

7-Day Caribbean Meal Plan

These delicious and healthy meals represent dishes from various Caribbean kitchens.

Daily calories range between 1,400 – 1,600, and the carbohydrates are balanced throughout each day, with each meal containing between 30-55 grams of net carbohydrates. Snack options contain around 15 grams of carbohydrate each.

Depending on your goals and lifestyle, your calories and carbohydrates may need to be higher; adjust the number of snacks or serving sizes accordingly.



Recipes available on the Diabetes Canada website are hyperlinked throughout the meal plan and listed at the end.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 cup (250 mL) cornmeal porridge, cooked (made with low-fat milk) (measured after cooking) 1 egg, scrambled or boiled ¼ cup (60 mL) berries	1 egg omelette with ½ cup (125 mL) vegetables (spinach, mushrooms, or other vegetable of your choice) 2 slices whole-grain bread 2 tsp (10 mL) soft margarine ½ cup (125 mL) low-fat milk	1½ cup (375 mL) oatmeal, cooked (measured after cooking) 1 egg, scrambled or boiled ¼ cup (60 mL) unsalted peanuts or almonds	2 whole wheat biscuits 1 egg, boiled ½ cup (125 mL) plain low-fat yogurt ½ cup (125 mL) berries	1 egg, scrambled or boiled Grilled tomato slices* 2 slices whole-grain bread 2 tsp (10 mL) soft margarine ½ cup (125 mL) low-fat milk	1 cup (250 mL) plantain porridge, cooked (made with low-fat milk, and measured after cooking) 1 egg, scrambled or boiled ¼ cup (60 mL) unsalted peanuts or almonds	½ cup (125 mL) ackee 2 oz. (60 g) cod fish Sautéed greens (spinach, callaloo, kale)* 1 medium-sized plantain, boiled

Calories	511	366	426	365	365	511	365
Carbs (g)	37	36	45	42	36	48	42
Fibre (g)	3	4	6	7	4	4	7
Net carb (g)	34	32	39	35	32	44	35
Lunch	3 oz. (90 g) roasted chicken 1 cup (250 mL) yam, cooked Sautéed greens (spinach, callaloo, kale)* ½ medium-sized mango	3 oz. (90 g) jerk chicken 1 cup (250 mL) brown rice and peas, cooked (measured after cooking) Mixed green-leaf salad* 1 tbsp (15 mL) light salad dressing	3 oz. (90 g) grilled fish 1 cup (250 mL) curried pigeon peas ½ cup (125 mL) yam, cooked Sautéed greens (spinach, callaloo, kale)*	3 oz. (90 g) grilled chicken breast 2 slices whole-grain bread with 2 tsp (10 mL) soft margarine or 1 tbsp (15 mL) mayonnaise and lettuce, tomato ½ cup (125 mL) low-fat yogurt 1 fruit (e.g. medium-sized apple, or small banana)	1 serving red lentil soup 1 medium-sized green banana, boiled Mixed green-leaf salad* 1 tbsp (15 mL) light salad dressing	3 oz. (90 g) grilled fish 1 cup (250 mL) brown rice and peas, cooked (measured after cooking) Mixed green-leaf salad* 1 tbsp (15 mL) light salad dressing	1½ cups (375 mL) curried goat ½ medium-sized (8 inch/16 cm) whole-wheat roti ⅔ cup (160 mL) brown rice, cooked (measured after cooking) Mixed vegetables (carrots, cauliflower)*
Calories	433	515	415	473	420	465	588
Carbs (g)	54	50	58	43	64	50	46
Fibre (g)	7	6	13	4	14	6	5
Net carb (g)	47	44	45	39	50	44	41

Dinner	3 salmon or cod fritters	1½ cups (375 mL) oxtail stew	4 oz. (120 g) roasted chicken	1 whole wheat biscuit	4 oz. (120 g) stewed chicken	1 serving pork & okra creole	4 oz. (120 g) baked fish
	1 cup (250 mL) brown rice and peas, cooked (measured after cooking)	½ cup (125 mL) butter beans	⅓ cup (175 mL) cooked cassava	4 oz. (120 g) stewed chicken	2 servings (1 cup/250mL) root vegetable mash with coriander*	1 whole wheat biscuit	1 cup (250 mL) brown rice and peas, cooked (measured after cooking)
	Mixed vegetables (okra, eggplant)*	⅔ cup (160 mL) brown rice, cooked (measured after cooking)	½ medium-sized green banana	1 cup (250 mL) mashed potato	Sautéed greens (spinach, callaloo, kale)*	Mixed vegetables (carrots, cauliflower)*	Coleslaw or green-leaf salad*
		Mixed vegetables (carrots, cauliflower)*	Mixed vegetables (okra, eggplant)*				1 tbsp (15 mL) light dressing
Calories	680	448	377	518	498	455	505
Carbs (g)	65	64	47	53	60	58	50
Fibre (g)	5	9	4	4	16	8	6
Net carb (g)	55	55	43	49	44	50	44

***Aim to fill half of your plate with non-starchy (or starch-free) vegetables such as cauliflower, eggplant or spinach as they have very little carbohydrate and are high in fibre.**

<p>Snack Options: Each of the following options provides approximately 15g carbohydrate and 100-150 calories. Include 1 of these snacks per day.</p> <ul style="list-style-type: none"> • 1 medium-sized fruit (for example, an apple or orange) • 1 cup (250 mL) melon or berries • ½ cup (125 mL) low-fat yogurt (0-1%) with ½ cup (125 mL) berries • 3 cups (750 mL) air-popped popcorn • 1 slice of bread with peanut butter or cheese (30 g) • 5-6 crackers (30 g) with 2 tbsp (30 mL) hummus
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Recipes for this week:

- [Whole wheat biscuits](#)
- [Red lentil soup](#)
- [Root vegetable mash with coriander](#)
- [Pork & okra creole](#)