

# DIABETES MEAL

	breakfast	lunch	dinner	snack
m	scrambled egg on whole wheat english muffin	turkey sandwich with raw vegetables	chicken meatballs with greek salad	raw veggies and dip
t	steel-cut rolled oats with sliced almonds	vegetable soup with green salad	roast chicken and sweet potatoes	almonds and apple slices
w	whole grain cereal with skim milk	veggie stir-fry with brown rice	salmon steaks with barley and vegetables	hard cooked egg and cherry tomatoes
t	french toast with sugar-free maple syrup	alfredo pasta with chicken and broccoli	turkey burger with salad and berries	strawberries and light yogurt
f	omelet with vegetables and whole wheat toast	chicken hummus wrap	spaghetti or with brussels sprouts and mushrooms	light yogurt and low-fat cheese wedges
s	whole grain toast with eggs and vegetables	chicken, turkey, or tuna salad	mixed bean chilli	berries and melon
s	whole grain pancakes with sugar-free syrup	burrito bowl with beans, rice, and lean protein	thin crust pizza with salad	popcorn, whole wheat crackers