

7-Day Diabetes Meal Plan Grocery List

Poultry, Meat & Seafood

- Ahi tuna steak
- Bacon
- Chicken breasts & chicken tenders
- Ground beef, 92%
- Ground turkey (93%)
- Salmon fillets
- Turkey bacon
- Turkey sausage

Refrigerator & Freezer items

- Fat-free sour cream
- Firm tofu
- Grated cheese (cheddar cheese, Swiss cheese, or mozzarella)
- Greek yogurt (0%)
- Hummus
- Low-fat cottage cheese
- Milk
- Shredded low-fat mozzarella
- Sour cream
- Unsalted butter
- Whole eggs & egg whites

Canned, Bottled & Dry goods

- Almond flour
- Avocado oil
- Black beans (can be canned)
- Chia seeds
- Dry vermouth
- Granulated erythritol
- Ground flax meal
- Light coconut milk
- Nut butter (no added salt and sugar)
- Oats
- Quinoa
- Raw cashews
- Sugar-free chocolate chips
- Sugar-free syrup (optional)
- Unsweetened almond milk
- Unsweetened shredded coconut
- Vanilla protein powder
- Whole grain mustard
- Black olives
- _____
- _____

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Produce

- Alfalfa sprouts
- Almonds
- Apple
- Avocado
- Berries
(including strawberries, blueberries)
- Broccoli
- Cauliflower (whole & riced)
- Clementines
- Collard green leaves
- Cucumber
- Edamame (shelled)
- Garden salad
- Garlic
- Green beans
- Green onion
- Kiwi
- Lemon & lime
- Mushrooms
- Parsley

Produce

- Radish
- Red & green bell pepper
- Red cabbage
- Spinach (baby or regular)
- Tomatoes
- Yellow & red onion
- Zucchini
- _____
- _____
- _____

Notes:

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Herbs & Spices

- Chicken stock & chicken bouillon cubes
- Chili (Serrano, Red & Jalapeno)
- Chili powder
- Cinnamon
- Cumin powder
- Dried basil
- Dried thyme
- Fresh coriander
- Fresh rosemary
- Fresh tarragon
- Ground nutmeg
- Onion powder
- Oregano
- Paprika
- Pink peppercorns
- Salt & Pepper
- Turmeric (optional)
- _____
- _____
- _____

Pantry Stables

Check out your pantry for these items before shopping

- Baking soda
- Balsamic vinegar
- Cocoa powder
- Coconut oil
- Cooking spray
- Dijon mustard
- Olive oil
- Red wine vinegar
- Stevia (dry & liquid)
- Vanilla extract

Notes: