

7-Day Diabetes Meal Plan

Meals	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	4 Egg Muffins	4 Egg Muffins	1.5 serving Cauliflower oatmeal + 2 eggs	1 serving Chia seed pudding	1 serving Chia seed pudding + 2 eggs	1 serving Protein Pancakes + 2 tsp. nut butter	1 serving Cottage Cheese Pancakes + 1 tsp. nut butter
Snack	5.2 oz (148 g) Greek yogurt (0%) + 1 oz. (29 g) almonds	4 oz. (114 g) apple + 1 tsp. nut butter	4 oz. (114 g) hummus <i>Tip: Enjoy with some of the daily veggies</i>	4 oz. (114 g) apple + 1 tsp. nut butter	5.2 oz (148 g) Greek yogurt (0%) + 1 oz. (29 g) almonds	1 serving Keto Peanut Butter Fat Bombs	5 oz. (143 g) shelled edamame
Lunch	1 serving Salad Niçoise	1.5 serving Quiche	1 serving Peruvian Chicken Wrap	1 serving Peruvian Chicken Wrap	1 serving salmon with lemon butter	1.5 serving Turkey Chili	1.5 serving Zucchini Lasagna
Snack	3 oz. (86 g) Shelled edamame	2 servings Cottage Cheese Parfait with Berries	5 oz. (143 g) Shelled edamame	2 Sugar free Chocolate Chip Cookie	1 Sugar free Chocolate Chip Cookie	1 Sugar free Chocolate Chip Cookie	1 serving Keto Peanut Butter Fat Bombs
Dinner	1.5 serving Quiche	1 serving Rosemary Chicken (Tuscan Style) + 1 serving Cauliflower mash	1.5 serving Mustard Baked Chicken Tenders + 3 oz. (86 g) cooked quinoa	1 serving salmon with lemon butter + 3 oz. (86 g) cooked quinoa	1.5 serving Turkey Chili	1.5 serving Zucchini Lasagna	1.5 serving Tofu scramble (Vegan)
Veggies	20 oz. (4-5 cups, 570 g) vegetables enjoyed throughout the day – estimated 80 calories & 20 g carbs						
Notes & tips	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Make enough Quiche for Tuesday lunch	Prep your Wednesday breakfast when cooking your mash	Make enough chicken wrap for Thursday lunch	Save 1 serving chia pudding for Friday	Make enough chili for Saturday lunch	Make enough lasagna for Sunday lunch	Prep veggies, quinoa, cookies, and egg muffins for next week