

Healthy 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
Oats	oz.	0.7	0.8	0.9	1.1	1.2
Whey Protein	oz.	1.0	1.2	1.3	1.5	1.7
Egg whites	oz.	1.6	1.9	2.1	2.4	2.7
Calories		200	233	266	300	333
Protein (g)		31	36	41	46	52
Carbs (g)		15	18	21	23	26
Fats (g)		2	3	3	3	4
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	oz.	2.0	2.3	2.7	3.0	3.3
Low fat mozzarella	oz.	1.0	1.2	1.3	1.5	1.7
Ezekiel Muffin	Piece	0.5	0.5	0.5	0.5	0.5
Calories		217	240	263	286	308
Protein (g)		25	28	31	35	38
Carbs (g)		16	16	16	17	17
Fats (g)		6	7	8	9	10
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Steak (sirloin, flat iron)	oz.	3.0	3.5	4.0	4.5	5.0
Sweet potato (raw)	oz.	2.0	2.3	2.7	3.0	3.3
Veggies	oz.	4.0	4.7	5.3	6.0	6.7
Avocado	oz.	2.0	2.3	2.7	3.0	3.3
Calories		264	308	352	396	440
Protein (g)		21	24	27	31	34
Carbs (g)		22	26	30	33	37
Fats (g)		11	12	14	16	18
Meal 4	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Edamame (shelled)	oz.	4.0	4.7	5.3	6.0	6.7
Calories		160	187	213	240	267
Protein (g)		16	19	21	24	27
Carbs (g)		11	13	14	16	18
Fats (g)		6	7	8	9	10
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Shrimp / shellfish	oz.	3.0	3.5	4.0	4.5	5.0
Lentils (cooked)	oz.	2.5	2.9	3.3	3.8	4.2
Low fat Greek yogurt	oz.	1.0	1.2	1.3	1.5	1.7
Olive oil	tsp	1.0	1.2	1.3	1.5	1.7
Veggies	oz.	3.0	3.5	4.0	4.5	5.0
Calories		236	275	314	353	393
Protein (g)		27	32	36	41	45
Carbs (g)		20	23	26	29	33
Fats (g)		6	7	8	9	9
Meal 6	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Low fat Greek yogurt	oz.	3.0	3.5	4.0	4.5	5.0
Strawberries	oz.	0.5	0.6	0.7	0.8	0.8
Almonds	oz.	0.5	0.6	0.7	0.8	0.8
Calories		147	172	196	221	245
Protein (g)		15	17	19	22	24
Carbs (g)		6	7	8	9	11
Fats (g)		7	9	10	11	12
Daily totals						
Calories		1,223	1,414	1,605	1,795	1,986
Protein (g)	44%	134	155	177	199	220
Carbs (g)	30%	90	103	116	128	141
Fats (g)	28%	38	44	50	57	63

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Oats	g	20	23	27	30	33
Whey Protein	g	29	33	38	43	48
Egg whites	g	46	53	61	68	76
Calories		200	233	266	300	333
Protein (g)		31	36	41	46	52
Carbs (g)		15	18	21	23	26
Fats (g)		2	3	3	3	4
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	g	57	67	76	86	95
Low fat mozzarella	g	29	33	38	43	48
Ezekiel Muffin	Piece	0.5	0.5	0.5	0.5	0.5
Calories		217	240	263	286	308
Protein (g)		25	28	31	35	38
Carbs (g)		16	16	16	17	17
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Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Steak (sirloin, flat iron)	g	86	100	114	128	143
Sweet potato (raw)	g	57	67	76	86	95
Veggies	g	114	133	152	171	190
Avocado	g	57	67	76	86	95
Calories		264	308	352	396	440
Protein (g)		21	24	27	31	34
Carbs (g)		22	26	30	33	37
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Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Shrimp / shellfish	g	86	100	114	128	143
Lentils (cooked)	g	71	83	95	107	119
Low fat Greek yogurt	g	29	33	38	43	48
Olive oil	tsp	1.0	1.2	1.3	1.5	1.7
Veggies	g	86	100	114	128	143
Calories		236	275	314	353	393
Protein (g)		27	32	36	41	45
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Almonds	g	14	17	19	21	24
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Fats (g)	28%	38	44	50	57	63

Healthy With Diabetes Meal Plan #4 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>
Cinnamon swirl protein cake	Marinated chicken & cheese sandwich	Beef fajitas and sweet potato	Edamame	Shrimp skewers over lentil salad	Greek yogurt with berries and almonds

Protein

- Chicken breast
- Eggs (whites only)
- Shrimp
- Vanilla protein powder
- Beef stir-fry strips

Dairy

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

Produce

- Avocado
- Lime and lemon juice
- Onions (Yellow, red and green)
- Parsley
- Red and yellow bell pepper
- Strawberries
- Sweet potato
- Tomato
- Coriander (also called cilantro)
- Edamame

Dry goods

- Chili powder
- Cinnamon
- Cumin
- Lentils
- Oats
- Paprika
- Salt & Pepper
- Stevia
- _____

Nuts and seeds

- Almonds
- _____

Other

- Balsamic vinegar
- Chili paste
- Cooking spray
- Ezekiel muffin
- Olive oil
- Soy sauce