

7-Day Healthy Meal Plan

This healthy 1,500-calorie 7-day diabetes meal plan is nutritionally balanced and delicious. It features diabetes-friendly foods like low glycemic index carbohydrates, lean protein, and healthy fats like canola oil.

The carbohydrates are balanced throughout each day with each meal containing 30-45 grams of net carbohydrates and snacks containing around 15 grams of carbohydrates. Depending on your goals and lifestyle, your calories and carbohydrates may need to be higher, adjust the number of snacks or portion sizes accordingly.



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

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 Apricot Oat Muffin 1 cup (250 mL) low-fat milk	1-egg omelette with vegetables (spinach, mushrooms, or other vegetable of your choice) 2 slices whole-grain toast 2 tsp (10 mL) soft margarine ½ cup (125 mL) low-fat milk	Steel-cut rolled oats (⅓ cup/75 mL dry) 1 tbsp (15 mL) peanut butter added to oats after cooked ½ cup (125 mL) low-fat milk	2 slices whole-grain or rye toast 1 egg, poached or sunnyside up (cooked to your liking) Quarter small avocado, mashed Salt and pepper to taste	Steel-cut rolled oats (⅓ cup/75 mL dry) 1 tbsp (15 mL) peanut butter added to oats after cooked ½ cup (125 mL) low-fat milk	1 egg omelet with vegetables (spinach, mushrooms, or other vegetable of your choice) 2 slices whole-grain toast 2 tsp (10 mL) soft margarine ½ cup (125 mL) low-fat milk	Steel-cut rolled oats (⅓ cup/75 mL dry) 1 tbsp (15 mL) peanut butter added to oats after cooked ½ cup (125 mL) low-fat milk

Calories	282	366	324	293	324	366	324
Carbs (g)	37	36	37	33	37	36	37
Fibre (g)	2	4	5	5	5	4	5
Lunch	<p>2 cups (500 mL) Red Lentil Soup</p> <p>Green salad</p> <p>1 tbsp (15 mL) light salad dressing</p>	<p>1 serving Farm-Fresh Tofu Frittata</p> <p>¾ cup (175 mL) leftover roasted sweet potatoes</p>	<p>3 oz. (85 g) roast chicken</p> <p>2 slices whole-grain bread</p> <p>2 tsp (10 mL) mayonnaise</p> <p>Mustard, lettuce, tomato if desired</p> <p>1 fruit (e.g. medium-sized apple or small banana)</p>	<p>1 serving Mexican Baked Eggs on Black Beans</p> <p>1 slice whole-grain bread</p> <p>2 tsp (10 mL) soft margarine</p> <p>½ cup (125 mL) low-fat yogurt</p>	<p>3 oz. (85 g) tuna packed in water, drained</p> <p>1 whole-wheat pita (6 inch/15 cm)</p> <p>2 tsp (10 mL) mayonnaise</p> <p>Lettuce, tomato, or other vegetable if desired</p> <p>1 fruit (e.g. medium-sized apple or small banana)</p>	<p>1 serving Garden Veggie Buddha Bowl with Lentils and Tahini Sauce</p> <p>1 fruit (e.g. medium-sized apple or small banana)</p>	<p>Green salad (lettuce, cucumber, tomato) with 3 oz. (85 g) grilled chicken breast and ¼ cup (60 mL) croutons</p> <p>1 tbsp (15 mL) light salad dressing</p> <p>½ cup (125 mL) low-fat yogurt</p> <p>1 fruit (e.g. medium-sized apple or small banana)</p>
Calories	432	435	428	454	410	440	435
Carbs (g)	59	49	50	57	50	55	49
Fibre (g)	14	7	7	9	8	12	5

Dinner	1 serving <u>Skillet Chicken Breasts with Tomatoes and Olives</u> (1 chicken breast with ½ cup/125 mL tomato sauce) ¾ cup (175 mL) roasted sweet potatoes (make extra for tomorrow's lunch)	1 serving <u>Roasted Cauliflower Salad</u> (1 cup/250 mL) 3-4 oz. (85-115 g) grilled or baked pork loin chop 1 cup (250 mL) mashed potato	1 serving <u>White Fish with Roast Garlic & Lentil Mash</u> (1 fillet and ½ cup/125 mL lentils) Green salad 1 tbsp (15 mL) light salad dressing ¾ cup (175 mL) cooked couscous	1 cup (250 mL) cooked pasta (e.g. spaghetti, spirals, macaroni) ½ cup (125 mL) favourite pasta sauce 3-4 oz. (85-115 g) grilled or baked chicken	1 serving <u>Oven-Roasted Salmon with Sriracha and Lime</u> ¾ cup (175 mL) mashed sweet potato Broccoli, steamed or roasted	1 cup (250 mL) <u>Spinach & Mushroom Barley Pilaf</u> 3-4 oz. (85-115 g) grilled or baked chicken	1 serving <u>Chicken and White Bean Stew</u> (1¼ cups/300 mL) 2 oz. (55 g) whole-grain bread or roll
	Calories	610	625	725	405	547	440
Carbs (g)	58	52	55	51	53	48	52
Fibre (g)	10	7	13	4	8	8	10

Snack Options: Each of the following options provides approximately 15 g carbohydrate and 100-150 calories. **Include 1 of these snacks per day.**

- 1 medium-sized fruit (apple or orange)
- 1 cup (250 mL) melon or berries
- ½ cup (125 mL) low-fat yogurt with ½ cup (125 mL) berries
- 3 cups (750 mL) popped popcorn
- 1 slice bread with peanut butter
- 5-6 crackers with 2 tbsp (30 mL) hummus

Recipes for this week:

- [Apricot Oat Muffin](#)
- [Red Lentil Soup](#)
- [Farm-Fresh Tofu Frittata](#)
- [Mexican Baked Eggs on Black Beans](#)
- [Garden Veggie Buddha Bowl with Lentils and Tahini Sauce](#)
- [Skillet Chicken Breasts with Tomatoes and Olives](#)
- [Roasted Cauliflower Salad](#)
- [White Fish with Roast Garlic & Lentil Mash](#)
- [Oven-Roasted Salmon with Sriracha and Lime](#)
- [Spinach & Mushroom Barley Pilaf](#)
- [Chicken and White Bean Stew](#)