



14-day

MENU FOR DIABETES MANAGEMENT

1800 calories per day | WEEK ONE

1

CHOICES		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	1 meat	1 poached egg	3 slices soy-based bacon	¼ cup egg substitute	1 oz. mozzarella stick	1 oz. low-fat cheese	1 oz. egg omelet with mushroom & green pepper	4½ tsp peanut butter
	4 carbohydrates: starch, fruit or milk	1 English muffin 1 cup baked home-fried potatoes	2 low-fat waffles (4") 2 tbsp lite syrup 1 cup skim milk	2 low-fat biscuits • 1 cup skim milk ½ cup peaches in lite syrup	1 cup bran flake/raisin cereal 1 cup skim milk	1 cup oatmeal 2 tbsp raisins 1 cup skim milk	2 slices rye toast 1½ tsp fruit spread 1 cup sugar-free hot cocoa	1 regular or low-fat granola or snack bar; 6 oz. low-fat yogurt with fruit
	1 fat	1 fat in the potatoes	1 tbsp low-fat margarine	1 fat in the biscuits	6 almonds	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 fat in the peanut butter
	free foods			2 tsp lite jam or jelly		cinnamon	¼ cup salsa	
LUNCH	2 meats	2 tbsp peanut butter	2 meats in the tacos	1 veggie patty	2 oz. turkey for turkey wrap	2 oz. grilled chicken for salad	½ cup tuna fish salad for pita sandwich	2 oz. meatloaf for sandwich
	4 carbohydrates: starch, fruit or milk	peanut butter & lite jelly sandwich 2 slices whole wheat bread 1 small banana 1 cup skim milk	2 chicken soft-shell tacos • 17 grapes 1 cup skim milk	1 hamburger bun; 1 small pear 1 carb in the veggie patty	6" turkey wrap (no cheese) 2 chocolate chip cookies (2¼" across) 1 cup skim milk	1 slice whole wheat bread 6 oz. lite yogurt 1 cup mandarin oranges in lite syrup	1 slice whole wheat pita bread with lettuce, tomato & onion 10 low-fat potato chips ¾ cup blueberries	2 slices whole wheat bread 1 mango
	2 vegetables	2 cups assorted fresh vegetables	2 cups tossed salad	1 cup cooked green beans	2 cups assorted fresh vegetables	2 cups tossed salad	1 cup cucumbers marinated in sour cream	1 cup cooked asparagus; sliced onion for sandwich
	2 fats	2 fats in the peanut butter	2 fats in the tacos	1 tbsp low-fat margarine 1 tbsp low-fat mayonnaise	2 fats in the cookies	2 tbsp low-fat salad dressing 1 tbsp sunflower seeds	1 fat in the tuna fish salad 1 fat in the sour cream	2 tbsp low-fat margarine
	free foods	2 tsp lite jam or jelly	1 tbsp taco sauce 2 tbsp fat-free Italian dressing	1 tbsp mustard/catsup	1 tbsp fat-free mayonnaise	1 tbsp fat-free margarine	½ cup diet gelatin 1 tbsp whipped topping	1 tbsp catsup
DINNER	3 meats	3 oz. grilled steak	3 oz. roast pork	3 oz. baked salmon	3 oz. roast beef	3-1 oz. meatballs	9 grilled shrimp (plain, Cajun or blackened)	3 oz. baked chicken
	4 carbohydrates: starch, fruit or milk	½ large baked potato 1 slice whole wheat bread 1 kiwi	1 cup scalloped potatoes 1 small corn on the cob ½ cup sliced apples	1 cup wild rice 1 cup skim milk 1 cup cantaloupe, cubed	¾ cup oven-roasted potatoes 1 small dinner roll ½ cup mixed fruit in lite syrup	1½ cups spaghetti & marinara sauce • 1 slice Italian bread	1 cup brown rice ½ cup pineapple in lite syrup	⅔ cup bread stuffing 1 small dinner roll 1 cup skim milk
	2 vegetables	½ cup sautéed mushrooms ½ cup cooked beets	1 cup mixed vegetables (without corn, peas or pasta)	1 cup cooked Brussels sprouts	1 cup cooked carrots & onions	1 cup cooked Italian green beans	1 cup roasted green & red pepper with onion	1 cup cooked broccoli
	2 fats	1 tbsp low-fat margarine 3 tbsp low-fat sour cream	2 fats in the potatoes	2 tbsp low-fat margarine	2 tbsp low-fat margarine	2 tbsp low-fat margarine	2 tbsp low-fat margarine	2 fats in the stuffing
	free foods	1 tbsp steak sauce	1 tbsp fat-free margarine	lemon juice	horseradish	1 tbsp Parmesan cheese	lemon juice	1 tbsp fat-free margarine
SNACK	1 meat	1 oz. imitation crabmeat	¾ oz. unsalted soy nuts	1 oz. low-fat cheese	¼ cup low-fat cottage cheese	1 oz. turkey	½ cup edamame	¼ cup tuna salad
	1 carbohydrate	6 butter-type crackers	3 cups buttered popcorn	1 slice whole wheat bread	½ cup peaches in lite syrup	2 slices whole wheat bread	3 butter-type crackers ½ carb in the edamame	½ slice whole wheat pita bread
	1 fat	1 fat in the crackers	1 fat in the popcorn	1 tbsp low-fat margarine	6 whole cashews	1 tbsp low-fat mayonnaise	1 fat in the crackers	1 fat in the tuna salad



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FOR ALL MEALS: Free Condiments: salt substitute, pepper, sugar substitute **Free Beverages:** Coffee, tea, water, diet soft drink • **High in Sodium:** 480 mg or more per serving. 600 mg or more per serving of combination foods or casseroles. To lower your sodium intake, choose low sodium products whenever possible (for example: low-sodium soups, gravies, bacon.)

