

# Easy to Prepare Diabetic meals

These ideas are for 30-40 grams of carbohydrate.



Each meal is listed with the approximate grams of carbohydrate (CHO). These carbohydrate amounts are based on standard sized products. **Beverages:** Water, black coffee, unsweetened tea and sugar free drinks are free.

## Breakfast:

- 1 frozen waffle, 1 cup blueberries, 1/2c milk 36 g
- Toast whole wheat bread; add 1 T peanut butter and 1/2 of a banana 35 g
- Packet instant plain oatmeal, and 1/2 cup of unsweetened applesauce, hard boiled egg 32 g
- Toast 2 slices of raisin bread, top with 1/2 low fat cottage cheese 37 g
- 3/4 cup cheerios, 3/4 cup fat free or 1% milk and 1/4 cup raspberries, string cheese 33 g
- 3/4 cup Wheaties, 3/4 cup fat free or 1% milk and 1/4c cup frozen or fresh blueberries 32 g
- 1 1/2 T of peanut butter on a medium banana 34 g
- Breakfast burrito with small tortilla, 1 egg, vegetables, 1/2 cup potato and low fat cheese and salsa 35 g
- English muffin with low fat cheese 30 g

## Lunch:

- Tossed salad with 1/2 cup garbanzo or black beans, hard boiled egg and small apple 30 g
- 1cup reduced sodium vegetable soup, 3 whole wheat crackers and 1/2 sandwiches with turkey 35 g
- 2 slices of rye bread, turkey, or lean roast beef and 3/4 cup milk, raw carrots 36 g
- 1 cup bean soup, and 3 whole wheat crackers, string cheese, raw vegetables an orange 33-38g
- 1 cup minestrone soup, string cheese and small apple, raw vegetables 30 g
- 6 oz. plain Greek yogurt, 1 cup blueberries and 3 whole wheat crackers 35 g
- Lean turkey on a whole wheat sandwich" thin" and a medium orange. 35-37 g

## Dinner:

- Chicken breast grilled with spices and 2/3cup brown rice, with broccoli or other vegetables 30 g
- Buy packaged salad, add 3oz tuna or chicken, and add 1/2 cup beans, 3 crackers. And a piece of fruit 30-32 g
- 3 oz. lean meat, medium sweet potato, 1cup cauliflower, and 3/4 cup milk 38 g
- 2/3 c cooked pasta; with 1/2 cup no sugar added spaghetti sauce from a jar. Add cooked broccoli and a tossed salad with lite dressing 37 g
- 3 oz. grilled fish or chicken breast, medium baked potato with light margarine, 1 cup cooked carrots, raw vegetables 30-33 g

## Hints:

- Eat a variety of foods every day.
- Prepare foods with small amounts of healthy fat, like olive or canola oil.
- Choose lean proteins and include more chicken, turkey or fish.
- Pick higher fiber foods like whole grains, bran cereals whole fruits, vegetables and legumes like pinto beans.
- Look at labels when you can. Check the serving size first then look at grams of carbohydrates. For the best blood sugar control, be consistent with your intake of carbohydrates at meals.

## Websites/ references;

- [www.diabetes.org](http://www.diabetes.org) my food advisor
- [www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com) Meals and menus for 1 or 2.
- The American Diabetes Association "Month of Meals" Diabetes Meal Planner.