

Vegan Diabetes Meal Plan

Patient information	
Name:	Age:
Weight:	Height:
Diagnosis:	
Healthcare provider	
Name:	
License number:	
Contact details:	
Signature:	
Goals	
Primary goal:	
Secondary goal(s) if any:	

Meal plan					
Day	Breakfast	Lunch	Dinner	Snack	Notes
1					
2					
3					
4					
5					
6					
7					

Sample vegan diabetes meal plan

Below is a sample Vegan Diet Meal Plan you can reference when creating your plan for your client. Note that this is just a general guide and may need modification based on individual needs and preferences.

Day	Breakfast	Lunch	Dinner	Snack	Notes
1	Oatmeal with berries and chia seeds	Quinoa salad with chickpeas and spinach	Stir-fried tofu with broccoli and brown rice	Carrot sticks with hummus	Monitor blood sugar before meals
2	Smoothie with spinach and banana	Lentil soup with whole grain bread	Vegan chili with kidney beans	Apple slices with almond butter	Ensure adequate hydration
3	Whole grain toast with avocado	Brown rice bowl with black beans and corn	Baked eggplant with marinara sauce	Mixed nuts (unsalted)	Adjust portion sizes as needed
4	Chia pudding made with almond milk	Vegetable stir-fry with tofu	Quinoa stuffed peppers	Quinoa stuffed peppers	Include daily exercise
5	Overnight oats with flaxseeds	Spinach salad with walnuts and balsamic	Zucchini noodles with marinara	Celery sticks with peanut butter	Track food intake
6	Fruit salad with nuts	Chickpea salad sandwich on whole grain bread	Cauliflower curry with brown rice	Dark chocolate square (70% cocoa)	Review progress weekly
7	Smoothie bowl topped with seeds	Roasted vegetable wrap in a whole grain tortilla	Stuffed sweet potatoes	Cucumber slices with tahini dip	Prepare meals in advance for convenience

Other information related to the diet

Additional notes