# 7-Day Diabetic Meal Plan

**SAMPLE MENUS**

Information Provided by: 
Wendy Gregor, MA, RD, CDE  
[Patient Education Department, Sutter Medical Foundation]

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td><strong>LUNCH</strong></td>
<td><strong>DINNER</strong></td>
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<td><strong>LUNCH</strong></td>
<td><strong>DINNER</strong></td>
<td><strong>BREAKFAST</strong></td>
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<tr>
<td>1 cup oatmeal</td>
<td>Turkish sandwich on 2 slices whole wheat bread</td>
<td>3 oz grilled salmon ½ cup baked potato  Spinach salad 1 cup skim milk</td>
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<tr>
<td>1 tbsp sliced almonds</td>
<td>Raw veggies</td>
<td>Spinach salad</td>
<td></td>
<td>1 whole tomato</td>
<td></td>
<td>1 cup oatmeal</td>
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<tr>
<td>1 tbsp ground flaxseed</td>
<td>Hummus dip</td>
<td>1 cup skim milk</td>
<td></td>
<td>4 Ak-Mak crackers</td>
<td></td>
<td>1 tbsp sliced almonds</td>
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<td></td>
<td></td>
<td>1 tbsp ground flaxseed</td>
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</tbody>
</table>

**MONDAY**
- 1 cup oatmeal
- 1 tbsp sliced almonds
- 1 tbsp ground flaxseed

**TUESDAY**
- Scrambled egg beaters on whole wheat english muffin
- 1 cup bean soup
- Green salad

**WEDNESDAY**
- 1 cup oatmeal
- 1 tbsp sliced almonds
- 1 tbsp ground flaxseed
- ½ cup tuna fish salad on 1 whole tomato 6 oz light yogurt 1 fruit
- 3 oz grilled chicken breast 1 cup baked acorn squash 1 cup steamed broccoli 1 cup skim milk

**THURSDAY**
- ¾ cup whole grain cereal (or Glucerna cereal) 1 cup skim milk
- 1 cup vegetable soup
- ½ turkey sandwich on 1 whole wheat bread Raw veggies
- Spaghetti dinner 1 cup spaghetti squash ½ cup spaghetti sauce Tossed green salad

**FRIDAY**
- 1 cup oatmeal
- 1 tbsp sliced almonds
- 1 tbsp ground flaxseed
- Low-fat cottage cheese on 1 whole tomato 4 Ak-Mak crackers 1 fruit
- 2 slices thin crust veg pizza Romaine lettuce salad

**SATURDAY**
- 2 slices french toast made from whole wheat bread Sugar-free maple syrup
- Large green salad with grilled chicken breast 1 cup skim milk 1 fruit
- 3 oz pan-seared trout 1 cup stir-fried vegetables ½ cup brown rice

**SUNDAY**
- Scrambled Egg Beaters omelet with vegetables 2 slices whole wheat toast Sliced tomatoes
- Turkey sandwich on 2 slices whole wheat bread Raw veggies Hummus dip
- Chicken and bean burrito with whole wheat low-carb tortilla Salsa or pico de gallo Green salad
SAMPLE SNACKS

NO CARB
[blood sugar >140]
- Raw veggies and dip
- Tomato with low-fat cottage cheese
- 2-4 tbsp almonds
- Tomato with tuna salad
- Celery sticks with peanut butter
- Tomato with fresh low-fat mozzarella cheese, balsamic and olive oil
- Hard cooked egg

15 GRAMS CARB
[blood sugar 100-140]
- 1 cup strawberries
- 1 carton light yogurt with 2 tbsp ground flax seed
- 1 medium orange
- ½ banana
- ½ cup applesauce
- 3 cups light popcorn
- ½ cup light ice cream

30 GRAMS CARB
[blood sugar <100]
- 2 cups mixed berries and melon
- 1 carton light yogurt and 1 cup strawberries
- 1 orange and ¾ ounce pretzels
- 1 whole banana
- ½ cup applesauce and 3 squares graham cracker
- 6 cups light popcorn
- 1 cup light ice cream

GENERAL GUIDELINES

Read Nutrition Labels

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>Women: 30-45 grams per meal</th>
<th>Men: 45-60 grams per meal</th>
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</thead>
<tbody>
<tr>
<td>Fiber</td>
<td>25-35 grams per day</td>
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<tr>
<td>Fat</td>
<td>1200 cal: 33 grams fat, 9 grams saturated fat</td>
<td>1500 cal: 42 grams fat, 12 grams saturated fat</td>
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<tr>
<td>Sodium</td>
<td>1,500 mg per day (500 mg per meal)</td>
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