

Sample Meal Plans for Healthy Eating with Diabetes

This handout has sample meal plans and snacks that you can use to create ideas for your own meals and snacks.

Tips for healthy eating with diabetes

- Eat 3 meals per day.
- Eat similar amounts or servings of carbohydrate foods at each meal.
- Choose higher fibre foods more often. Higher fibre foods include whole grains, vegetables, fruits, beans, peas, and lentils.
- Use small amounts of healthy fats like olive oil, canola oil, nuts, seeds, and avocado.
- Limit sweet foods and foods with added sugars and salt.
- Drink water or sugar-free drinks most often. Limit or avoid juice and drinks with added sugar like regular pop, iced tea or tea drinks, and sweetened coffee.

Sample meal plans

You'll find sample meals and snacks on pages 2 and 3. Each sample meal plan has 3 meals.

Each meal provides about:

- 45–60 grams of carbohydrate, or 3–4 carbohydrate choices
- 400–600 calories

When combined with 2 snacks from page 3, each sample meal day provides about 1800 calories.

If you have questions about how to plan your own meals for diabetes, ask to talk to a dietitian.

Healthy snacking

Eat snacks if they help you eat smaller amounts at your meals.

Snacks between meals may help you prevent low blood sugar when:

- your meals are more than 6 hours apart
- you're more active than usual

Eating a snack at bedtime may help manage your blood sugars overnight.

If you have questions about how snacks should be included in your own meal plan, ask to talk to a dietitian.

Recipes for meal planning

You can find healthy recipes online to help with meal planning. In this handout, most of the menu items in **bold type** are from recipes on the Alberta Health Services (AHS) web site. Find them at:

- albertahealthservices.ca
Search for *Inspiring Healthy Eating*.

The Curried Lentils and Vegetables recipe is from the Diabetes Canada website. Find that recipe and more at:

- diabetes.ca
Search for *Recipes*.

Sample Meal Plans

Day 1

Breakfast

¾ cup (175 mL) cooked oatmeal
½ cup (125 mL) 1% milk
1 Tbsp (15 mL) nuts
½ cup (125 mL) blueberries
1 slice (30 grams) whole wheat toast
1 Tbsp (15 mL) peanut butter

Lunch

2 slices (60 grams) whole wheat bread
¼ cup (60 mL) canned tuna
1 tsp (5 mL) light mayonnaise
¾ cup (175 mL) plain 0–2% M.F. yogurt
with ½ cup (125 mL) berries and
2 Tbsp (30 mL) bran cereal
1 cup (250 mL) raw vegetable sticks with
1 Tbsp (15 mL) salad dressing

Supper

1 cup (250 mL) [Curried Lentils and Vegetables](#)
½ cup (125 mL) green peas
1–6 inch (15 cm) whole wheat roti
1 cup (250 mL) 1% milk

Milk Fat = M.F.

Day 2

Breakfast

2 slices (60 grams) whole wheat toast
2 egg [Omelette](#) with grilled peppers, onions,
mushrooms
1 ounce (30 grams) lower fat cheese
1 large banana

Lunch

1½ cup (375 mL) [Hamburger Vegetable Soup](#)
4 whole grain crackers
1 cup (250 mL) 1% milk
1 small pear

Supper

1 medium baked potato
2½ ounces (75 grams) baked chicken
½ cup (125 mL) mixed vegetables
1 cup (250 mL) tossed salad with
1 Tbsp (15 mL) dressing
1 cup (250 mL) 1% milk
1 tsp (5 mL) non-hydrogenated margarine
3 arrowroot cookies



Day 3

Breakfast

[Yogurt Parfait:](#)

- ½ cup (125 mL) canned fruit in juice, drained
 - ¾ cup (175 mL) 0–2% M.F. no added sugar yogurt
 - ¼ cup (60 mL) flaked bran cereal
- 1 slice (30 grams) whole grain toast with
2 tsp (10 mL) nut butter and
2 tsp (10 mL) jam

Lunch

Egg and cheese muffin:

- 1 whole wheat English muffin
 - 1 poached egg
 - 1 ounce (30 grams) lower fat cheese
 - ⅛ avocado
- 1 cup (250 mL) tomato/cucumber slices
1 cup (250 mL) 1% milk
½ large banana

Supper

1 cup (250 mL) [Spanish Rice and Beans](#)
1 ounce (30 grams) lower fat shredded cheese
½ cup (125 mL) cooked carrots
1 cup (250 mL) tossed salad with tomatoes,
cucumbers with
2 tsp (10 mL) olive oil and lime juice
1 cup (250 mL) 1% milk
1 cup (250 mL) strawberries

Day 4

Breakfast

2 pancakes (4 inch or 10 cm) [Wheat and Oat Pancakes](#) with
2 Tbsp (60 mL) no added sugar syrup
1 scrambled egg
1 cup (250 mL) frozen blueberries, thawed

Lunch

[Chicken pita:](#)

- 1–6 inch (15 cm) whole wheat pita
 - 2 ounces (60 grams) roasted chicken breast
 - 1½ cup (375 mL) spinach
 - 1 Tbsp (15 mL) light mayonnaise
- ¾ cup (175 mL) no sugar added 0–2% M.F. yogurt
1 medium apple

Supper

1 cup (250 mL) couscous or [Couscous Salad](#)
2½ ounces (75 grams) baked salmon
½ cup (125 mL) cooked vegetables (pepper, onion, and spinach mix)
1 cup (250 mL) tossed salad with
1 Tbsp (15 mL) salad dressing
1 cup (250 mL) 1% milk
½ cup (125 mL) canned fruit in juice

Day 5

Breakfast

½ whole wheat bagel (60 grams) with
2 tsp (10 mL) peanut butter
¼ cup (60 mL) cottage cheese
1 medium orange, sliced
1 cup (250 mL) 1% milk

Lunch

1 cup (250 mL) hearty soup ([Curried Squash and Sweet Potato Soup](#))

Tuna salad:

- ¼ cup (60 mL) canned tuna
 - 1 Tbsp (15 mL) light mayonnaise
- 6–8 (50 grams) wheat crackers
½ medium carrot, cut into sticks
1 cup (250 mL) 1% milk

Supper

2½ ounces (75 grams) lean pork chop
1 cup (250 mL) baked yams
½ cup (125 mL) steamed broccoli
½ cup (125 mL) mixed vegetables
1 tsp (5 mL) non-hydrogenated margarine
½ slice banana bread ([Banana and Carrot Bread](#))



Snacks

15 grams carbohydrate

- 1 piece of fruit (medium apple or orange; small pear; or ½ large banana)
- 3 cups (750 mL) air popped popcorn with 1 tsp (5 mL) margarine or oil
- ¼ cup (60 mL) cottage cheese with ½ cup (125 mL) pineapple chunks, drained
- 2 Tbsp (30 mL) nuts and 15 grapes
- 1 (30 grams) high-fibre granola bar (4 grams of fibre or higher)
- 1 cup (250 mL) carrots, celery, and cucumbers with 2 Tbsp (30 mL) low fat dressing or ¼ cup (60 mL) hummus
- ¾ cup (175 mL) 0–2% M.F. yogurt, plain or no sugar added

30 grams carbohydrate

- ¼ cup (60 mL) hummus ([Chick Pea Dip](#)) with 3–4 whole wheat crackers, and carrot sticks (1 medium carrot)
- ¾ cup (175 mL) low fat plain Greek yogurt with ½ cup (125 mL) strawberries and ⅓ cup (75 mL) bran cereal
- 1 slice whole grain toast with 2 tsp (10 mL) nut butter, and ½ large banana sliced on top
- 1 piece of fruit (medium apple or orange; small pear; or ½ large banana), and 1 cup (250 mL) 1% milk
- 2–3 rye crackers, 1 ounce (30 grams) low fat cheese, 1 medium apple

My sample meal and snack ideas

Use the space below to practice planning your own meals using the portion sizes and carbohydrate amounts that are right for you. If you are unsure what portion sizes and carbohydrate amounts are right for you, ask to speak to a dietitian.



My Meal Plan	My Sample
Breakfast Time:	
Carbohydrates: _____ grams or _____ choices Notes:	
Lunch Time:	
Carbohydrates: _____ grams or _____ choices Notes:	
Supper Time:	
Carbohydrates: _____ grams or _____ choices Notes:	
Snacks Times:	
Carbohydrates: _____ grams or _____ choices Notes:	