

Prediabetes Menu Plan

DIABETES
CARE COMMUNITY

This meal plan is designed to keep you feeling satisfied and energized, with three delicious meals each day plus 1–2 snacks. The daily total comes to around 1,800 calories (meals provide about 1,500 calories, snacks make up the rest).

It's also flexible! If there's a snack or recipe you're not loving, simply swap it for another option you enjoy. Everyone's calorie needs are different, so feel free to add extra snacks or adjust portion sizes to suit you.

Day 1 – Monday

Meal	Menu
Breakfast	● Poached Egg and Avocado Toast ● 1 cup blueberries Calories 435 ; carbs 51g; fibre 11g; fat 18g; protein 20g
Lunch	● Marinated Tuna Poke Bowl with Quinoa ● 1 small apple Calories 649 ; carbs 51g; fibre 12g; fat 33g; protein 36g
Dinner	● 1 pork chop — Marinated Grilled Pork Chops ● 1 cup - Peach, corn and tomato salad ● 1 cup cooked wild rice Calories 429 ; carbs 56g; fibre 6g; fat 22g; protein 37g

3-Meal Total:

Calories 1513; carbs 158g; fibre 29g; fat 73g; protein 93g

Snacks	● Snack 1 — Baked Yogurt with Berries (1 square): 199 kcal; 25g carbs; 1g fibre; 4g fat; 15g protein ● Snack 2 — Chia pudding (1 cup): 141 kcal; 17g carbs; 6g fibre; 8g fat; 3g protein
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Daily Total:

Calories 1853; carbs 200g; fibre 36g; fat 85g; protein 111g

Day 2 – Tuesday

Meal	Menu
Breakfast	● Easy Overnight Oats with Chia Seed ● 1 medium banana ● 1 tbsp peanut butter Calories 554 ; carbs 66g; fibre 12g; fat 24g; protein 29g
Lunch	● Tofu stir fry and soba noodles ● ½ avocado Calories 525 ; carbs 38g; fibre 10g; fat 37g; protein 18g
Dinner	● Baked pesto tilapia (1 filet) ● Roasted whole carrots with tahini drizzle (1 serving) ● ½ cup cooked quinoa rice Calories 430 ; carbs 40g; fibre 7g; fat 23g; protein 19g

3-Meal Total:

Calories 1509; carbs 144g; fibre 29g; fat 84g; protein 66g

Snacks	● Snack 1 — No-bake cottage cheese cookie dough (½ cup): 217 kcal; 19g carbs; 2g fibre; 12g fat; 10g protein ● Snack 2 — Roasted chickpeas (¼ cup): 135 kcal; 20g carbs; 4g fibre; 4g fat; 6g protein
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Daily Total:

Calories 1861; carbs 183g; fibre 35g; fat 100g; protein 82g

Find more recipes at us at my.diabetescarecommunity.ca

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Day 3 – Wednesday

Meal	Menu
Breakfast	• Baked apple flax squares (1 square) • 1 cup 2% milk Calories 534 ; carbs 49g; fibre 10g; fat 30g; protein 21g
Lunch	• Tuna salad (1 serving) • 2 slices whole grain toast Calories 559 ; carbs 53g; fibre 13g; fat 23g; protein 38g
Dinner	• Lentil shepherd's pie (1½ cups) • Green goddess salad with cabbage (2 cups) Calories 467 ; carbs 60g; fibre 17g; fat 22g; protein 14g
3-Meal Total: Calories 1560 ; carbs 162g; fibre 40g; fat 75g; protein 73g	
Snacks	• Snack 1 — No-bake chocolate oat square (1): 244 kcal; 23g carbs; 4g fibre; 15g fat; 6g protein
Daily Total: Calories 1804 ; carbs 185g; fibre 44g; fat 90g; protein 79g	

Day 4 – Thursday

Meal	Menu
Breakfast	• Tex Mex scrambled breakfast tacos (2) • 1 cup honeydew melon Calories 548 ; carbs 52g; fibre 11g; fat 30g; protein 22g
Lunch	• ¼ roasted spaghetti squash & sauce • 1 large apple Calories 487 ; carbs 54g; fibre 12g; fat 20g; protein 25g
Dinner	• Thai coconut curry (1½ cups) • Riced cauliflower with quinoa and pomegranate (¾ cup) Calories 488 ; carbs 62g; fibre 27g; fat 17g; protein 24g
3-Meal Total: Calories 1523 ; carbs 168g; fibre 50g; fat 67g; protein 71g	
Snacks	• Snack 1 — Baked chickpea blondie: 130 kcal; 16g carbs; 3g fibre; 6g fat; 4g protein • Snack 2 — No-bake chocolate avocado mousse (½ cup): 211 kcal; 19g carbs; 11g fibre; 17g fat; 4g protein
Daily Total: Calories 1864 ; carbs 203g; fibre 64g; fat 90g; protein 79g	

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Day 5 – Friday

Meal	Menu
Breakfast	• Blender oatmeal yogurt pancakes (2) • ½ cup blueberries • 1 cup 2% milk Calories 524 ; carbs 65g; fibre 9g; fat 16g; protein 32g
Lunch	• Baked falafel patties (3) • Cauliflower rice tabbouleh (1¾ cups) Calories 434 ; carbs 54g; fibre 15g; fat 20g; protein 16g
Dinner	• Harissa chicken with veggies (2 skewers) • Tzatziki (¼ cup) • 1 cup cooked quinoa Calories 545 ; carbs 56g; fibre 9g; fat 16g; protein 47g
3-Meal Total: Calories 1530 ; carbs 175g; fibre 33g; fat 52g; protein 95g	
Snacks	• Snack 1 — No-bake cottage cheese cookie dough (½ cup): 217 kcal; 19g carbs; 2g fibre; 12g fat; 10g protein • Snack 2 — Baked chickpea blondie: 130 kcal; 16g carbs; 3g fibre; 6g fat; 4g protein
Daily Total: Calories 1877 ; carbs 210g; fibre 38g; fat 70g; protein 109g	

Day 6 – Saturday

Meal	Menu
Breakfast	• Apple pie chia yogurt parfait with 2 tbsp peanut butter • 2 large boiled eggs Calories 518 ; carbs 43g; fibre 9g; fat 28g; protein 31g
Lunch	• Jerk shrimp bowl with pineapple salsa (1) • 1 cup cooked broccoli Calories 482 ; carbs 53g; fibre 15g; fat 20g; protein 29g
Dinner	• Marinated tofu cabbage tacos (3) • Pico de gallo (1 cup) Calories 519 ; carbs 63g; fibre 10g; fat 24g; protein 20g
3-Meal Total: Calories 1519 ; carbs 159g; fibre 34g; fat 72g; protein 80g	
Snacks	• Snack 1 — ½ cup blueberries + ½ cup 2% cottage cheese: 135 kcal; 15g carbs; 2g fibre; 3g fat; 11g protein • Snack 2 — Baked sweet potato muffin with flax seed (1): 150 kcal; 24g carbs; 5g fibre; 6g fat; 4g protein
Daily Total: Calories 1804 ; carbs 198g; fibre 41g; fat 81g; protein 95g	

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Day 7 – Sunday

Meal	Menu
Breakfast	● Oatmeal with apple and walnuts (1 serving) with 2 tbsp peanut butter Calories 516 ; carbs 50g; fibre 11g; fat 32g; protein 17g
Lunch	● Mashed chickpea egg and avocado toast (2 slices) ● 1 cup strawberries Calories 506 ; carbs 59g; fibre 17g; fat 24g; protein 20g
Dinner	● Baked oatmeal crusted chicken tenders (2) ● Kale & Brussels sprouts salad (1 cup) ● 1 medium baked potato (skin on) Calories 498 ; carbs 54g; fibre 9g; fat 22g; protein 25g
3-Meal Total: Calories 1520; carbs 163g; fibre 37g; fat 78g; protein 62g	
Snacks	● Snack 1 — Baked sweet potato muffin with flax seed (1): 150 kcal; 24g carbs; 5g fibre; 6g fat; 4g protein ● Snack 2 — Chia pudding (1 cup): 141 kcal; 17g carbs; 6g fibre; 8g fat; 3g protein
Daily Total: Calories 1811; carbs 204g; fibre 48g; fat 92g; protein 69g	