

7-Day Mediterranean Meal Plan

This healthy, 1,500-calorie 7-day diabetes meal plan is nutritionally balanced and delicious. It's based on the Mediterranean meal pattern which focuses on fruits and vegetables; whole grains; legumes; and lean proteins such as fish. It features diabetes-friendly foods, such as low-glycemic-index carbohydrates and complete protein, and healthy fats like olive 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 from the Diabetes Canada website are hyperlinked throughout the meal plan and are also listed at the end.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	¾ cup (180 mL) plain 0% Greek yogurt topped with ½ cup (125 mL) berries and ¼ cup (60 mL) walnuts or almonds 2 slices whole-grain or rye toast 2 tsp (10 mL) soft margarine	1 serving Shakshuka 1 whole-wheat pita (8 inch/20 cm)	⅓ cup (75 mL) steel-cut oats, uncooked 1 medium-sized apple ¼ cup (60 mL) walnuts or almonds Dash of cinnamon	1 large egg, scrambled with ½ cup (125 mL) vegetables (spinach, tomatoes, or other vegetable of your choice) 2 slices whole-grain or rye toast 2 tsp (10 mL) soft margarine 1 cup (250 mL) low-fat milk	BELT (bacon, egg, lettuce and tomato) sandwich Serve on whole-wheat English muffin with 1 large fried egg, 4 slices turkey bacon, and ½ cup (125 mL) vegetables (lettuce and tomatoes) or other vegetables of your choice. ½ cup (125 mL) melon	2 slices whole-grain or rye toast 2 tbsp (30 mL) almond butter 1 cup (250 mL) berries	⅓ cup (75 mL) steel-cut oats, uncooked Half medium-sized banana 2 tbsp (30 mL) peanut butter

Calories	495	435	430	500	375	420	365
Carbs (g)	46	54	54	42	50	45	41
Fibre (g)	10	9	11	6	5	10	6
Net carb (g)	36	45	43	38	45	35	35
Lunch	Baked Lemon Herb Salmon 2½ oz. (75 g) salmon, baked with 1 cup (250 mL) dark leafy vegetables or other vegetables of your choice (cooked to your liking) Season with salt, black pepper, lemon and garlic to taste. ½ cup (125 mL) cooked brown rice	1 serving Garden Veggie Buddha Bowl with Lentils and Tahini Sauce 1 cup (250 mL) berries topped with ¼ cup (60 mL) plain 0% Greek yogurt	1 serving (1½ cups/375 mL) Mediterranean Roasted Vegetables and Chickpeas 1 serving Chilled Avocado and Cucumber Soup Feta	1 serving (1 fish fillet & ½ cup/125 mL mash) White Fish with Roast Garlic & Lentil Mash Whole-wheat breadstick (8 inch/20 cm)	1 serving (2 cups/500 mL salad & 1 tbsp/15 mL dressing) Kale, Beet & Chickpea Power Bowls	2 servings (2 cups/500 mL) Roasted Cauliflower Salad Whole-wheat dinner roll (3½ inch/9 cm)	Italian Chicken Wrap 2½ oz. (75 g) cooked chicken with ½ cup (125 mL) raw vegetables (peppers, spinach, onions) or other vegetables of your choice Serve on whole-wheat tortilla (8 inch/20 cm) with 1¾ tbsp (25 g) shredded mozzarella cheese. Oil (optional) and vinegar dressings
	Calories	345	430	530	650	410	460
Carbs (g)	41	49	53	45	46	49	38
Fibre (g)	6	11	12	11	11	10	5
Net carb (g)	35	38	41	34	35	39	33

<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">Dinner</h1>	<p>Mediterranean Salad Tacos</p> <p>½ cup (125 mL) canned and drained chickpeas heated in 1 tbsp (15 mL) olive oil</p> <p>Serve on whole-wheat tortilla wrap (8 inch/20 cm) with ½ cup (125 mL) raw vegetables (arugula, tomatoes, cucumbers) or other vegetables of your choice.</p> <p>Garnish with sesame seeds and salsa.</p>	<p>1 serving <u>Chicken Gyros</u></p> <p>Serve with ½ cup (125 mL) vegetables (tomato, cucumber, lettuce, red onion) and 2 tbsp (30 mL) crumbled feta.</p> <p>Serve on whole-wheat tortilla (8 inch/20 cm).</p>	<p>Shrimp Linguine</p> <p>10 pieces of shrimp cooked in 1 tbsp (15 mL) olive oil with vegetables (onions, broccoli and bell peppers) or other vegetables of your choice</p> <p>Toss with 1 cup (250 mL) cooked al dente whole-wheat linguine noodles.</p> <p>Season with salt and black pepper, lemon and garlic to taste.</p> <p>Garnish with fresh parsley.</p>	<p>Half serving (1 patty) <u>Falafel burgers with creamy sesame sauce</u></p> <p>Serve on toasted whole-wheat hamburger bun topped with vegetables (lettuce, tomatoes) or other vegetables of your choice.</p> <p>Side garden salad and 1 tbsp (25 mL) light dressing</p>	<p>1 serving (¼ piece) of <u>Farm-fresh tofu frittata</u></p> <p>1 serving <u>Creamy Carrot Salad</u></p> <p>Serve with ½ cup (125 mL) sweet potato, cooked to your liking.</p>	<p>Chicken Kebabs</p> <p>2½ oz. (75 g) chicken cooked in 1 tbsp (25 mL) olive oil with 1 cup (250 mL) of vegetables (onions, peppers, zucchini) or other vegetables of your choice</p> <p>Season with salt, black pepper and dried oregano.</p> <p>¼ cup (60 mL) plain 0% Greek yogurt</p> <p>½ cup (125 mL) cooked brown rice</p>	<p>Stuffed Pepper</p> <p>Cut 1 large red bell pepper in half (top to bottom)</p> <p>Stuff pepper halves with filling: ¼ cup (60 mL) cooked brown rice, ¾ cup (180 mL) black bean and ½ cup (125 mL) vegetables (onions, tomatoes) or other vegetables of your choice.</p> <p>Season filling with cumin, paprika, chili powder, salt and black pepper.</p> <p>Bake pepper halves with filling for 30 minutes at 350°F (175°C), or until almost soft.</p> <p>Top with ¼ cup (50 g) mozzarella or cheddar cheese and bake until cheese is golden.</p>
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Calories	520	420	405	335	570	450	555
Carbs (g)	55	38	51	51	50	38	65
Fibre (g)	10	6	8	8	9	6	20
Net carb (g)	45	32	43	43	41	32	45

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

- Half (8 inch/20 cm) whole-wheat pita bread with 1 tbsp (15 mL) hummus
- 1 medium-sized fruit (apple or orange)
- Quarter serving of [Fruit and Feta Salad](#)
- 1½ cup (375 mL) low-fat yogurt with ½ cup (125 mL) berries
- 1 slice whole-wheat toast with peanut butter
- Half apple, sliced, with 1 tbsp (15 mL) peanut or almond butter
- 5-6 crackers and 2 tbsp (30 mL) hummus
- Half pita, cut into wedges and toasted, with ¼ cup (60 mL) salsa

Recipes for this week:

- [Shakshuka](#)
- [Garden Veggie Buddha Bowl with Lentils and Tahini Sauce](#)
- [Chicken Gyros](#)
- [Chilled Cucumber and Avocado Soup with Feta](#)
- [Mediterranean Roasted Vegetables and Chickpeas](#)
- [White Fish with Roast Garlic and Lentil Mash](#)
- [Falafel Burgers with Creamy Sesame Sauce](#)
- [Kale, Beet & Chickpea Power Bowls](#)
- [Farm-Fresh Tofu Frittata](#)
- [Creamy Carrot Salad](#)
- [Roasted Cauliflower Salad](#)
- [Fruit and Feta Salad](#)