

## SAMPLE MEAL PLAN

Monday	
<b>Breakfast</b>	<ul style="list-style-type: none"><li>• Hard-boiled egg</li><li>• Whole grain toast</li><li>• Apple</li><li>• Low-fat milk</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Chicken sandwich on whole grain bread, with mustard and low-fat mayo</li><li>• Carrot and celery sticks</li><li>• Grapes</li><li>• Low-fat yogurt</li></ul>
<b>Snack*</b>	<ul style="list-style-type: none"><li>• Orange slices</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• Grilled salmon</li><li>• Asparagus</li><li>• Brown rice</li></ul>
Tuesday	
<b>Breakfast</b>	<ul style="list-style-type: none"><li>• Healthy shake, with blended fruit juice, frozen fruit, plain yogurt and low-fat milk</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Fresh greens with cherry tomatoes, cucumber, celery, topped with grilled salmon, low-fat dressing and a few grindings of Romano cheese</li><li>• Pita</li></ul>
<b>Snack*</b>	<ul style="list-style-type: none"><li>• Apple</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• Pork chops</li><li>• Baked potato</li><li>• Green beans</li><li>• Raspberries</li></ul>

## Wednesday

<b>Breakfast</b>	<ul style="list-style-type: none"><li>• Whole grain, high-fibre cereal, with low-fat milk</li><li>• Sliced strawberries</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Whole wheat pita, spread with hummus, and filled with lettuce and shredded carrots</li><li>• Cherry tomatoes</li><li>• Orange slices</li></ul>
<b>Snack*</b>	<ul style="list-style-type: none"><li>• Plain popcorn</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• Whole grain pasta with tomato sauce and grilled shrimp</li><li>• Sautéed onions, mushrooms and zucchini</li></ul>

## Thursday

<b>Breakfast</b>	<ul style="list-style-type: none"><li>• Scrambled eggs in a whole wheat tortilla with shredded cheese, green peppers</li><li>• Low-fat milk</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Low-fat cheese, with low-salt crackers</li><li>• Cherry tomatoes and cucumber slices</li><li>• Plums</li></ul>
<b>Snack*</b>	<ul style="list-style-type: none"><li>• Banana</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• Beef stew with veggies and steamed potatoes</li></ul>

## Friday

<b>Breakfast</b>	<ul style="list-style-type: none"><li>• Whole grain toast topped with peanut butter</li><li>• Banana</li><li>• Low-fat milk</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Cauliflower or broccoli soup</li><li>• Whole wheat bagel and a slice of low-fat cheese</li></ul>

	<ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Low-fat yogurt</li> </ul>
<b>Snack*</b>	<ul style="list-style-type: none"> <li>• Grapes</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Black beans and kidney beans mixed with corn, chopped tomatoes, onions and peppers</li> <li>• Whole grain pasta</li> </ul>
<b>Saturday</b>	
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Oatmeal with low-fat milk, topped with cinnamon and raisins</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Turkey sandwich on rye, with low-fat mayo and mustard</li> <li>• Zucchini sticks and cherry tomatoes</li> <li>• Grapes</li> <li>• Low-fat milk</li> </ul>
<b>Snack*</b>	<ul style="list-style-type: none"> <li>• Almonds</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Baked haddock</li> <li>• Couscous</li> <li>• Broccoli</li> </ul>
<b>Sunday</b>	
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Omelette filled with low-fat cheese and veggies</li> <li>• English muffin</li> <li>• Low-fat milk</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Vegetarian chili</li> <li>• Whole wheat roll</li> <li>• Carrot and celery sticks</li> </ul>
<b>Snack*</b>	<ul style="list-style-type: none"> <li>• Popsicle (made from fruit juice or yogurt)</li> </ul>

### Dinner

- Roast chicken
- Roasted carrots and parsnips
- Baked potato

\* Ask your dietitian or healthcare team if a snack is an appropriate addition to your meal plan.

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