<b>9</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Carbs (g)</b>		<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Fats (g)</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Daily totals</b>						
<b>Calories</b>		<b>1,210</b>	<b>1,408</b>	<b>1,605</b>	<b>1,815</b>	<b>2,053</b>
<b>Protein (g)</b>	<b>40%</b>	<b>122</b>	<b>142</b>	<b>162</b>	<b>183</b>	<b>205</b>
<b>Carbs (g)</b>	<b>27%</b>	<b>83</b>	<b>96</b>	<b>109</b>	<b>124</b>	<b>144</b>
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