

# Diabetes Meal Plan

by Constance Brown-Riggs



Meal planning can be the most challenging aspect of diabetes self-management. Each day, you make critical choices that will impact your blood glucose levels and your health. Fortunately, diabetes can be more manageable when following a meal plan, and this week-long sample menu is a great place to start. Keep in mind that depending on your individual diabetes management goals, you may need to adjust the portions or types of food in the menu. – *Constance Brown-Riggs*

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Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>1 cup cooked oatmeal</b> 297 Cals, 11g Prot, 55g Carb, 8g Fiber, 6g Fat, 1g SatFat, 0g Trans, 0mg Chol, 2mg Sod</p> <p><b>1 piece seedless rye bread</b> 80 Cals, 3g Prot, 15g Carb, 1g Fiber, 1g Fat, 1g SatFat, 0g Trans, 0mg Chol, 210mg Sod</p> <p><b>1 banana, 7" to 8" long</b> 105 Cals, 1g Prot, 27g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 1mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 3mg Chol, 130mg Sod</p> <p><b>1 tsp margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g Trans, 0mg Chol, 35mg Sod</p> <p><b>1 cup coffee</b> 2 Cals, 0g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 5mg Sod</p>	<p><b>1 fresh nectarine</b> 60 Cals, 1g Prot, 15g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g Trans, 0mg Chol, 0mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cals, 5g Prot, 7g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 2mg Chol, 65mg Sod</p>	<p><b>2 slices whole wheat bread</b> Each: 138 Cals, 7g Prot, 23g Carb, 4g Fiber, 2g Fat, 0g SatFat, 0g Trans, 0mg Chol, 218mg Sod</p> <p><b>2 slices 5% fat ham</b> 61 Cals, 11g Prot, 0g Carb, 0g Fiber, 1g Fat, 0g SatFat, 0g Trans, 26mg Chol, 601mg Sod</p> <p><b>2 leaves iceberg lettuce</b> Each: 4 Cals, 0g Prot, 1g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 3mg Sod</p> <p><b>1 cup baby carrots</b> 53 Cals, 1g Prot, 12g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 60mg Sod</p> <p><b>1 small apple (2 3/4" diameter)</b> 77 Cals, 0g Prot, 21g Carb, 4g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 1mg Sod</p> <p><b>1 tsp mayonnaise salad dressing</b> 12 Cals, 0g Prot, 1g Carb, 0g Fiber, 1g Fat, 0g SatFat, 0g Trans, 1mg Chol, 25mg Sod</p>	<p><b>3oz baked potato</b> 79 Cals, 2g Prot, 18g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 9mg Sod</p> <p><b>1 oz. wheat dinner roll</b> 77 Cals, 2g Prot, 13g Carb, 1g Fiber, 2g Fat, 0g SatFat, 0g Trans, 0mg Chol, 96mg Sod</p> <p><b>3 oz broiled skinless chicken breast</b> 94 Cals, 20g Prot, 0g Carb, 0g Fiber, 1g Fat, 0g SatFat, 0g Trans, 49mg Chol, 55mg Sod</p> <p><b>1 cup chopped frozen broccoli</b> 30 Cals, 1g Prot, 4g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 20mg Sod</p> <p><b>1 tbsp fat-free sour cream</b> 15 Cals, 1g Prot, 2g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 1mg Chol, 12mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g Trans, 0mg Chol, 35mg Sod</p>	<p><b>1/2 cup nonfat milk</b> 45 Cals, 5g Prot, 7g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 2mg Chol, 65mg Sod</p> <p><b>6 fat-free, low-sodium saltine crackers, saltines</b> Each: 71 Cals, 2g Prot, 15g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 114mg Sod</p> <p><b>1 tbsp sugar-free concord grape jam</b> 10 Cals, 0g Prot, 5g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g Trans, 0mg Chol, 0mg Sod</p>
<b>Breakfast Total</b>	<b>Morning Snack Total</b>	<b>Lunch Total</b>	<b>Dinner Total</b>	<b>Evening Snack Total</b>
<p>Calories 608</p> <p>Protein 25g</p> <p>Carbohydrates 110g</p> <p>Fiber 12g</p> <p>Total Fat 11g Saturated fat 2g Trans Fat 1g</p> <p>Cholesterol 3mg</p> <p>Sodium 383mg</p>	<p>Calories 105</p> <p>Protein 6g</p> <p>Carbohydrates 22g</p> <p>Fiber 2g</p> <p>Fat 1g</p> <p>SatFat 0g TransFat 0g</p> <p>Cholesterol 2mg</p> <p>Sodium 65mg</p>	<p>Calories 345</p> <p>Protein 20g</p> <p>Carbohydrates 57g</p> <p>Fiber 10g</p> <p>Fat 5g</p> <p>SatFat 1g TransFat 0g</p> <p>Cholesterol 27mg</p> <p>Sodium 909mg</p>	<p>Calories 328</p> <p>Protein 37g</p> <p>Carbohydrates 37g</p> <p>Fiber 5g</p> <p>Fat 7g</p> <p>SatFat 2g TransFat 1g</p> <p>Cholesterol 51mg</p> <p>Sodium 227mg</p>	<p>Calories 126</p> <p>Protein 6g</p> <p>Carbohydrates 26g</p> <p>Fiber 0g</p> <p>Fat 0g</p> <p>SatFat 0g TransFat 0g</p> <p>Cholesterol 2mg</p> <p>Sodium 179mg</p>

## Day 1 Total

**Calories 1,511**

**Protein 82g**

**Carbs 252g**

**Fiber 29g**

**Fat 23g**

5g SatFat

1g Trans

**Cholesterol 83mg**

**Sodium 1,763mg**

## Tasty Tips

*Eat a lot of fruits and vegetables.*

*Select fruits and vegetables that are a broad range of colors to maximize the variety of nutrients.*

*Emphasize non-starchy vegetables such as dark, leafy greens and broccoli.*

Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>2 oz whole grain bagel</b> 113 Cals, 4 g Prot, 25 g Carb, 4g Fiber, 1 g Fat, 0 g SatFat, 0g Trans, 0mg Chol, 133mg Sod</p> <p><b>1 cup 2% fat small-curd cottage cheese</b> 45 Cals, 6 g Prot, 3 g Carb, 0g Fiber, 1g Fat, 1g SatFat, 0g Trans, 8mg Chol, 200mg Sod</p> <p><b>1 fresh med. Grapefruit</b> 60 Cals, 1g Prot, 15g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cals, 5g Prot, 7g Carb, 0g Fiber, 0 g Fat, 0 g SatFat, 0g Trans, 2 mg Chol, 65 mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0 g Prot, 0 g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g Trans, 0 mg Chol, 35 mg Sod</p> <p><b>1 cup coffee, brewed w/tap water</b> 2 Cals, 0 g Prot, 0 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 5 mg Sod</p>	<p><b>1 cup fresh halved strawberries</b> 61 Cals, 1 g Prot, 15 g Carb, 4 g Fiber, 1 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 2 mg Sod</p> <p><b>2 plain rice cakes</b> Each: 70 Cals, 2 g Prot, 15 g Carb, 1 g Fiber, 1 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 28 mg Sod</p>	<p><b>2 slices multigrain bread</b> 180 Cals, 8 g Prot, 30 g Carb, 6 g Fiber, 4 g Fat, 0 g SatFat, 0g Trans, 0 mg Chol, 300 mg Sod</p> <p><b>2 oz skinless turkey breast</b> 68 Cals, 14 g Prot, 1 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0g Trans, 40 mg Chol, 339 mg Sod</p> <p><b>3 cups salad of field greens</b> 30 Cal, 2g Prot, 8g Carb, 4g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 60 mg Sod</p> <p><b>2 tbsp fat-free Italian dressing</b> 20 Cals, 0 g Prot, 4 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0g Trans, 1 mg Chol, 430 mg Sod</p> <p><b>1 medium fresh pear</b> 103 Cals, 1 g Prot, 28 g Carb, 6 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 2 mg Sod</p> <p><b>1 tbsp low cal mayonnaise</b> 38 Cal, 0g Prot, 3g Carb, 0g Fiber, 3 g Fat, 0 g SatFat, 0g TransFat, 4 mg Chol, 100 mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cal, 5g Prot, 7g Carb, 0g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 2 mg Chol, 65 mg Sod</p>	<p><b>3 oz 90% lean ground Beef</b> 220 Cals, 22 g Prot, 0 g Carb, 0 g Fiber, 14 g Fat, 5 g SatFat, 0g TransFat, 76 mg Chol, 81 mg Sod</p> <p><b>1 cup whole wheat pasta (cooked)</b> 174 Cals, 7 g Prot, 37 g Carb, 6 g Fiber, 1 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 4 mg Sod</p> <p><b>1/2 cup unsalted tomato sauce</b> 51 Cals, 2 g Prot, 11 g Carb, 2 g Fiber, 0 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 13 mg Sod</p> <p><b>4 walnut halves</b> Each: 52 Cals, 1 g Prot, 1 g Carb, 1 g Fiber, 5 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 0 mg Sod</p>	<p><b>8 animal crackers</b> 89 Cals, 1 g Prot, 15 g Carb, 0 g Fiber, 3 g Fat, 1 g SatFat, 0g TransFat, 0 mg Chol, 79 mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9 g Prot, 13 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 3 mg Chol, 130 mg Sod</p>
<b>Breakfast Total</b>	<b>Morning Snack Total</b>	<b>Lunch Total</b>	<b>Dinner Total</b>	<b>Evening Snack Total</b>
<p>Calories 299</p> <p>Protein 16g</p> <p>Carbohydrates 49g</p> <p>Fiber 6g</p> <p>Fat 6g SatFat 1g</p> <p>TransFat 1g</p> <p>Cholesterol 9mg</p> <p>Sodium 438mg</p>	<p>Calories 131</p> <p>Protein 3g</p> <p>Carbohydrates 30g</p> <p>Fiber 4g</p> <p>Fat 1g SatFat 0g</p> <p>TransFat 0g</p> <p>Cholesterol 0mg</p> <p>Sodium 30mg</p>	<p>Calories 485</p> <p>Protein 30g</p> <p>Carbohydrates 80g</p> <p>Fiber 16g</p> <p>Fat 8g SatFat 1g</p> <p>TransFat 0g</p> <p>Cholesterol 46mg</p> <p>Sodium 1296mg</p>	<p>Calories 497</p> <p>Protein 32g</p> <p>Carbohydrates 49g</p> <p>Fiber 9g</p> <p>Fat 20g SatFat 6g</p> <p>TransFat 0g</p> <p>Cholesterol 76mg</p> <p>Sodium 99mg</p>	<p>Calories 179</p> <p>Protein 10g</p> <p>Carbohydrates 28g</p> <p>Fiber 3g</p> <p>Fat 3g SatFat 1g</p> <p>TransFat 0g</p> <p>Cholesterol 3mg</p> <p>Sodium 209mg</p>

## Day 2 Total

**Calories 1,591**

**Protein 92g**

**Carbs 236g**

**Fiber 35g**

**Fat 38g**

8g SatFat

1g Trans

**Cholesterol 134mg**

**Sodium 2,071mg**

## Tasty Tips

*Always opt for whole grain foods instead of foods with refined flours.*

*Examples include brown rice, wild rice, rice cakes, whole grain breads and whole wheat pastas.*

*Whole grain foods contain more dietary fiber and convert more slowly to glucose.*

Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>3/4 cup bran flakes</b> 90 Cals, 3 g Prot, 23 g Carb, 5 g Fiber, 1 g Fat, 0 g SatFat, 0g TransFat, 0mg Chol, 236 mg Sod</p> <p><b>1 slice whole wheat toast</b> 77 Cals, 4 g Prot, 13 g Carb, 2 g Fiber, 1 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 146 mg Sod</p> <p><b>1/2 cup fresh blackberries</b> 31 Cals, 1 g Prot, 7 g Carb, 4 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 1 mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cals, 5 g Prot, 7 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 2 mg Chol, 65 mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0 g Prot, 0 g Carb, 0 g Fiber, 4 g Fat, 1 g SatFat, 1 g TransFat, 0 mg Chol, 35 mg Sod</p>	<p><b>1/2 cup sugar-free fruit cocktail</b> 80 Cals, 1 g Prot, 20 g Carb, 2 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol 20 mg Sod</p> <p><b>15 whole grain tortilla chips</b> 150 Cals, 2 g Prot, 18 g Carb, 2 g Fiber, 8 g Fat, 1 g SatFat, 0 g TransFat, 0 mg Chol, 135 mg Sod</p>	<p><b>2 oz thin wheat wrap</b> 176 Cals, 6 g Prot, 34 g Carb, 0 g Fiber, 2 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 304 mg Sod</p> <p><b>2 oz lean roast beef</b> 144 Cals, 19 g Prot, 0 g Carb, 0 g Fiber, 7 g Fat, 3 g SatFat, 0g TransFat, 45 mg Chol, 24 mg Sod</p> <p><b>1 med tomato, sliced</b> 27 Cals, 1 g Prot, 6 g Carb, 2 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 7 mg Sod</p> <p><b>2 leaves iceberg lettuce</b> Each: 4 Cals, 0 g Prot, 1 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 3 mg Sod</p> <p><b>1 sm. fresh skinless peach</b> Each, 31 Cals, 1 g Prot, 8 g Carb, 1 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 0 mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cals, 5 g Prot, 7 g Carb, 0 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 2 mg Chol, 65 mg Sod</p> <p><b>2 tsp low-cal mayonnaise</b> 25 Cals, 0 g Prot, 2 g Carb, 0 g Fiber, 2 g Fat, 0 g SatFat, 0g TransFat, 3 mg Chol, 67 mg Sod</p>	<p><b>3 oz lean pork loin</b> 93 Cals, 18 g Prot, 0 g Carb, 0 g Fiber, 2 g Fat, 1 g SatFat, 0 g TransFat, 55 mg Chol, 45 mg Sod</p> <p><b>3 oz orange sweet potatoes baked in skin, peeled</b> 77 Cals, 2 g Prot, 18 g Carb, 3 g Fiber, 0 g Fat, 0 g SatFat, 0g TransFat, 0mg Chol, 31mg Sod</p> <p><b>1 cup asparagus</b> 50 Cals, 4 g Prot, 8 g Carb, 4 g Fiber, 0 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 0 mg Sod</p> <p><b>1 wheat dinner roll</b> 76 Cals, 2 g Prot, 13 g Carb, 1 g Fiber, 2 g Fat, 0 g SatFat, 0g TransFat, 0mg Chol, 95mg Sod</p> <p><b>1/4 cup reduced fat cole slaw</b> 50 Cals, 1 g Prot, 7 g Carb, 1 g Fiber, 2 g Fat, 0 g SatFat, 0g Trans, 5mg Chol, 155mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0 g Prot, 0 g Carb, 0 g Fiber, 4 g Fat, 1 g SatFat, 1 g TransFat, 0 mg Chol, 35 mg Sod</p>	<p><b>3 graham cracker squares</b> Each: 89 Cals, 1 g Prot, 16 g Carb, 1 g Fiber, 2 g Fat, 0 g SatFat, 0g TransFat, 0 mg Chol, 127 mg Sod</p> <p><b>1 cup plain non-fat yogurt</b> 150 Cals, 11 g Prot, 16 g Carb, 0 g Fiber, 3 g Fat, 3 g SatFat, 0 g TransFat, 20 mg Chol, 170 mg Sod</p>
<b>Breakfast Total</b>	<b>Morning Snack Total</b>	<b>Lunch Total</b>	<b>Dinner Total</b>	<b>Evening Snack Total</b>
<p>Calories 276</p> <p>Protein 13g</p> <p>Carbohydrates 49g</p> <p>Fiber 11g</p> <p>Fat 6g</p> <p>SatFat 1g</p> <p>TransFat 1g</p> <p>Cholesterol 2mg</p> <p>Sodium 482mg</p>	<p>Calories 230</p> <p>Protein 3g</p> <p>Carbohydrates 38g</p> <p>Fiber 4g</p> <p>Fat 8g</p> <p>SatFat 1g</p> <p>TransFat 0g</p> <p>Cholesterol 0mg</p> <p>Sodium 155mg</p>	<p>Calories 452</p> <p>Protein 32g</p> <p>Carbohydrates 57g</p> <p>Fiber 3g</p> <p>Fat 11g</p> <p>SatFat 3g</p> <p>TransFat 0g</p> <p>Cholesterol 49mg</p> <p>Sodium 470mg</p>	<p>Calories 379</p> <p>Protein 26g</p> <p>Carbohydrates 45g</p> <p>Fiber 9g</p> <p>Fat 9g</p> <p>SatFat 2g</p> <p>TransFat 1g</p> <p>Cholesterol 60mg</p> <p>Sodium 361mg</p>	<p>Calories 239</p> <p>Protein 12g</p> <p>Carbohydrates 32g</p> <p>Fiber 1g</p> <p>Fat 5g</p> <p>SatFat 3g</p> <p>TransFat 0g</p> <p>Cholesterol 20mg</p> <p>Sodium 297mg</p>

## Day 3 Total

**Calories 1,576**

**Protein 86g**

**Carbs 222g**

**Fiber 28g**

**Fat 40g**

10g SatFat

1g Trans

**Cholesterol 131mg**

**Sodium 1,765mg**

## Tasty Tips

*Top 10 Diabetes Superfoods:*

*Beans*

*Dark, leafy greens*

*Citrus Fruits*

*Sweet Potatoes*

*Berries*

*Tomatoes*

*Salmon*

*Whole Grains*

*Nuts*

*Fat-free Milk and Yogurt*

*Source: Diabetes.org*

Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>1 biscuit shredded wheat cereal</b> 70 Cals, 2g Prot, 16g Carb, 3g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p> <p><b>2 oz whole grain bagel</b> 113 Cals, 4g Prot, 25g Carb, 4g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol 133mg Sod</p> <p><b>2 tsp sugar-free jelly</b> 7 Cals, 0g Prot, 3g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p> <p><b>1 med orange</b> 80 Cals, 1g Prot, 19g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p> <p><b>1/2 cup nonfat milk</b> 45 Cals, 5g Prot, 7g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 2mg Chol, 65mg Sod</p> <p><b>1 cup coffee</b> 2 Cals, 0g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 5mg Sod</p>	<p><b>1 cup cubed cantaloupe</b> 54 Cals, 1g Prot, 13g Carb, 1g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 26mg Sod</p> <p><b>1/2 cup sugar-free French vanilla ice cream</b> 105 Cals, 3g Prot, 14g Carb, 0g Fiber, 5g Fat, 3g SatFat, 0g TransFat, 36mg Chol, 59mg Sod</p>	<p><b>2 oz whole wheat roll</b> Each, 173 Cals, 6g Prot, 33g Carb, 5g Fiber, 3g Fat, 1g SatFat, 0g TransFat, 0mg Chol, 311mg Sod</p> <p><b>1/2 cup tuna in water</b> 66 Cals, 14g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 17mg Chol, 28mg Sod</p> <p><b>2 leaves iceberg lettuce</b> Each: 4 Cals, 0g Prot, 1g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 3mg Sod</p> <p><b>1 cup celery sticks</b> 15 Cals, 0g Prot, 4g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 115mg Sod</p> <p><b>1 cup fresh baby carrots</b> 53 Cals, 1g Prot, 12g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 60mg Sod</p> <p><b>1 small apple</b> 77 Cals, 0g Prot, 21g Carb, 4g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>1 tbsp low-cal mayonnaise</b> 38 Cals, 0g Prot, 3g Carb, 0g Fiber, 3g Fat, 0g SatFat, 0g TransFat, 4mg Chol, 100mg Sod</p>	<p><b>1-1/2 cups low-fat lasagna</b> 312 Cals, 21g Prot, 42g Carb, 4g Fiber, 7g Fat, 3g SatFat, 0g TransFat, 22mg Chol, 559mg Sod</p> <p><b>1 small whole wheat dinner roll</b> 87 Cals, 3g Prot, 15g Carb, 1g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 1mg Chol, 150mg Sod</p> <p><b>1 cup tossed green salad</b> 22 Cals, 2g Prot, 4g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 36mg Sod</p> <p><b>1 tbsp fat-free Italian salad dressing</b> 10 Cals, 0g Prot, 2g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 1mg Chol, 215mg Sod</p>	<p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod</p> <p><b>3 small sugar-free oatmeal cookies</b> Each: 100 Cals, 1g Prot, 14g Carb, 1g Fiber, 5g Fat, 1g SatFat, 2g TransFat, 0mg Chol, 107mg Sod</p>
<b>Breakfast Total</b>	<b>Morning Snack Total</b>	<b>Lunch Total</b>	<b>Dinner Total</b>	<b>Evening Snack Total</b>
<p>Calories 317</p> <p>Protein 12g</p> <p>Carbohydrates 69g</p> <p>Fiber 10g</p> <p>Fat 2g</p> <p>SatFat 0g</p> <p>TransFat 0g</p> <p>Cholesterol 2mg</p> <p>Sodium 203mg</p>	<p>Calories 159</p> <p>Protein 4g</p> <p>Carbohydrates 27g</p> <p>Fiber 2g</p> <p>Fat 5g</p> <p>SatFat 3g</p> <p>TransFat 0g</p> <p>Cholesterol 36mg</p> <p>Sodium 85mg</p>	<p>Calories 427</p> <p>Protein 22g</p> <p>Carbohydrates 74g</p> <p>Fiber 13g</p> <p>Fat 7g</p> <p>SatFat 1g</p> <p>TransFat 0g</p> <p>Cholesterol 21mg</p> <p>Sodium 619mg</p>	<p>Calories 431</p> <p>Protein 26g</p> <p>Carbohydrates 63g</p> <p>Fiber 5g</p> <p>Fat 9g</p> <p>SatFat 3g</p> <p>TransFat 0g</p> <p>Cholesterol 23mg</p> <p>Sodium 960mg</p>	<p>Calories 190</p> <p>Protein 10g</p> <p>Carbohydrates 27g</p> <p>Fiber 1g</p> <p>Fat 5g</p> <p>SatFat 1g</p> <p>TransFat 2g</p> <p>Cholesterol 3mg</p> <p>Sodium 237mg</p>

## Day 4 Total

**Calories 1,525**

**Protein 75g**

**Carbs 260g**

**Fiber 31g**

**Fat 27g**

9g SatFat

2g Trans

**Cholesterol 85mg**

**Sodium 2,103**

## Tasty Tips

*Choose your cooking oils wisely to minimize your intake of saturated fats and trans fats.*

*Best choices include:*

- Olive Oil
- Safflower Oil
- Sunflower Oil

*Oils to avoid include:*

- Coconut Oil
- Palm Oil
- Lard

Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>2 4" low-fat Waffles</b> 142 Cals, 4g Prot, 28g Carb, 3g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 430mg Sod</p> <p><b>1 hard or soft boiled egg</b> 78 Cals, 6g Prot, 1g Carb, 0g Fiber, 5g Fat, 2g SatFat, 0g TransFat, 212mg Chol, 62mg Sod</p> <p><b>3/4 cup fresh blueberries</b> 63 Cals, 1g Prot, 16g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g TransFat, 0mg Chol, 35mg Sod</p> <p><b>1 cup coffee</b> 2 Cals, 0g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 5mg Sod</p>	<p><b>1 fresh mango</b> 70 Cals, 0g Prot, 17g Carb, 1g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p> <p><b>1 cup 2% fat Greek yogurt</b> 150 Cals, 19g Prot, 9g Carb, 0g Fiber, 5g Fat, 3g SatFat, 0g TransFat, 15mg Chol, 75mg Sod</p>	<p><b>1 slice cheese pizza</b> 187 Cals, 8g Prot, 27g Carb, 1g Fiber, 6g Fat, 2g SatFat, 0g TransFat, 11mg Chol, 388mg Sod</p> <p><b>2 cups green salad with tomato</b> 20 Cals, 1g Prot, 5g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 40mg Sod</p> <p><b>1 tbsp fat-free Italian salad dressing</b> 10 Cals, 0g Prot, 2g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 1mg Chol, 215mg Sod</p> <p><b>2 med plums</b> 70 Cals, 1g Prot, 19g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p>	<p><b>2/3 cup cooked med grain brown rice</b> 146 Cals, 3g Prot, 31g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>3 oz baked tilapia with lemon</b> 111 Cals, 22g Prot, 0g Carb, 0g Fiber, 3g Fat, 1g SatFat, 0g TransFat, 76mg Chol, 30mg Sod</p> <p><b>2 cups mixed frozen vegetables (cauliflower carrots &amp; snow pea pods)</b> 60 Cals, 2g Prot, 12g Carb, 4g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 70mg Sod</p> <p><b>1 sliced medium tomato</b> Serving, 27 Cals, 1g Prot, 6g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 7mg Sod</p> <p><b>1 tbsp balsamic vinaigrette</b> 45 Cals, 0g Prot, 2g Carb, 0g Fiber, 4g Fat, 1g SatFat, 0g TransFat, 0mg Chol, 150mg Sod</p> <p><b>4 walnut halves</b> Each: 52 Cals, 1 g Prot, 1 g Carb, 1 g Fiber, 5 g Fat, 0 g SatFat, 0 g TransFat, 0 mg Chol, 0 mg Sod</p>	<p><b>15 grapes</b> 60 Cals, 0g Prot, 15g Carb, 1g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 10mg Sod</p> <p><b>1 oz low-fat cheddar cheese</b> 70 Cals, 8g Prot, 1g Carb, 0g Fiber, 5g Fat, 3g SatFat, 0g TransFat, 15mg Chol, 170mg Sod</p>
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
<p>Calories 409</p> <p>Protein 21g</p> <p>Carbohydrates 58g</p> <p>Fiber 5g</p> <p>Fat 12g</p> <p>SatFat 3g</p> <p>TransFat 1g</p> <p>Cholesterol 215mg</p> <p>Sodium 663mg</p>	<p>Calories 220</p> <p>Protein 19g</p> <p>Carbohydrates 26g</p> <p>Fiber 1g</p> <p>Fat 5g</p> <p>SatFat 3g</p> <p>TransFat g</p> <p>Cholesterol 15mg</p> <p>Sodium 75mg</p>	<p>Calories 287</p> <p>Protein 10g</p> <p>Carbohydrates 54g</p> <p>Fiber 6g</p> <p>Fat 6g</p> <p>SatFat 2g</p> <p>TransFat 0g</p> <p>Cholesterol 12mg</p> <p>Sodium 643mg</p>	<p>Calories 422</p> <p>Protein 29g</p> <p>Carbohydrates 50g</p> <p>Fiber 8g</p> <p>Fat 12g</p> <p>SatFat 2g</p> <p>TransFat 1g</p> <p>Cholesterol 76mg</p> <p>Sodium 294mg</p>	<p>Calories 130</p> <p>Protein 8g</p> <p>Carbohydrates 16g</p> <p>Fiber 1g</p> <p>Fat 5g</p> <p>SatFat 3g</p> <p>TransFat 0g</p> <p>Cholesterol 15mg</p> <p>Sodium 180mg</p>

## Day 5 Total

**Calories 1,468**

**Protein 87g**

**Carbs 204g**

**Fiber 21g**

**Fat 38g**

14g SatFat

1g Trans

**Cholesterol 333mg**

**Sodium 1,854mg**

## Tasty Tips

*Sugar alcohols include sorbitol, xylitol and mannitol. They are lower in calories than sugars and starches but they are only one ingredient.*

*Just because something is "sugar free" doesn't mean that it is low in calories. Always read the nutritional labels to get the full story.*

Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>1 multigrain English muffin</b> 150 Cals, 5g Prot, 32g Carb, 4g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 170mg Sod</p> <p><b>1 cup canned Mandarin oranges, drained</b> 72 Cals, 1g Prot, 18g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 9mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g TransFat, 0mg Chol, 35mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod</p> <p><b>1 cup coffee</b> 2 Cals, 0g Prot, 0g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 5mg Sod</p>	<p><b>1/2 cup unsweetened canned peaches in water</b> 29 Cals, 1g Prot, 7g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 4mg Sod</p> <p><b>8 plain melba toast rounds</b> 70 Cals, 2g Prot, 14g Carb, 1g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 149mg Sod</p>	<p><b>2/3 cup canned chili, con carne w/beans</b> 198 Cals, 12g Prot, 19g Carb, 6g Fiber, 9g Fat, 3g SatFat, 0g TransFat, 21mg Chol, 695mg Sod</p> <p><b>2/3 cup cooked med grain brown rice</b> 146 Cals, 3g Prot, 31g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>1 dozen fresh cherries</b> 68 Cals, 1g Prot, 17g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p> <p><b>1/2 cup sliced cucumber</b> 7 Cals, 0g Prot, 1g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>2 tsp olive oil</b> 80 Cals, 0g Prot, 0g Carb, 0g Fiber, 9g Fat, 1g SatFat, 0g TransFat, 0mg Chol, 0mg Sod</p> <p><b>2 tbsp balsamic vinegar</b> 28 Cals, 0g Prot, 5g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, --mg Chol, 7mg Sod</p>	<p><b>1 whole wheat bun</b> 114 Cals, 4g Prot, 22g Carb, 3g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 206mg Sod</p> <p><b>3 oz 90% lean beef patty</b> 185 Cals, 22g Prot, 0g Carb, 0g Fiber, 10g Fat, 4g SatFat, 1g TransFat, 72mg Chol, 58mg Sod</p> <p><b>1 cup cooked snap beans</b> 22 Cals, 1g Prot, 5g Carb, 2g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>1 tbsp ketchup</b> 15 Cals, 0g Prot, 4g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 167mg Sod</p> <p><b>1 lettuce wedge</b> 10 Cals, 1g Prot, 3g Carb, 1g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 10mg Sod</p> <p><b>1 tbsp fat-free French salad dressing</b> 21 Cals, 0g Prot, 5g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 128mg Sod</p>	<p><b>One 4" piece pita bread</b> 74 Cals, 3g Prot, 15g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 149mg Sod</p> <p><b>1 tbsp peanut butter</b> 94 Cals, 4g Prot, 3g Carb, 1g Fiber, 8g Fat, 2g SatFat, 0g TransFat, 0mg Chol, 73mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod</p>
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
<p>Calories 348 Protein 16g Carbohydrates 63g Fiber 6g Fat 5g SatFat 1g TransFat 1g Cholesterol 3mg Sodium 349mg</p>	<p>Calories 99 Protein 3g Carbohydrates 21g Fiber 3g Fat 1g SatFat 0g TransFat 0g Cholesterol 0mg Sodium 153mg</p>	<p>Calories 527 Protein 16g Carbohydrates 73g Fiber 11g Fat 20g SatFat 4g TransFat 0g Cholesterol 21mg Sodium 705mg</p>	<p>Calories 368 Protein 28g Carbohydrates 38g Fiber 7g Fat 12g SatFat 4g TransFat 1g Cholesterol 72mg Sodium 569mg</p>	<p>Calories 259 Protein 16g Carbohydrates 32g Fiber 3g Fat 9g SatFat 2g TransFat 0g Cholesterol 3mg Sodium 352mg</p>

## Day 6 Total

**Calories 1,599**  
**Protein 79g**  
**Carbs 228g**  
**Fiber 30g**  
**Fat 47g**  
 11g SatFat  
 1g Trans  
**Cholesterol 100mg**  
**Sodium 2,129mg**

## Tasty Tips

*If you have to pick one item on a nutritional label to scan for it should probably be total carbohydrates.*

*"Total carbohydrates" includes both sugar and starch.*

Breakfast	Morning Snack	Lunch	Dinner	Evening Snack
<p><b>2 4" buttermilk pancakes</b> Each, 173 Cals, 5g Prot, 22g Carb, 1g Fiber, 7g Fat, 1g SatFat, 0g TransFat, 44mg Chol, 397mg Sod</p> <p><b>1 serving sugar-free maple flavored syrup</b> 23 Cals, 0g Prot, 9g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 71mg Sod</p> <p><b>3/4 cup fresh blueberries</b> 63 Cals, 1g Prot, 16g Carb, 3g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 1mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g TransFat, 0mg Chol, 35mg Sod</p>	<p><b>3 cups low-fat microwave popcorn</b> 102 Cals, 3g Prot, 17g Carb, 3g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 212mg Sod</p> <p><b>1 tbsp reduced-fat dried parmesan cheese</b> 13 Cals, 1g Prot, 0g Carb, 0g Fiber, 1g Fat, 1g SatFat, 0g TransFat, 4mg Chol, 6mg Sod</p>	<p><b>1 cup low-sodium split pea soup</b> 161 Cals, 8g Prot, 26g Carb, 5g Fiber, 3g Fat, 1g SatFat, 0g TransFat, 0mg Chol, 26mg Sod</p> <p><b>6 low-sodium fat-free saltine crackers</b> Each: 71 Cals, 2g Prot, 15g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 114mg Sod</p> <p><b>1/2 oz shredded cheddar cheese</b> 57 Cals, 4g Prot, 0g Carb, 0g Fiber, 5g Fat, 3g SatFat, 0g TransFat, 15mg Chol, 88mg Sod</p> <p><b>1 medium pear</b> 103 Cals, 1g Prot, 28g Carb, 6g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 2mg Sod</p>	<p><b>1 cup cooked medium grain brown rice</b> 218 Cals, 5g Prot, 46g Carb, 4g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 2mg Sod</p> <p><b>4 oz grilled shrimp</b> 135 Cals, 28g Prot, 0g Carb, 0g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 230mg Chol, 324mg Sod</p> <p><b>1 cup roasted peppers &amp; onions</b> 40 Cals, 1g Prot, 8g Carb, 3g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 220mg Sod</p> <p><b>1 tsp soft margarine</b> 33 Cals, 0g Prot, 0g Carb, 0g Fiber, 4g Fat, 1g SatFat, 1g TransFat, 0mg Chol, 35mg Sod</p> <p><b>1 small whole wheat roll</b> 76 Cals, 2g Prot, 13g Carb, 1g Fiber, 2g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 95mg Sod</p>	<p><b>1 slice toasted rye bread</b> 68 Cals, 2g Prot, 13g Carb, 2g Fiber, 1g Fat, 0g SatFat, 0g TransFat, 0mg Chol, 174mg Sod</p> <p><b>1/4 cup 2% fat small curd cottage cheese</b> 45 Cals, 6g Prot, 3g Carb, 0g Fiber, 1g Fat, 1g SatFat, 0g TransFat, 8mg Chol, 200mg Sod</p> <p><b>1 cup nonfat milk</b> 90 Cals, 9g Prot, 13g Carb, 0g Fiber, 0g Fat, 0g SatFat, 0g TransFat, 3mg Chol, 130mg Sod</p>
Breakfast Total	Morning Snack Total	Lunch Total	Dinner Total	Evening Snack Total
<p>Calories 382</p> <p>Protein 15g</p> <p>Carbohydrates 60g</p> <p>Fiber 3g</p> <p>Fat 11g SatFat 2g TransFat 1g</p> <p>Cholesterol 47mg</p> <p>Sodium 634mg</p>	<p>Calories 115</p> <p>Protein 4g</p> <p>Carbohydrates 17g</p> <p>Fiber 3g</p> <p>Fat 3g SatFat 1g TransFat 0g</p> <p>Cholesterol 4mg</p> <p>Sodium 289mg</p>	<p>Calories 392</p> <p>Protein 14g</p> <p>Carbohydrates 68g</p> <p>Fiber 11g</p> <p>Fat 8g SatFat 4g TransFat 0g</p> <p>Cholesterol 15mg</p> <p>Sodium 230mg</p>	<p>Calories 503</p> <p>Protein 36g</p> <p>Carbohydrates 67g</p> <p>Fiber 8g</p> <p>Fat 11g SatFat 1g TransFat 1g</p> <p>Cholesterol 230mg</p> <p>Sodium 676mg</p>	<p>Calories 203</p> <p>Protein 17g</p> <p>Carbohydrates 29g</p> <p>Fiber 2g</p> <p>Fat 2g SatFat 1g TransFat 0g</p> <p>Cholesterol 11mg</p> <p>Sodium 504mg</p>

## Day 7 Total

**Calories 1,595**

**Protein 87g**

**Carbs 241g**

**Fiber 27g**

**Fat 35g**

10g SatFat

1g Trans

**Cholesterol 306mg**

**Sodium 2,333**

## Tasty Tips

*Sugar doesn't cause diabetes but it is a powerful carbohydrate.*

*Keep sweets out of the house and off of your desk and save them for celebrations. You'll save money and have a lot less to worry about when it comes to your diet.*