



Strong 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
Egg whites	oz.	4.5	5.3	6.0	6.8	7.5
Turkey bacon	oz.	1.0	1.2	1.3	1.5	1.7
Whole wheat toast	Piece	1.5	1.5	2.0	2.0	2.5
Egg (1 whole egg)	Piece	1.0	1.0	1.0	1.0	1.0
Calories		275	296	342	364	410
Protein (g)		28	31	36	39	43
Carbs (g)		17	17	22	22	28
Fats (g)		10	11	12	13	14
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Hemp seeds	oz.	0.5	0.6	0.7	0.8	0.8
Chicken breast	oz.	2.0	2.3	2.7	3.0	3.3
Sweet potato (raw)	oz.	2.0	2.3	2.7	3.0	3.3
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
Calories		200	233	266	299	333
Protein (g)		18	21	24	27	30
Carbs (g)		17	19	22	25	28
Fats (g)		7	8	9	10	11
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Salmon - baked	oz.	4.0	4.7	5.3	6.0	6.7
Whole wheat toast	Piece	1.0	1.0	1.0	1.5	1.5
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
Calories		299	341	382	449	490
Protein (g)		28	32	36	42	46
Carbs (g)		15	16	17	23	24
Fats (g)		15	17	19	22	24
Meal 4 (Pre-workout)	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Apple	oz.	3.0	3.5	4.0	4.5	5.0
Egg whites	oz.	4.5	5.3	6.0	6.8	7.5
Unsweetened cocoa powder	oz.	0.25	0.29	0.33	0.38	0.42
Calories		129	150	172	193	215
Protein (g)		16	18	21	23	26
Carbs (g)		17	19	22	25	28
Fats (g)		1	1	1	1	1
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Ground turkey (99%)	oz.	3.0	3.5	4.0	4.5	5.0
Brown rice (cooked)	oz.	2.3	2.7	3.1	3.5	3.8
Avocado	oz.	1.5	1.8	2.0	2.3	2.5
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
Calories		249	291	332	374	415
Protein (g)		22	26	29	33	37
Carbs (g)		24	27	31	35	39
Fats (g)		8	9	11	12	13
Meal 6	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Plain Low fat Greek yogurt	oz.	2.0	2.3	2.7	3.0	3.3
Whey Protein	oz.	0.4	0.5	0.5	0.6	0.7
Almond milk (unsweetened)	Cup	0.4	0.5	0.5	0.6	0.7
Calories		82	96	109	123	137
Protein (g)		15	18	20	23	25
Carbs (g)		3	4	5	5	6
Fats (g)		1	2	2	2	2
Daily totals						
Calories		1,234	1,407	1,604	1,802	1,999
Protein (g)	41%	127	146	166	187	207
Carbs (g)	30%	92	103	119	135	151
Fats (g)	31%	42	48	54	60	67



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Meal 1	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Egg whites	g	128	150	171	192	214
Turkey bacon	g	29	33	38	43	48
Whole wheat toast	Piece	1.5	1.5	2.0	2.0	2.5
Egg (1 whole egg)	Piece	1.0	1.0	1.0	1.0	1.0
Calories		275	296	342	364	410
Protein (g)		28	31	36	39	43
Carbs (g)		17	17	22	22	28
Fats (g)		10	11	12	13	14
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Hemp seeds	g	14	17	19	21	24
Chicken breast	g	57	67	76	86	95
Sweet potato (raw)	g	57	67	76	86	95
Veggies	g	86	100	114	128	143
Calories		200	233	266	299	333
Protein (g)		18	21	24	27	30
Carbs (g)		17	19	22	25	28
Fats (g)		7	8	9	10	11
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Salmon - baked	g	114	133	152	171	190
Whole wheat toast	Piece	1.0	1.0	1.0	1.5	1.5
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Egg whites	g	128	150	171	192	214
Unsweetened cocoa powder	g	7	8	10	11	12
Calories		129	150	172	193	215
Protein (g)		16	18	21	23	26
Carbs (g)		17	19	22	25	28
Fats (g)		1	1	1	1	1
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Ground turkey (99%)	g	86	100	114	128	143
Brown rice (cooked)	g	66	76	87	98	109
Avocado	g	43	50	57	64	71
Veggies	g	86	100	114	128	143
Calories		249	291	332	374	415
Protein (g)		22	26	29	33	37
Carbs (g)		24	27	31	35	39
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Plain Low fat Greek yogurt	g	57	67	76	86	95
Whey Protein	g	11	13	15	17	19
Almond milk (unsweetened)	Cup	0.4	0.5	0.5	0.6	0.7
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