



Strong With Diabetes Meal Plan #3

Calories		1,200	1,400	1,600	1,800	2,000
Meal 1	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Egg whites	oz.	4.0	4.7	5.3	6.0	6.7
Oats	oz.	1.0	1.2	1.3	1.5	1.7
Coconut oil	oz.	0.25	0.3	0.3	0.4	0.4
Calories		229	267	305	343	382
Protein (g)		17	19	22	25	28
Carbs (g)		19	22	26	29	32
Fats (g)		9	10	12	13	15
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Tuna, light, canned in water, drained solid	oz.	3.0	3.5	4.0	4.5	5.0
Plain Low fat Greek yogurt	oz.	0.5	0.6	0.7	0.8	0.8
Rice cake	Piece	1.0	1.0	1.5	1.5	2.0
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
Calories		156	176	213	233	271
Protein (g)		23	27	31	35	39
Carbs (g)		12	13	17	18	22
Fats (g)		0	0	0	0	0
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	oz.	3.0	3.5	4.0	4.5	5.0
Egg (1 whole egg)	Piece	1.0	1.0	1.0	1.0	1.0
Fat-free mayo	oz.	0.5	0.6	0.7	0.8	0.8
Ezekiel Muffin	Piece	0.5	0.5	0.75	0.75	1.0
Calories		248	263	319	335	390
Protein (g)		29	32	37	40	45
Carbs (g)		17	17	25	26	33
Fats (g)		6	6	7	7	7
Meal 4 (Pre-workout)	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Plain Low fat Greek yogurt	oz.	4.0	4.7	5.3	6.0	6.7
Strawberry	oz.	2.0	2.3	2.7	3.0	3.3
Almonds	oz.	0.6	0.7	0.8	0.9	1.0
Calories		180	210	240	270	300
Protein (g)		15	18	20	23	25
Carbs (g)		12	14	17	19	21
Fats (g)		9	10	11	13	14
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	oz.	3.0	3.5	4.0	4.5	5.0
Brown rice (cooked)	oz.	2.0	2.3	2.7	3.0	3.3
Serrano ham	oz.	1.0	1.2	1.3	1.5	1.7
Cream cheese (low-fat)	oz.	0.9	1.1	1.2	1.4	1.5
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
Calories		255	297	339	382	424
Protein (g)		27	32	36	41	45
Carbs (g)		19	23	26	29	32
Fats (g)		7	9	10	11	12
Meal 6	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Egg whites	oz.	3.0	3.5	4.0	4.5	5.0
Avocado	oz.	2.0	2.3	2.7	3.0	3.3
Calories		138	161	184	207	229
Protein (g)		10	12	14	16	17
Carbs (g)		5	6	7	8	9
Fats (g)		9	10	11	13	14
Daily totals						
Calories		1,204	1,374	1,600	1,770	1,997
Protein (g)	40%	121	140	161	179	200
Carbs (g)	28%	85	96	117	128	149
Fats (g)	30%	39	45	51	57	63



Calories		1,200	1,400	1,600	1,800	2,000
Meal 1	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Egg whites	g	114	133	152	171	190
Oats	g	29	34	39	44	48
Coconut oil	g	7	8	9	11	12
Calories		230	268	306	345	383
Protein (g)		17	20	22	25	28
Carbs (g)		20	23	26	29	33
Fats (g)		9	10	12	13	15
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Tuna, light, canned in water, drained so	g	86	100	114	128	143
Plain Low fat Greek yogurt	g	14	17	19	21	24
Rice cake	Piece	1.0	1.0	1.5	1.5	2.0
Veggies	g	86	100	114	128	143
Calories		156	176	213	233	271
Protein (g)		23	27	31	35	39
Carbs (g)		12	13	17	18	22
Fats (g)		0	0	0	0	0
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	g	86	100	114	128	143
Egg (1 whole egg)	Piece	1.0	1.0	1.0	1.0	1.0
Fat-free mayo	g	14	17	19	21	24
Ezekiel Muffin	Piece	0.5	0.5	0.75	0.75	1.0
Calories		248	263	319	335	390
Protein (g)		29	32	37	40	45
Carbs (g)		17	17	25	26	33
Fats (g)		6	6	7	7	7
Meal 4	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Plain Low fat Greek yogurt	g	114	133	152	171	190
Strawberry	g	57	67	76	86	95
Almonds	g	17	20	23	26	29
Calories		180	210	240	270	300
Protein (g)		15	18	20	23	25
Carbs (g)		12	14	17	19	21
Fats (g)		9	10	11	13	14
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	g	86	100	114	128	143
Brown rice (cooked)	g	57	67	76	86	95
Serrano ham	g	29	33	38	43	48
Cream cheese (low-fat)	g	26	30	34	38	43
Veggies	g	86	100	114	128	143
Calories		255	297	339	382	424
Protein (g)		27	32	36	41	45
Carbs (g)		19	23	26	29	32
Fats (g)		7	9	10	11	12
Meal 6	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Egg whites	g	86	100	114	128	143
Avocado	g	57	67	76	86	95
Calories		138	161	184	207	229
Protein (g)		10	12	14	16	17
Carbs (g)		5	6	7	8	9
Fats (g)		9	10	11	13	14
Daily totals						
Calories		1,205	1,375	1,602	1,771	1,998
Protein (g)	40%	121	140	161	179	200
Carbs (g)	28%	85	96	118	128	150
Fats (g)	29%	39	45	51	57	62