

# Your Weekly Vegan Diabetes Meal Plan

Your full name:

Age:

Your current weight:

Your height:

Medical History:

Goals of this diet plan:

## MONDAY MEAL PLAN

<b>Breakfast:</b>	
<b>Mid-morning Snack:</b>	
<b>Lunch:</b>	
<b>Afternoon Snack:</b>	
<b>Dinner:</b>	
<b>Recommended Exercise:</b>	

**TUESDAY MEAL PLAN**

<b>Breakfast:</b>	
<b>Mid-morning Snack:</b>	
<b>Lunch:</b>	
<b>Afternoon Snack:</b>	
<b>Dinner:</b>	
<b>Recommended Exercise:</b>	

**WEDNESDAY MEAL PLAN**

<b>Breakfast:</b>	
<b>Mid-morning Snack:</b>	
<b>Lunch:</b>	
<b>Afternoon Snack:</b>	
<b>Dinner:</b>	
<b>Recommended Exercise:</b>	

**THURSDAY MEAL PLAN**

<b>Breakfast:</b>	
<b>Mid-morning Snack:</b>	
<b>Lunch:</b>	
<b>Afternoon Snack:</b>	
<b>Dinner:</b>	
<b>Recommended Exercise:</b>	

**FRIDAY MEAL PLAN**

<b>Breakfast:</b>	
<b>Mid-morning Snack:</b>	
<b>Lunch:</b>	
<b>Afternoon Snack:</b>	
<b>Dinner:</b>	
<b>Recommended Exercise:</b>	

**SATURDAY MEAL PLAN**

<b>Breakfast:</b>	
<b>Mid-morning Snack:</b>	
<b>Lunch:</b>	
<b>Afternoon Snack:</b>	
<b>Dinner:</b>	
<b>Recommended Exercise:</b>	

**SUNDAY MEAL PLAN**

<b>Breakfast:</b>	
<b>Mid-morning Snack:</b>	
<b>Lunch:</b>	
<b>Afternoon Snack:</b>	
<b>Dinner:</b>	
<b>Recommended Exercise:</b>	

**NOTES**