Diabetic Friendly Meal Plan: Simple 7-Day Printable PDF

Free printable. Full guide and tips: https://betterlifecarez.com/diabetic-friendly-meal-plan/

Your 7-Day Diabetic Friendly Meal Plan and Grocery List

Build each plate the same way: half non-starchy vegetables, a quarter lean protein, and a quarter whole grains, beans or starchy vegetables. Drink water, unsweetened tea or coffee with meals.

Week 1 meal plan

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Veggie egg scramble, whole-wheat toast	Chicken salad with chickpeas, olive oil	Baked salmon, broccoli, small sweet potato	Plain Greek yogurt, berries
Day 2	Oatmeal with walnuts, cinnamon	Turkey and hummus whole-wheat wrap	Chicken veggie stir-fry, brown rice	Apple slices, peanut butter
Day 3	Greek yogurt, berries, chia seeds	Leftover stir-fry over greens	Turkey and bean chili	Carrots and hummus
Day 4	Eggs, sautéed spinach, whole-wheat toast	Lentil soup, side salad	Sheet-pan chicken, Brussels sprouts	Small handful of almonds
Day 5	Cottage cheese, peaches, walnuts	Tuna salad lettuce wraps, small apple	Shrimp tacos, corn tortillas, slaw	String cheese, cherry tomatoes
Day 6	Veggie omelet, half English muffin	Leftover chili, cucumber slices	Lean burger in lettuce, roasted veggies	Steamed edamame
Day 7	Overnight oats, chia, berries	Canned salmon and quinoa salad	Roast chicken, green beans, small potatoes	Pear with a few walnuts

Portion guide (approx.)

- Protein: about 3 to 4 ounces (85 to 115 g), roughly your palm
- Grains or starches: about 1/2 to 2/3 cup cooked, a quarter plate
- Non-starchy vegetables: 1 to 2 cups, half the plate
- Fruit: 1 small piece or about 1 cup berries
- Fats: about 1 tablespoon oil or nut butter, or a small handful of nuts
- Snacks: optional, skip them if you aren't hungry

Grocery list: proteins and dairy

Item	Approx. amount	Used on
Eggs	1 dozen	Days 1, 4, 6
Chicken breasts or thighs	About 3 lb (1.4 kg)	Days 1, 2, 4, 7
Salmon fillets	About 1 lb	Day 1
Canned salmon	1 can	Day 7
Lean ground turkey	1 lb	Day 3
Low-sodium deli turkey	8 oz	Day 2
Canned tuna in water	2 cans	Day 5
Frozen shrimp	1 lb	Day 5
Lean ground beef	1 lb	Day 6
Plain Greek yogurt	32 oz tub	Days 1, 3
Cottage cheese	16 oz	Day 5
String cheese	1 small pack	Day 5
Unsweetened milk or soy milk	1/2 gallon	Day 7, coffee

Grocery list: vegetables

Item	Approx. amount	Used on
Spinach	1 large bag	Days 1, 4
Salad greens	2 bags	Days 1, 3, 4, 7
Broccoli	2 lb	Days 1, 2
Bell peppers	4	Days 1, 2, 3, 6
Onions	2	Days 3, 6
Carrots	1 lb bag	Days 2, 3
Brussels sprouts	1 lb	Day 4
Cherry tomatoes	1 pint	Days 1, 5
Cucumbers	2	Days 6, 7
Coleslaw mix	1 bag	Day 5
Green beans	1 lb	Day 7
Romaine or butter lettuce	1 head	Days 5, 6

Grocery list: fruit

Item	Approx. amount	Used on
Berries, fresh or frozen	2 pints or bags	Days 1, 3, 7
Small apples	3	Days 2, 5
Unsweetened frozen peaches	1 bag	Day 5
Pears	2	Day 7

Grocery list: grains and starches

Item	Approx. amount	Used on
Rolled or steel-cut oats	1 container	Days 2, 7
Whole-wheat bread	1 loaf	Days 1, 4
Whole-wheat tortillas	1 pack	Day 2
Whole-wheat English muffins	1 pack	Day 6
Brown rice	1 small bag	Day 2
Quinoa	1 small bag	Day 7
Corn tortillas	1 pack	Day 5
Sweet potatoes	2	Day 1
Small potatoes	1 lb	Day 7

Grocery list: pantry and freezer

Item	Approx. amount	Used on
Canned chickpeas	1 can	Day 1
Canned kidney or black beans	2 cans	Day 3
Dry lentils	1 bag	Day 4
Canned diced tomatoes	2 cans	Days 3, 4
Hummus	1 tub	Days 2, 3
Natural peanut butter	1 jar	Day 2
Almonds and walnuts	1 small bag each	Days 2, 4, 5, 7
Chia seeds	1 small bag	Days 3, 7
Frozen edamame	1 bag	Day 6
Extra-virgin olive oil	1 bottle	Daily
Cinnamon, chili powder, garlic	As needed	Seasoning

Amounts are rough estimates for one to two adults. Cook the brown rice, quinoa and some chicken on prep day,

and the leftovers will cover the Day 3 and Day 6 lunches.