

# SAMPLE DIABETES-FRIENDLY MEAL PLAN

MONDAY	<b>Breakfast</b> steel cut oats with walnuts and fresh berries	<b>Lunch</b> salmon salad with cannellini beans	<b>Dinner</b> roasted chicken thighs with potatoes and scallions and herb vinaigrette with mixed greens
TUESDAY	<b>Breakfast</b> whole grain toast with nut butter and banana slices	<b>Lunch</b> ground turkey and three-bean chili	<b>Dinner</b> tofu cashew curry with brown rice, cauliflower, and green beans
WEDNESDAY	<b>Breakfast</b> egg and veggie muffins with zucchini, onions, and feta	<b>Lunch</b> chicken Caesar salad on a spinach wrap	<b>Dinner</b> grilled fish tacos topped with cabbage-cilantro slaw
THURSDAY	<b>Breakfast</b> strawberry, peach, and almond milk smoothie	<b>Lunch</b> lentil stew with spinach, onion, and fresh herbs	<b>Dinner</b> herb garlic turkey meatloaf with mashed cauliflower
FRIDAY	<b>Breakfast</b> whole grain avocado toast topped with fresh cilantro	<b>Lunch</b> black bean quinoa burger with baked green beans and a garden salad	<b>Dinner</b> almond and lemon crusted fish with spinach
SATURDAY	<b>Breakfast</b> veggie-loaded omelet with summer squash and avocado	<b>Lunch</b> baked falafel with whole grain pita, hummus, and tabbouleh	<b>Dinner</b> baked chicken Parmesan with parsley
SUNDAY	<b>Breakfast</b> whole grain buttermilk pancakes	<b>Lunch</b> navy bean and vegetable soup with zucchini, spinach, tomatoes, and fresh herbs	<b>Dinner</b> salmon with a salad of Nicoise olives and French-cut green beans

# Diets To Help Diabetics

**S Marginson**



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