

Healthy 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 |
| Oats | oz. | 0.5 | 0.6 | 0.7 | 0.8 | 0.8 |
| Low fat Greek yogurt | oz. | 4.0 | 4.7 | 5.3 | 6.0 | 6.7 |
| Apple | oz. | 1.0 | 1.2 | 1.3 | 1.5 | 1.7 |
| coconut oil | oz. | 0.1 | 0.1 | 0.1 | 0.2 | 0.2 |
| Flaxseed meal | oz. | 0.5 | 0.6 | 0.7 | 0.8 | 0.8 |
| | | | | | | |
| Calories | | 229 | 267 | 305 | 344 | 382 |
| Protein (g) | | 17 | 19 | 22 | 25 | 28 |
| Carbs (g) | | 22 | 26 | 30 | 34 | 37 |
| Fats (g) | | 9 | 10 | 11 | 13 | 14 |
| Meal 2 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Tuna, light, canned in water, drained solid | oz. | 2.0 | 2.3 | 2.7 | 3.0 | 3.3 |
| Low fat Greek yogurt | oz. | 0.3 | 0.4 | 0.4 | 0.5 | 0.5 |
| Rice cake | Piece | 1.0 | 1.0 | 1.5 | 1.5 | 2.0 |
| 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 | | 189 | 215 | 258 | 284 | 327 |
| Protein (g) | | 17 | 19 | 22 | 25 | 28 |
| Carbs (g) | | 15 | 17 | 22 | 23 | 28 |
| Fats (g) | | 6 | 7 | 9 | 10 | 11 |
| Meal 3 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Ground beef (max. 93%) | oz. | 3.0 | 3.5 | 4.0 | 4.5 | 5.0 |
| Spaghetti Squash | oz. | 3.0 | 3.5 | 4.0 | 4.5 | 5.0 |
| Veggies | oz. | 3.0 | 3.5 | 4.0 | 4.5 | 5.0 |
| | | | 0.0 | 0.0 | 0.0 | 0.0 |
| | | | | | | |
| Calories | | 170 | 199 | 227 | 255 | 284 |
| Protein (g) | | 18 | 21 | 24 | 27 | 30 |
| Carbs (g) | | 10 | 11 | 13 | 15 | 16 |
| Fats (g) | | 6 | 7 | 8 | 9 | 10 |
| Meal 4 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Egg (1 whole egg) | Piece | 1.00 | 1.00 | 1.00 | 1.50 | 1.50 |
| Ezekiel Muffin | Piece | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 |
| Shrimp / shellfish | oz. | 2.0 | 2.3 | 2.7 | 3.0 | 3.3 |
| | | | | | | |
| Calories | | 208 | 217 | 226 | 271 | 280 |
| Protein (g) | | 22 | 24 | 26 | 31 | 33 |
| Carbs (g) | | 15 | 15 | 15 | 15 | 15 |
| Fats (g) | | 6 | 6 | 6 | 9 | 9 |
| Meal 5 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Quinoa | oz. | 2.0 | 2.3 | 2.7 | 3.0 | 3.3 |
| Chicken breast | oz. | 3.0 | 3.5 | 4.0 | 4.5 | 5.0 |
| Cream cheese (low-fat) | oz. | 1.0 | 1.2 | 1.3 | 1.5 | 1.7 |
| Prosciutto | oz. | 1.1 | 1.3 | 1.5 | 1.7 | 1.8 |
| Veggies | oz. | 3.0 | 3.5 | 4.0 | 4.5 | 5.0 |
| | | | | | | |
| Calories | | 250 | 291 | 333 | 374 | 416 |
| Protein (g) | | 24 | 28 | 33 | 37 | 41 |
| Carbs (g) | | 21 | 24 | 28 | 31 | 35 |
| Fats (g) | | 8 | 9 | 10 | 11 | 13 |
| Meal 6 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Edemame | oz. | 4.6 | 5.3 | 6.1 | 6.8 | 7.6 |
| | | | | | | |
| Calories | | 182 | 213 | 243 | 274 | 304 |
| Protein (g) | | 18 | 21 | 24 | 27 | 30 |
| Carbs (g) | | 12 | 14 | 16 | 18 | 21 |
| Fats (g) | | 7 | 8 | 9 | 10 | 11 |
| Daily totals | | | | | | |
| Calories | | 1,228 | 1,401 | 1,592 | 1,802 | 1,992 |
| Protein (g) | 38% | 116 | 134 | 152 | 172 | 190 |
| Carbs (g) | 31% | 96 | 108 | 124 | 136 | 152 |
| Fats (g) | 30% | 42 | 48 | 54 | 62 | 68 |

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|--|----------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| Meal 1 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Oats | g | 14 | 17 | 19 | 21 | 24 |
| Low fat Greek yogurt | g | 114 | 133 | 152 | 171 | 190 |
| Apple | g | 29 | 33 | 38 | 43 | 48 |
| coconut oil | g | 3 | 3 | 4 | 4 | 5 |
| Flaxseed meal | g | 14 | 17 | 19 | 21 | 24 |
| Calories | | 229 | 267 | 305 | 344 | 382 |
| Protein (g) | | 17 | 19 | 22 | 25 | 28 |
| Carbs (g) | | 22 | 26 | 30 | 34 | 37 |
| Fats (g) | | 9 | 10 | 11 | 13 | 14 |
| Meal 2 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Tuna, light, canned in water, drained so | g | 57 | 67 | 76 | 86 | 95 |
| Low fat Greek yogurt | g | 9 | 10 | 11 | 13 | 14 |
| Rice cake | Piece | 1.0 | 1.0 | 1.5 | 1.5 | 2.0 |
| Avocado | g | 43 | 50 | 57 | 64 | 71 |
| Veggies | g | 86 | 100 | 114 | 128 | 143 |
| Calories | | 189 | 215 | 258 | 284 | 327 |
| Protein (g) | | 17 | 19 | 22 | 25 | 28 |
| Carbs (g) | | 15 | 17 | 22 | 23 | 28 |
| Fats (g) | | 6 | 7 | 9 | 10 | 11 |
| Meal 3 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Ground beef (max. 93%) | g | 86 | 100 | 114 | 128 | 143 |
| Spaghetti Squash | g | 86 | 100 | 114 | 128 | 143 |
| Veggies | g | 86 | 100 | 114 | 128 | 143 |
| Calories | | 170 | 199 | 227 | 255 | 284 |
| Protein (g) | | 18 | 21 | 24 | 27 | 30 |
| Carbs (g) | | 10 | 11 | 13 | 15 | 16 |
| Fats (g) | | 6 | 7 | 8 | 9 | 10 |
| Meal 4 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Egg (1 whole egg) | Piece | 1.0 | 1.0 | 1.0 | 1.5 | 1.5 |
| Ezekiel Muffin | Piece | 0.5 | 0.5 | 0.5 | 0.5 | 0.5 |
| Shrimp / shellfish | g | 57 | 67 | 76 | 86 | 95 |
| Calories | | 208 | 217 | 226 | 271 | 280 |
| Protein (g) | | 22 | 24 | 26 | 31 | 33 |
| Carbs (g) | | 15 | 15 | 15 | 15 | 15 |
| Fats (g) | | 6 | 6 | 6 | 9 | 9 |
| Meal 5 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Quinoa | g | 57 | 67 | 76 | 86 | 95 |
| Chicken breast | g | 86 | 100 | 114 | 128 | 143 |
| Cream cheese (low-fat) | g | 29 | 33 | 38 | 43 | 48 |
| Prosciutto | g | 31 | 37 | 42 | 47 | 52 |
| Veggies | g | 86 | 100 | 114 | 128 | 143 |
| Calories | | 250 | 291 | 333 | 374 | 416 |
| Protein (g) | | 24 | 28 | 33 | 37 | 41 |
| Carbs (g) | | 21 | 24 | 28 | 31 | 35 |
| Fats (g) | | 8 | 9 | 10 | 11 | 13 |
| Meal 6 | Measure | Serving size | Serving size | Serving size | Serving size | Serving size |
| Edemame | g | 130 | 152 | 173 | 195 | 217 |
| Calories | | 182 | 213 | 243 | 274 | 304 |
| Protein (g) | | 18 | 21 | 24 | 27 | 30 |
| Carbs (g) | | 12 | 14 | 16 | 18 | 21 |
| Fats (g) | | 7 | 8 | 9 | 10 | 11 |
| Daily totals | | | | | | |
| Calories | | 1,228 | 1,401 | 1,592 | 1,802 | 1,992 |
| Protein (g) | 38% | 116 | 134 | 152 | 172 | 190 |
| Carbs (g) | 31% | 96 | 108 | 124 | 136 | 152 |
| Fats (g) | 30% | 42 | 48 | 54 | 62 | 68 |

Healthy With Diabetes Meal Plan #3 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> |
|-----------------------------|----------------|--------------------------------------|--------------------------|--|----------------|
| Greek yogurt muesli bowl | Tuna salad | Ground beef & spaghetti squash | Egg & shrimp sandwich | Chicken wrapped in prosciutto (Parma ham) | Edamame |

Protein

- Chicken breast
- Eggs
- Ground beef (92-93% lean)
- Shrimp (cooked)
- Tuna (light, canned in water)
- Serrano or Parma ham (prosciutto)

Dairy

- Cream cheese (low-fat)
- Low-fat Greek yogurt (plain)
- _____

Other

- Coconut oil
- Cooking spray
- Ezekiel muffin
- Mustard or soy sauce
- _____
- _____
- _____
- _____

Produce

- Avocado
- Apple
- Broccoli
- Edamame
- Spaghetti squash
- Veggies (incl. peas, celery, tomato)

Dry goods

- Apple spice (or just plain cinnamon)
- Salt & pepper
- Basil leaves (fresh or dry)
- Oats
- Quinoa
- Rice cake
- Salt & Pepper
- Stevia
- _____

Nuts and seeds

- Flaxseed meal
- _____