Sample Meal Ideas:

Breakfast (45-60 g carbohydrates OR 3-4 carb choices)

1. ¾ cup no sugar added Greek yogurt topped with 1 cup berries, ½ banana, 2 Tbsp walnuts & ¼ cup all bran buds
2. Whole wheat English muffin toasted & topped with one poached egg, cheddar cheese slice & tomato slice, 1 cup milk and 1 medium orange
3. ½ cup cottage cheese with 1 cup pineapple chunks; 2 slices pumpernickel bread toasted with margarine/butter
4. 2 slice whole grain toast with peanut butter, 1 small banana, 1 cup milk
5. 2 plain oatmeal packages mixed with water, topped with 1 cup milk, 1 cup berries & 2 Tbsp sliced almonds
6. Smoothie: 1 cup milk, 1 cup frozen berries, 1 Tbsp ground flax, 1 Tbsp protein powder & 1 tsp stevia to sweeten. Add 1 slice whole grain toast & peanut butter.

Lunch (45-60 g carbohydrates OR 3-4 carb choices)

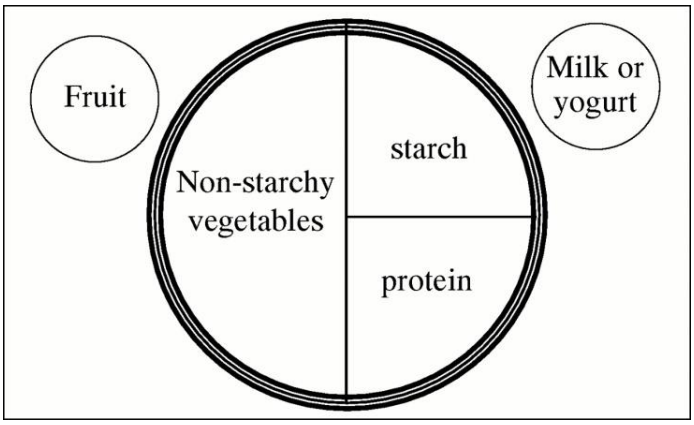
1. 1 cup milk, 1 sandwich (using 2 slices whole grain bread), raw veggies & dip, 1 cup watermelon (Sandwich could be: tuna salad, egg salad, salmon salad, sliced ham, sliced turkey, chicken salad, peanut butter, grilled cheese)
2. 3-4 ounces protein (legumes, chicken breast, grilled salmon, eggs) on salad greens with 2 Tbsp low fat dressing, whole grain roll with margarine, 1 cup milk, homemade muffin & 1 medium orange
3. 1 cup chili, dinner roll with margarine, raw veggies & 1 cup milk
4. 6” sub, raw veggies or vegetable soup, sparkling water
5. Quiche (1/6 serving), garden salad with 2 Tbsp low fat dressing, 1 cup milk, ¾ cup yogurt topped with 1 cup berries

<u>Supper</u> (45-60 g carbohydrates OR 3-4 carb choices)

1. Chicken stir-fry: 4 oz chicken breast, cooked & cut into strips; 1 cup jasmine rice; lots of stir-fried veggies (red pepper, snow peas, carrots, broccoli, etc); 1 cup milk
2. 4 oz grilled salmon, 1 cup cooked quinoa or rice, asparagus, garden salad, 1 cup milk
3. 1 ½ cups cooked spaghetti noodles with 4-5 meatballs & tomato sauce, Caesar salad, water & ½ cup vanilla frozen yogurt
4. 4 oz pork tenderloin, medium baked potato, broccoli spears & cooked carrots, 1 cup milk, strawberries
5. 4 oz roast beef, 1 cup mashed potatoes, 1 cup turnip, ½ cup coleslaw, 1 cup milk, 15 grapes
6. Turkey burger with bun, Greek salad, 1 cup milk , ½ cup canned peaches in water

<u>Points to Remember:</u>

- ✓ Enjoy three meals spaced evenly throughout the day. Include snacks if meals >6 hours apart.
- ✓ Balance your meals using balanced plate method (see picture below). Use the balanced plate when eating meals out.



- ✓ Drink water when you are thirsty.
- ✓ Enjoy some form of daily physical activity, especially after meals, as this helps to control blood sugars. Check with your doctor before starting any new activity plan.