



# Diabetic Meal Plan Program

## A Sample Week

1400 - 1500 Calories Per Day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Steak and Egg Ensemble (420 Calories)	Korean Kimchi and Tofu Scramble (390 Calories)	Blueberry Pancakes with Fruit Bowl (390 Calories)	Kale & Mixed Peppers Frittata (370 Calories)	Breakfast Black Bean & Feta Spinach Wrap (360 Calories)
AM SNACK	Greek Yoghurt with Mixed Fruits (120 Calories)	Black Sesame Edamame Pods (100 Calories)	Cinnamon Roasted Nuts (100 Calories)	Sugar Free Oatmeal Cookies (110 Calories)	Banana and Dates Bar (110 Calories)
LUNCH	Chickpea and Spinach Curry with Quinoa (450 Calories)	Lamb & Snow peas with Lemon Ginger Sauce (440 Calories)	Beetroot Walnut Chicken Salad (430 Calories)	Herbed Baked Chicken with Mashed Broccoli and Sweet Potato (450 Calories)	Pesto Salmon with Roasted Veggies (430 Calories)
PM SNACK	Cucumber and Avocado Roll up (100 Calories)	Red Pepper Hummus with Celery Sticks (120 Calories)	Cauliflower and Hummus Bites (140 Calories)	Roasted Eggplant Dip with Carrot Sticks (120 Calories)	Pink Beetroot Bliss Soup (150 Calories)
DINNER	Miso White Grilled Fish with Pineapple Salsa (410 Calories)	Peppercorn Grilled Chicken with Quinoa (450 Calories)	Beef Lasagna with Garden Marinara (440 Calories)	Pomegranate and Tempeh Salad (450 Calories)	Chicken Marsala with Turmeric Cauliflower Rice (450 Calories)