

Diabetes Diet Chart

Name:

Date:

Age:

Gender:

Contact Information:

Monday

	Time	Meal
<input type="checkbox"/>	Breakfast	One poached egg and half a small avocado spread on one slice of Ezekiel bread, one orange. Total carbs: 39.
<input type="checkbox"/>	Lunch	Mexican bowl: Two-thirds of a cup low sodium canned pinto beans, 1 cup chopped spinach, a quarter cup chopped tomatoes, a quarter cup bell peppers, 1 ounce (oz) cheese, 1 tablespoon (tbsp) salsa. Total carbs: 30.
<input type="checkbox"/>	Snack	Twenty 1-gram baby carrots with 2 tbsp hummus. Total carbs: 21.
<input type="checkbox"/>	Dinner	1 cup cooked lentil penne pasta, 2 oz ground lean turkey , 1.5 cups veggie tomato sauce with garlic, mushrooms, greens, zucchini, and eggplant. Total carbs: 35.

Total carbs for the day: 125.

Comments:

Tuesday

	Time	Meal
<input type="checkbox"/>	Breakfast	Three-quarter cup of blueberries, 1 cup cooked oatmeal, 1 oz almonds, 1 teaspoon (tsp) chia seeds. Total carbs: 34.
<input type="checkbox"/>	Lunch	Salad: Half a cup chickpeas, 2 cups fresh spinach, 2 oz grilled chicken breast, half a small avocado, half a cup sliced strawberries, one-quarter cup shredded carrots, 2 tbsp dressing. Total carbs: 52.
<input type="checkbox"/>	Snack	One small peach diced into one-third cup of 2% cottage cheese. Total carbs: 16.
<input type="checkbox"/>	Dinner	Mediterranean couscous: Two-thirds of a cup whole wheat cooked couscous, half a cup sautéed eggplant, four sundried tomatoes, five chopped jumbo olives, half a diced cucumber, 1 tbsp balsamic vinegar, fresh basil. Total carbs: 38.

Total carbs for the day: 140.

Comments:

Wednesday

	Time	Meal
<input type="checkbox"/>	Breakfast	Three-quarter cup blueberries, two-egg veggie omelet with spinach, mushrooms, bell pepper, avocado, and a half cup of black beans. Total carbs: 34.
<input type="checkbox"/>	Lunch	Sandwich: Two regular slices of 100% whole wheat bread, 1 tbsp plain, nonfat Greek yogurt, 1 tbsp mustard, 2 oz canned tuna in water mixed with a quarter cup shredded carrots, 1 tbsp dill relish, 1 cup sliced tomato, half a medium apple. Total carbs: 40.
<input type="checkbox"/>	Snack	1 cup unsweetened kefir. Total carbs: 12.
<input type="checkbox"/>	Dinner	Half a cup succotash, 1 tsp butter, 2 oz pork tenderloin, 1 cup cooked asparagus, half a cup fresh pineapple. Total carbs: 34.

Total carbs for the day: 120.

Comments:

Thursday

	Time	Meal
<input type="checkbox"/>	Breakfast	Sweet potato toast: Two slices of toasted sweet potato topped with 1 oz goat cheese, spinach, 1 tsp sprinkled flaxseed. Total carbs: 44.
<input type="checkbox"/>	Lunch	2 oz roast chicken, 1 cup raw cauliflower, 1 tbsp low fat French dressing, 1 cup fresh strawberries. Total carbs: 23.
<input type="checkbox"/>	Snack	1 cup low fat plain Greek yogurt mixed with half a small banana. Total carbs: 15.
<input type="checkbox"/>	Dinner	Two-thirds cup of quinoa, 8 oz silken tofu, 1 cup cooked bok choy, 1 cup steamed broccoli, 2 tsp olive oil, one kiwi. Total carbs: 44.

Total carbs for the day: 126.

Comments:

Friday

	Time	Meal
<input type="checkbox"/>	Breakfast	One-third cup of Grape-Nuts or similar high fiber cereal, half a cup blueberries, 1 cup unsweetened almond milk. Total carbs: 41.
<input type="checkbox"/>	Lunch	Salad: One-quarter cup tomatoes, 2 cups spinach, 1 oz cheddar cheese, one boiled chopped egg, 2 tbsp yogurt dressing, one-quarter cup grapes, 1 tsp pumpkin seeds, 2 oz roasted chickpeas. Total carbs: 47.
<input type="checkbox"/>	Snack	1 cup celery with 1 tbsp peanut butter. Total carbs: 6.

<input type="checkbox"/>	Dinner	2 oz salmon filet, a medium baked potato, 1 tsp butter, 1.5 cups steamed asparagus. Total carbs: 39.
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Total carbs for the day: 133.

Comments:

Saturday

	Time	Meal
<input type="checkbox"/>	Breakfast	A cup of low fat plain Greek yogurt sweetened with half a mashed banana, 1 cup strawberries, 1 tbsp chia seeds. Total carbs: 32.
<input type="checkbox"/>	Lunch	Tacos: Two corn tortillas, one-third cup cooked black beans, 1 oz low fat cheese, 2 tbsp avocado, 1 cup coleslaw, salsa as dressing. Total carbs: 70.
<input type="checkbox"/>	Snack	One cherry tomato and 10 baby carrots with 2 tbsp hummus. Total carbs: 14.
<input type="checkbox"/>	Dinner	Half a medium baked potato with skin, 2 oz broiled beef, 1 tsp butter, 1.5 cups steamed broccoli with 1 tsp nutritional yeast sprinkled on top, three-quarter cup whole strawberries. Total carbs: 41.

Total carbs for the day: 157.

Comments:

Saturday

	Time	Meal
<input type="checkbox"/>	Breakfast	Chocolate peanut oatmeal: 1 cup cooked oatmeal, 1 scoop chocolate vegan or whey protein powder, 1 tbsp peanut butter, 1 tbsp chia seeds. Total carbs: 21.

<input type="checkbox"/>	Lunch	One small whole wheat pita pocket, half a cup cucumber, half a cup tomatoes, half a cup lentils, half a cup leafy greens, 2 tbsp salad dressing. Total carbs: 30.
<input type="checkbox"/>	Snack	One small grapefruit, 1 oz almonds. Total carbs: 26.
<input type="checkbox"/>	Dinner	Half a cup cooked beets, 2 oz boiled shrimp, 1 cup green peas, 1 tsp butter, 1 cup sautéed Swiss chard, 1 tsp balsamic vinegar. Total carbs: 39.

Total carbs for the day: 116.

Comments: