

**Healthy With Diabetes Meal Plan #1**

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>
Mixed berries	oz.	5.0	5.8	6.7	7.5	8.3
Almonds	oz.	0.5	0.6	0.7	0.8	0.8
Egg whites	oz.	4.0	4.7	5.3	6.0	6.7
Egg (1 whole egg)	Piece	1.0	1.0	1.0	1.0	2.0
<b>Calories</b>		<b>290</b>	<b>327</b>	<b>363</b>	<b>399</b>	<b>509</b>
<b>Protein (g)</b>		<b>21</b>	<b>24</b>	<b>27</b>	<b>29</b>	<b>38</b>
<b>Carbs (g)</b>		<b>13</b>	<b>15</b>	<b>17</b>	<b>20</b>	<b>22</b>
<b>Fats (g)</b>		<b>12</b>	<b>13</b>	<b>14</b>	<b>16</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.	3.0	3.5	4.0	4.5	5.0
Peanut butter / Almond butter	oz.	0.3	0.3	0.3	0.4	0.4
Apple	oz.	2.5	2.9	3.3	3.8	4.2
<b>Calories</b>		<b>127</b>	<b>148</b>	<b>169</b>	<b>190</b>	<b>211</b>
<b>Protein (g)</b>		<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>17</b>
<b>Carbs (g)</b>		<b>15</b>	<b>17</b>	<b>20</b>	<b>22</b>	<b>24</b>
<b>Fats (g)</b>		<b>3</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>6</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>
Ground turkey (99%)	oz.	4.0	4.7	5.3	6.0	6.7
Black Beans	oz.	3.0	3.5	4.0	4.5	5.0
Canned tomatoes	oz.	3.0	3.5	4.0	4.5	5.0
Veggies	oz.	2.0	2.3	2.7	3.0	3.3
Sour Cream (Light)	oz.	0.3	0.3	0.3	0.4	0.4
<b>Calories</b>		<b>259</b>	<b>303</b>	<b>346</b>	<b>389</b>	<b>432</b>
<b>Protein (g)</b>		<b>32</b>	<b>38</b>	<b>43</b>	<b>48</b>	<b>54</b>
<b>Carbs (g)</b>		<b>23</b>	<b>26</b>	<b>30</b>	<b>34</b>	<b>38</b>
<b>Fats (g)</b>		<b>4</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>7</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>
Deli Turkey	oz.	4.0	4.7	5.3	6.0	6.7
Avocado	oz.	1.0	1.2	1.3	1.5	1.7
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
<b>Calories</b>		<b>163</b>	<b>190</b>	<b>217</b>	<b>244</b>	<b>271</b>
<b>Protein (g)</b>		<b>25</b>	<b>29</b>	<b>33</b>	<b>37</b>	<b>41</b>
<b>Carbs (g)</b>		<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Fats (g)</b>		<b>4</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>7</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>
Ground beef (max. 93%)	oz.	3.0	3.5	4.0	4.5	5.0
Zucchini (squash)	oz.	4.0	4.7	5.3	6.0	6.7
Brown rice (cooked)	oz.	2.2	2.6	2.9	3.3	3.7
Coconut oil	oz.	0.2	0.2	0.27	0.3	0.3
<b>Calories</b>		<b>267</b>	<b>312</b>	<b>357</b>	<b>401</b>	<b>446</b>
<b>Protein (g)</b>		<b>20</b>	<b>23</b>	<b>27</b>	<b>30</b>	<b>34</b>
<b>Carbs (g)</b>		<b>18</b>	<b>21</b>	<b>24</b>	<b>28</b>	<b>31</b>
<b>Fats (g)</b>		<b>12</b>	<b>15</b>	<b>17</b>	<b>19</b>	<b>21</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>
Strawberry	oz.	4.0	4.7	5.3	6.0	6.7
Low fat Greek yogurt	oz.	3.0	3.5	4.0	4.5	5.0
Flaxseed meal	oz.	0.3	0.3	0.33	0.4	0.4
<b>Calories</b>		<b>119</b>	<b>139</b>	<b>159</b>	<b>179</b>	<b>199</b>
<b>Protein (g)</b>		<b>11</b>	<b>13</b>	<b>14</b>	<b>16</b>	<b>18</b>
<b>Carbs (g)</b>		<b>14</b>	<b>17</b>	<b>19</b>	<b>21</b>	<b>24</b>
<b>Fats (g)</b>		<b>3</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>5</b>
<b>Daily totals</b>						
<b>Calories</b>		<b>1,226</b>	<b>1,418</b>	<b>1,610</b>	<b>1,802</b>	<b>2,068</b>
<b>Protein (g)</b>	<b>39%</b>	<b>120</b>	<b>139</b>	<b>158</b>	<b>177</b>	<b>201</b>
<b>Carbs (g)</b>	<b>29%</b>	<b>90</b>	<b>105</b>	<b>120</b>	<b>135</b>	<b>150</b>
<b>Fats (g)</b>	<b>29%</b>	<b>39</b>	<b>45</b>	<b>51</b>	<b>56</b>	<b>67</b>

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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>
Mixed berries	g	143	166	190	214	238
Almonds	g	14	17	19	21	24
Egg whites	g	114	133	152	171	190
Egg (1 whole egg)	Piece	1.0	1	1	1	2
<b>Calories</b>		<b>290</b>	<b>327</b>	<b>363</b>	<b>399</b>	<b>509</b>
<b>Protein (g)</b>		<b>21</b>	<b>24</b>	<b>27</b>	<b>29</b>	<b>38</b>
<b>Carbs (g)</b>		<b>13</b>	<b>15</b>	<b>17</b>	<b>20</b>	<b>22</b>
<b>Fats (g)</b>		<b>12</b>	<b>13</b>	<b>14</b>	<b>16</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	86	100	114	128	143
Peanut butter / Almond butter	g	7	8	10	11	12
Apple	g	71	83	95	107	119
<b>Calories</b>		<b>127</b>	<b>148</b>	<b>169</b>	<b>190</b>	<b>211</b>
<b>Protein (g)</b>		<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>	<b>17</b>
<b>Carbs (g)</b>		<b>15</b>	<b>17</b>	<b>20</b>	<b>22</b>	<b>24</b>
<b>Fats (g)</b>		<b>3</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>6</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>
Ground turkey (99%)	g	114	133	152	171	190
Black Beans	g	86	100	114	128	143
Canned tomatoes	g	86	100	114	128	143
Veggies	g	57	67	76	86	95
Sour Cream (Light)	g	7	8	10	11	12
<b>Calories</b>		<b>259</b>	<b>303</b>	<b>346</b>	<b>389</b>	<b>432</b>
<b>Protein (g)</b>		<b>32</b>	<b>38</b>	<b>43</b>	<b>48</b>	<b>54</b>
<b>Carbs (g)</b>		<b>23</b>	<b>26</b>	<b>30</b>	<b>34</b>	<b>38</b>
<b>Fats (g)</b>		<b>4</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>7</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>
Deli Turkey	g	114	133	152	171	190
Avocado	g	29	33	38	43	48
Veggies	g	86	100	114	128	143
<b>Calories</b>		<b>163</b>	<b>190</b>	<b>217</b>	<b>244</b>	<b>271</b>
<b>Protein (g)</b>		<b>25</b>	<b>29</b>	<b>33</b>	<b>37</b>	<b>41</b>
<b>Carbs (g)</b>		<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>Fats (g)</b>		<b>4</b>	<b>5</b>	<b>6</b>	<b>6</b>	<b>7</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>
Ground beef (max. 93%)	g	86	100	114	128	143
Zucchini (squash)	g	114	133	152	171	190
Brown rice (cooked)	g	63	73	84	94	105
Coconut oil	g	6	7	8	9	10
<b>Calories</b>		<b>267</b>	<b>312</b>	<b>357</b>	<b>401</b>	<b>446</b>
<b>Protein (g)</b>		<b>20</b>	<b>23</b>	<b>27</b>	<b>30</b>	<b>34</b>
<b>Carbs (g)</b>		<b>18</b>	<b>21</b>	<b>24</b>	<b>28</b>	<b>31</b>
<b>Fats (g)</b>		<b>12</b>	<b>15</b>	<b>17</b>	<b>19</b>	<b>21</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>
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<b>Calories</b>		<b>119</b>	<b>139</b>	<b>159</b>	<b>179</b>	<b>199</b>
<b>Protein (g)</b>		<b>11</b>	<b>13</b>	<b>14</b>	<b>16</b>	<b>18</b>
<b>Carbs (g)</b>		<b>14</b>	<b>17</b>	<b>19</b>	<b>21</b>	<b>24</b>
<b>Fats (g)</b>		<b>3</b>	<b>3</b>	<b>4</b>	<b>4</b>	<b>5</b>
<b>Daily totals</b>						
<b>Calories</b>		<b>1,226</b>	<b>1,418</b>	<b>1,610</b>	<b>1,802</b>	<b>2,068</b>
<b>Protein (g)</b>	<b>39%</b>	<b>120</b>	<b>139</b>	<b>158</b>	<b>177</b>	<b>201</b>
<b>Carbs (g)</b>	<b>29%</b>	<b>90</b>	<b>105</b>	<b>120</b>	<b>135</b>	<b>150</b>
<b>Fats (g)</b>	<b>29%</b>	<b>39</b>	<b>45</b>	<b>51</b>	<b>56</b>	<b>67</b>

## Healthy With Diabetes Meal Plan #1 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, berries & almonds	Greek yogurt with berries and nut butter	Turkey chili	Low-carb turkey & avocado rolls	Beef, zucchini & brown rice bowl	Greek yogurt with flaxseed & strawberry

### Protein

- Deli turkey
- Eggs (whites and whole)
- Ground turkey (99% lean)
- Ground beef (max. 93%)
- \_\_\_\_\_
- \_\_\_\_\_

### Dairy

- Sour cream (light)
- Low-fat Greek yogurt (plain)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Other

- Black beans
- Canned tomatoes
- Coconut oil
- Chicken stock
- Cooking spray

### Produce

- Mixed berries (Incl. Strawberries)
- Mixed greens
- Zucchini (squash)
- Avocado
- Apple
- Apple
- Jalapeño
- Garlic
- Yellow and green onion

### Dry goods

- Brown rice
- Salt & pepper
- Stevia
- Paprika
- Red chili

### Nuts and seeds

- Almonds
- Peanut or almond butter
- Flaxseed meal