

## Healthy With Diabetes Meal Plan #2

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>
Whole wheat toast	Piece	1.00	1.00	1.50	1.50	2.00
Turkey Bacon	oz.	1.00	1.17	1.33	1.50	1.67
Egg whites	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
<b>Calories</b>		<b>227</b>	<b>244</b>	<b>286</b>	<b>304</b>	<b>346</b>
<b>Protein (g)</b>		<b>20</b>	<b>22</b>	<b>25</b>	<b>27</b>	<b>31</b>
<b>Carbs (g)</b>		<b>11</b>	<b>11</b>	<b>17</b>	<b>17</b>	<b>22</b>
<b>Fats (g)</b>		<b>8</b>	<b>8</b>	<b>9</b>	<b>9</b>	<b>10</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>
Peanut butter / Almond butter	oz.	0.6	0.6	0.7	0.8	0.9
Vital Proteins Collagen Peptides	oz.	0.4	0.5	0.5	0.6	0.7
Rice cake	Piece	1.0	1.0	1.5	1.5	2.0
<b>Calories</b>		<b>172</b>	<b>195</b>	<b>236</b>	<b>258</b>	<b>299</b>
<b>Protein (g)</b>		<b>15</b>	<b>18</b>	<b>21</b>	<b>23</b>	<b>26</b>
<b>Carbs (g)</b>		<b>9</b>	<b>10</b>	<b>14</b>	<b>14</b>	<b>18</b>
<b>Fats (g)</b>		<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>13</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>
Small yellow corn tortilla	Piece	1.0	1.0	1.5	1.5	2.0
White fish	oz.	3.0	3.5	4.0	4.5	5.0
Avocado	oz.	0.7	0.8	0.9	1.1	1.2
Veggies	oz.	4.0	4.7	5.3	6.0	6.7
<b>Calories</b>		<b>189</b>	<b>212</b>	<b>260</b>	<b>283</b>	<b>331</b>
<b>Protein (g)</b>		<b>17</b>	<b>20</b>	<b>23</b>	<b>25</b>	<b>29</b>
<b>Carbs (g)</b>		<b>18</b>	<b>19</b>	<b>25</b>	<b>26</b>	<b>33</b>
<b>Fats (g)</b>		<b>5</b>	<b>6</b>	<b>7</b>	<b>8</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>
Whole wheat toast	Piece	1.0	1.5	1.5	2.0	2.0
Chicken breast	oz.	3.0	3.5	4.0	4.5	5.0
Low fat Greek yogurt	oz.	0.5	0.6	0.7	0.8	0.8
Veggies	oz.	0.5	0.6	0.7	0.8	0.8
<b>Calories</b>		<b>144</b>	<b>185</b>	<b>201</b>	<b>242</b>	<b>257</b>
<b>Protein (g)</b>		<b>23</b>	<b>28</b>	<b>31</b>	<b>36</b>	<b>39</b>
<b>Carbs (g)</b>		<b>12</b>	<b>18</b>	<b>18</b>	<b>24</b>	<b>24</b>
<b>Fats (g)</b>		<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</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>
Pork chop	oz.	3.0	3.5	4.0	4.5	5.0
Low fat mozzarella	oz.	1.0	1.2	1.3	1.5	1.7
Rice (Cooked)	oz.	2.2	2.6	2.9	3.3	3.7
Veggies	cup	4.0	4.7	5.3	6.0	6.7
<b>Calories</b>		<b>359</b>	<b>418</b>	<b>478</b>	<b>538</b>	<b>598</b>
<b>Protein (g)</b>		<b>30</b>	<b>35</b>	<b>40</b>	<b>45</b>	<b>50</b>
<b>Carbs (g)</b>		<b>19</b>	<b>22</b>	<b>25</b>	<b>29</b>	<b>32</b>
<b>Fats (g)</b>		<b>17</b>	<b>20</b>	<b>23</b>	<b>26</b>	<b>28</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.	4.0	4.7	5.3	6.0	6.7
Raspberry (can be frozen)	oz.	2.0	2.3	2.7	3.0	3.3
<b>Calories</b>		<b>110</b>	<b>128</b>	<b>147</b>	<b>165</b>	<b>183</b>
<b>Protein (g)</b>		<b>16</b>	<b>18</b>	<b>21</b>	<b>24</b>	<b>26</b>
<b>Carbs (g)</b>		<b>12</b>	<b>14</b>	<b>15</b>	<b>17</b>	<b>19</b>
<b>Fats (g)</b>		<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>Daily totals</b>						
<b>Calories</b>		<b>1,201</b>	<b>1,383</b>	<b>1,608</b>	<b>1,790</b>	<b>2,014</b>
<b>Protein (g)</b>	<b>40%</b>	<b>121</b>	<b>140</b>	<b>161</b>	<b>180</b>	<b>200</b>
<b>Carbs (g)</b>	<b>27%</b>	<b>81</b>	<b>93</b>	<b>114</b>	<b>127</b>	<b>148</b>
<b>Fats (g)</b>	<b>29%</b>	<b>39</b>	<b>45</b>	<b>51</b>	<b>57</b>	<b>63</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>
Whole wheat toast	Piece	1.00	1.00	1.50	1.50	2.00
Turkey Bacon	g	29	33	38	43	48
Egg whites	g	86	100	114	128	143
Egg (1 whole egg)	Piece	1.0	1.0	1.0	1.0	1.0
<b>Calories</b>		<b>227</b>	<b>244</b>	<b>286</b>	<b>304</b>	<b>346</b>
<b>Protein (g)</b>		<b>20</b>	<b>22</b>	<b>25</b>	<b>27</b>	<b>31</b>
<b>Carbs (g)</b>		<b>11</b>	<b>11</b>	<b>17</b>	<b>17</b>	<b>22</b>
<b>Fats (g)</b>		<b>8</b>	<b>8</b>	<b>9</b>	<b>9</b>	<b>10</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>
Peanut butter / Almond butter	g	15.7	18	21	24	26
Vital Proteins Collagen Peptides	g	11.4	13	15	17	19
Rice cake	Piece	1.0	1	2	2	2
<b>Calories</b>		<b>172</b>	<b>195</b>	<b>236</b>	<b>258</b>	<b>299</b>
<b>Protein (g)</b>		<b>15</b>	<b>18</b>	<b>21</b>	<b>23</b>	<b>26</b>
<b>Carbs (g)</b>		<b>9</b>	<b>10</b>	<b>14</b>	<b>14</b>	<b>18</b>
<b>Fats (g)</b>		<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>13</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>
Small yellow corn tortilla	Piece	1	1	2	2	2
White fish	g	85.5	100	114	128	143
Avocado	g	20.0	23	27	30	33
Veggies	g	114.0	133	152	171	190
<b>Calories</b>		<b>189</b>	<b>212</b>	<b>260</b>	<b>283</b>	<b>331</b>
<b>Protein (g)</b>		<b>17</b>	<b>20</b>	<b>23</b>	<b>25</b>	<b>29</b>
<b>Carbs (g)</b>		<b>18</b>	<b>19</b>	<b>25</b>	<b>26</b>	<b>33</b>
<b>Fats (g)</b>		<b>5</b>	<b>6</b>	<b>7</b>	<b>8</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>
Whole wheat toast	Piece	1	2	2	2	2
Chicken breast	g	86	100	114	128	143
Low fat Greek yogurt	g	14	17	19	21	24
Veggies	g	14	17	19	21	24
<b>Calories</b>		<b>144</b>	<b>185</b>	<b>201</b>	<b>242</b>	<b>257</b>
<b>Protein (g)</b>		<b>23</b>	<b>28</b>	<b>31</b>	<b>36</b>	<b>39</b>
<b>Carbs (g)</b>		<b>12</b>	<b>18</b>	<b>18</b>	<b>24</b>	<b>24</b>
<b>Fats (g)</b>		<b>1</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>2</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>
Pork chop	g	86	100	114	128	143
Low fat mozzarella	g	29	33	38	43	48
Rice (Cooked)	g	63	73	84	94	105
Veggies	g	114	133	152	171	190
<b>Calories</b>		<b>359</b>	<b>418</b>	<b>478</b>	<b>538</b>	<b>598</b>
<b>Protein (g)</b>		<b>30</b>	<b>35</b>	<b>40</b>	<b>45</b>	<b>50</b>
<b>Carbs (g)</b>		<b>19</b>	<b>22</b>	<b>25</b>	<b>29</b>	<b>32</b>
<b>Fats (g)</b>		<b>17</b>	<b>20</b>	<b>23</b>	<b>26</b>	<b>28</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	114	133	152	171	190
Raspberry (can be frozen)	g	57	67	76	86	95
<b>Calories</b>		<b>110</b>	<b>128</b>	<b>147</b>	<b>165</b>	<b>183</b>
<b>Protein (g)</b>		<b>16</b>	<b>18</b>	<b>21</b>	<b>24</b>	<b>26</b>
<b>Carbs (g)</b>		<b>12</b>	<b>14</b>	<b>15</b>	<b>17</b>	<b>19</b>
<b>Fats (g)</b>		<b>0</b>	<b>0</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>Daily totals</b>						
<b>Calories</b>		<b>1,201</b>	<b>1,383</b>	<b>1,608</b>	<b>1,790</b>	<b>2,014</b>
<b>Protein (g)</b>	<b>40%</b>	<b>121</b>	<b>140</b>	<b>161</b>	<b>180</b>	<b>200</b>
<b>Carbs (g)</b>	<b>27%</b>	<b>81</b>	<b>93</b>	<b>114</b>	<b>127</b>	<b>148</b>
<b>Fats (g)</b>	<b>29%</b>	<b>39</b>	<b>45</b>	<b>51</b>	<b>57</b>	<b>63</b>

## Healthy With Diabetes Meal Plan #2 Grocery List

Meal #1	Meal #2	Meal #3	Meal #4	Meal #5	Meal #6
Egg white scramble, turkey bacon & toast	Nut butter, rice cake, and collagen protein coffee	Blackened fish tacos	Quick chicken salad on toast	Pork chops in tomato sauce	Cottage cheese parfait with berries

### Protein

- Chicken breast
- Eggs (whites and whole)
- Collagen Protein Peptides
- Pork chop
- Turkey bacon
- white fish (halibut, tilapia, cod, etc.)

### Dairy

- Low-fat cottage cheese
- Low-fat Greek yogurt (plain)
- Low-fat mozzarella

### Other

- Chicken bouillon
- Cooking spray
- Coffee
- Diced canned tomatoes
- Liquid Stevia
- Small corn tortilla
- Toast
- Vanilla extract

### Produce

- Avocado
- Garlic
- Onion
- Raspberry
- Shredded cabbage

### Dry goods

- Rice
- Salt & pepper
- Cayenne pepper
- Paprika
- Cinnamon
- Cumin
- Curry
- Onion powder
- Oregano
- Rice cakes

### Nuts and seeds

- Peanut or almond butter
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