

Prediabetes Menu Plan

MONDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Whole grain toast (2 slices)	22	4	8
	Avocado (1/2 small) and egg (2 large)	2	7	14
	1 cup strawberries	9	3.5	
	1 cup milk (1%-2%)/unsweetened soymilk	12		8
Lunch	2 cups barley & lentil salad with kale, apples, almonds, & feta	32	10	12
	3oz grilled shrimp			17
Dinner	3oz Asian pork tenderloin			19
	1 corn on the cob	21	3	
	1/2 cup peas and 1/2 cup carrots	12	8	5
	1 cup cantaloupe	13	1	
Snack	4-6 whole grain crackers	17	4	3
	1 oz cheddar cheese			7
TOTAL		140	40.5	93

TUESDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Overnight oats (1/3 cup oats) with 1 tbsp chia seeds, 1 tbsp ground flax seeds	18	9	20
	1/2 cup stewed apples, 1/4 cup toasted walnuts	24	5.5	4
	1/2 cup 2% Greek yogurt	4	1	12
Lunch	Tofu vegetable stir-fry (broccoli, carrots, snap peas, bok choy)	24	6	19
	3/4 cup cooked brown rice	32	2	2.5
Dinner	Baked pesto tilapia (onions, tomatoes, parmesan)			20
	Roasted Vegetable Quinoa (zucchini, eggplant, tomatoes, basil, mint, feta cheese)	15	7	5
Snack	1/3 cup mixed nuts with dried fruit	11	3	11
TOTAL		128	33.5	93.5

NOTE: Nutritional values are estimates only. Please review your food labels where available.

WEDNESDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Quinoa blueberry breakfast bars	23	4	6
	1 tbsp natural peanut butter	2	1.5	4
	1 small pear	21	5.5	
Lunch	Tuna (light – Skipjack, ½ can) salad sandwiches (dill pickles, celery, Greek yogurt, mayonnaise)	2	1	19
	Whole grain bread (2 slices) Tomatoes, greens (lettuce/spinach)	22	4	8
	½ small avocado	2	7	
	1 cup cherries	12	2	
Dinner	Lentil Shepherd’s Pie (celery, mushroom, red lentils, canned tomatoes) with mashed sweet potatoes	43	10	15
	Mixed green salad (tomatoes, carrot, onion, sunflower seeds + lemon vinaigrette)	5	2	
Snack	½ cup roasted shelled edamame	5	6	12
TOTAL		137	43	64

THURSDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Breakfast quesadilla (whole grain tortilla, eggs, white beans, spinach and cheese)	17	6.5	20
	10inch whole grain tortilla	23	3	
	1 cup honeydew melon	10	1	6
Lunch	2 cups spaghetti squash	16	5	2
	3oz turkey meatball marinara sauce (onion, garlic, parsley)	16	3	21
Dinner	Thai Coconut Soup (cauliflower, mushrooms, onion)	20	5	6
	½ cup roasted chickpeas	11	4	5
	1 slice whole grain bread	11	2	4
	1 oz cheese			7
Snack	½ cup 2% cottage cheese	5		12.5
	1 cup orange slices	14	3	1
TOTAL		143	32.5	88.5

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FRIDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Banana oatmeal blender pancakes (3 each)	45	7.5	12
Lunch	Baked falafel patties (2)	26	9	9.5
	Tabbouleh (parsley, cucumber, tomato, green onion, bulgur)	11	3.5	3
	Hummus	2	2	2.5
Dinner	3oz extra lean beef kebab	6	3	21
	¼ cup tzatziki			4
	¾ cup bulgur pilaf	18	6	4
	Spinach salad (cucumber, apple, oranges, almonds) and balsamic vinaigrette	17	2	6
Snack	½ cup cucumbers	2	0.5	
	2 tbsp jalapeno Greek yogurt dip	4		2
	1 cup milk (1%-2%)/unsweetened soymilk	12		8
TOTAL		143	33.5	72

SATURDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Yogurt parfait (¾ cup Greek yogurt, ½ mango, homemade granola, 1 tbsp chia seeds)	45	8	16
Lunch	Alfredo broccoli shrimp pasta (1 cup cooked whole grain pasta)	35	5	8
	½ cup Greek yogurt Alfredo sauce			8
	1 cup broccoli	7	4	4
	3oz shrimp	8		17
Dinner	Tofu cabbage tacos (150g crumbled tofu, cabbage, carrot, bell pepper + taco spice)	11	4	15
	Salsa (avocado, tomato, onion, garlic, jalapeno)	8	9	
	Corn tortilla (3- 5" tortillas)	15	3	
Snack	Chia seed pudding (½ cup milk/soymilk and 1 tbsp nuts, 2 tbsp. chia)	13	8	12
TOTAL		142	41	80

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SUNDAY		NET CARBS (g)	FIBRE (g)	PROTEIN (g)
Breakfast	Savoury steel-cut oatmeal (1/4 cup oats) with flaxseed (1 tbsp)	13	8	14
	1 cup milk (1%-2%)/unsweetened soymilk	12		4
	Sauteed kale and mushroom			
	1 large egg			6
Lunch	Open-faced smashed chickpea sandwich (3/4 cup chickpeas, onions, mayo, Greek yogurt)	45	14	16
	1 slice whole grain bread	11	2	4
Dinner	3oz roast chicken		14	21
	2 cups roasted carrots, Brussel sprouts, fennel	17	4	
	1 medium roasted potato	33		4.5
Snack	1 cup mixed berries (fresh/frozen)	10	5	1
	½ cup plain 0-2% Greek yogurt	4	1	12
	¼ cup dry roasted almonds	2	2	
TOTAL		147	49	82.5

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