



Marci Sloane's Week of Healthy Diabetes Meals Planned For You!

Day One

C = carbohydrates servings/exchanges

P = protein servings/exchanges

F = fat servings/exchanges

Breakfast

- 1 cup cooked oatmeal made with water (2 C)
- 2 walnuts, chopped (1 F)
- 1 poached egg (1 P)
- Cinnamon

Lunch

- 2 slices whole-wheat bread (2 C)
- 3 ounces turkey, tuna or other lean protein (3 P)
- Lettuce, tomato
- Mustard

Snack

- Baked apple (1 C)
- 4 walnuts, chopped (2 F)

Dinner

- Salad with 2 tsp. olive oil plus
- vinegar (2 F)
- 1 medium size sweet potato (2 C)
- 1 cup broccoli, steamed with ½ cup no-salt canned diced tomatoes (1 C)
- 5 ounces salmon, grilled with garlic and 1 Tbsp. of light teriyaki sauce (5 P)

Snack

- 1 fruit (1 C)
- 6 almonds, slivered (1 F)



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Day Two

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Breakfast

- 1 ½ cups *Wheatena* made with water (3 C)
- 1 fruit (1 C)
- 2 walnuts, chopped (1 F)
- Cinnamon

Lunch

- 1 large slice pizza plain or with vegetables (2 C) (2 P) (2 F)

Snack

- 1 fruit (1 C)
- ¼ cup cottage cheese (1 P)

Dinner

- 6 ounces fish, poultry, or lean meat (6 P)
- 3 cups vegetables (2 C)
- 1 slice low-fat cheese melted on top (1 P)
- 2 Tbsp. avocado (1 F)

Snack

- 2 fruits (2 C)
- 12 almonds (2 F)



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Day Three

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Breakfast

- 1 cup cooked *Wheatena* or *grits* or *oatmeal* (2 C)
- 4 walnuts, chopped (2 F)
- 1 slice whole grain bread (1C)
- 1/4 cup 1% cottage cheese or 1 slice low-fat cheese (1P)

Lunch

- Large salad: 3 cups salad/veggies (1 C)
- Add 4 ounces shrimp (4 P)
- 2-4 Tbsp low-fat dressing (2F)
- 1 small roll (1C)

Snack

- 12 ounces low-sodium V8 or tomato juice (1 C)

Dinner

- Large Salad (1 C)
- 4 ounces of chicken (4 P)
- 2 Tbsp. light dressing (1 F)
- 1 fruit (1 C)

Snack

- 1 fruits (1 C)
- 6 cashews (1 F)



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Day Four

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Breakfast

- 1 slice whole-grain bread (1 C)
- ½ cup fat-free or 1% cottage cheese (2 P)
- 1 cup fresh fruit (1 C)

Lunch

- 2 slices rye bread (2 C)
- 2 slices low-fat cheese (2 P) or 2 ounces turkey, tuna, salmon
- 2 slices tomato

Snack

- 3-4 cups of popcorn (1 C)

Dinner

- Salad with 2 Tbsp. light dressing (1 F)
- 10 low-sodium black olives (1 F)
- 5 ounces fish or poultry (5 P) grilled with spices
- 1 whole grain pita bread (2 C)
- 1-2 tsp. olive oil for bread (1-2 F)

Snack

- 2 fruits (2 C)
- 12 almonds (2 F)



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Day Five

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Breakfast

- 1 English muffin (2 C)
- 1 egg fried in butter spray (1 P)
- 1 slice low-fat cheese (1 P)
- 1 slice tomato (optional)

Lunch

- 2 slices whole-wheat bread (2 C)
- 2 ounces shrimp or chicken salad (2 P)
- 1 Tbsp. light mayonnaise (for salad) (1 F)
- lettuce, tomato

Snack

- 1 light fruit yogurt (1 C) (1 P)
- 12 almonds (2 F)

Dinner

- 1 Tbsp. olive oil (3 F) to sauté 3 cups vegetables (2 C)
- 4 ounces fish, poultry, or lean meat (4 P)
- 1/2 cup cooked brown rice (1C)

Snack

- Sugar-free Jell-O (free)
- 1 fruits (1 C)
- 25-calorie fat-free hot cocoa (free)



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Day Six

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Breakfast

- 2 frozen whole-grain waffles (2 C)
- 2 Tbsp. sugar-free syrup
- 1 cup berries (1C)

Lunch

- Large salad (1 C)
- 3 ounces chicken (3 P)
- 10 peanuts (1 F)
- 1 Tbsp. olive oil plus vinegar (3 F)

Snack

- 1 cup carrots and celery (free)

Dinner

- 2 cups vegetables steamed with 2 Tbsp. salsa (2 C)
- ½ cup black beans and ½ cup brown rice cooked (2 C) (1P)
- 4 ounces shrimp grilled or baked with spices (4 P)
- 1 ounce low-fat shredded cheese melted on top (1 P)

Snack

- Homemade Trail Mix: ¾ cup high fiber cereal (at least 3 grams), low sugar cereal (under 5 grams) (1 C)
- 3 dried apricots (1 C)
- 12 cashews (2 F)



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Day Seven

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Breakfast

- 1 cup cooked oatmeal made with water (2 C)
- 1 small banana (1 C)
- 2 walnuts, chopped (1 F)
- Cinnamon

Lunch

- 2 slices rye bread, sour dough, whole grain (2 C)
- 2 ounces turkey, chicken
- 1 ounce low-fat cheese (3 P)
- Lettuce, tomato
- 1 Tbsp lite mayo (1 F)

Snack

- 1 fruit (1 C)
- ½ cup low fat cottage cheese (2 P)

Dinner

- 4 ounces shrimp (4 P) sautéed with 1 Tbsp. olive oil (3 F)
- 2 cups non-starchy vegetables
- 1 small potato (2 C)
- 1 Tbsp. whipped butter (1 F)

Snack

- Sugar-free Jell-O (free)
- 1 mini popcorn bad (4 cups) (1C)