

30 DAY DIABETIC MEAL PLAN

week 1

Monday	BREAKFAST Oatmeal with chia seeds, blueberries, and honey	LUNCH Grilled chicken salad with mixed greens, avocado, and olive oil dressing	DINNER Baked salmon with quinoa and steamed broccoli	SNACKS A handful of almonds
Tuesday	BREAKFAST Scrambled eggs with spinach and tomatoes	LUNCH Turkey and avocado wrap (whole wheat wrap, no mayo)	DINNER Stir-fried tofu with vegetables and brown rice	SNACKS Carrot sticks with hummus
Wednesday	BREAKFAST Greek yogurt with flax seeds, walnuts, and strawberries	LUNCH Quinoa salad with chickpeas, cucumber, bell peppers	DINNER Grilled shrimp with cauliflower rice and steamed green beans	SNACKS A small apple with peanut butter
Thursday	BREAKFAST Whole wheat toast with almond butter and a boiled egg	LUNCH Lentil soup with mixed greens	DINNER Roasted chicken with sweet potato and sautéed spinach	SNACKS Cucumber slices with guacamole
Friday	BREAKFAST Smoothie with spinach, almond milk, chia seeds	LUNCH Tuna salad with mixed greens and olive oil dressing	DINNER Grilled turkey burgers with steamed asparagus	SNACKS A handful of sunflower seeds
Saturday	BREAKFAST Avocado toast on whole wheat bread with a poached egg	LUNCH Chicken breast with roasted vegetables (zucchini, bell pepper)	DINNER Grilled salmon with wild rice and steamed broccoli	SNACKS A handful of mixed berries
Sunday	BREAKFAST Whole grain pancakes with almond butter	LUNCH Quinoa and black bean salad with a lime dressing	DINNER Grilled chicken with sautéed kale and roasted sweet...	SNACKS Celery sticks with peanut butter

Week 2

Monday	BREAKFAST Scrambled eggs with bell peppers and onions	LUNCH Spinach and chickpea salad with olive oil dressing	DINNER Baked cod with quinoa and steamed carrots	SNACKS A handful of walnuts
Tuesday	BREAKFAST Greek yogurt with chia seeds and sliced almonds	LUNCH Grilled chicken wrap with mixed greens and hummus	DINNER Tofu stir-fry with broccoli, bell peppers, and brown rice	SNACKS A handful of almonds
Wednesday	BREAKFAST Smoothie with kale, banana, and almond milk	LUNCH Turkey and avocado lettuce wrap	DINNER Roasted chicken with mashed cauliflower and steamed asparagus	SNACKS Cucumber slices with hummus
Thursday	BREAKFAST Avocado toast with a boiled egg on whole grain bread	LUNCH Roasted vegetable salad with quinoa	DINNER Grilled salmon with sautéed spinach and brown rice	SNACKS A small apple with almond butter
Friday	BREAKFAST Overnight oats with flaxseeds and strawberries	LUNCH Tuna salad with avocado and leafy greens	DINNER Grilled shrimp with a vegetable stir-fry	SNACKS Carrot sticks with hummus
Saturday	BREAKFAST Whole wheat toast with almond butter and chia seeds	LUNCH Chicken and vegetable stir-fry with brown rice	DINNER Baked tilapia with roasted Brussels sprouts and quinoa	SNACKS A handful of sunflower seeds
Sunday	BREAKFAST Scrambled tofu with mushrooms and spinach	LUNCH Quinoa and black bean bowl with salsa and avocado	DINNER Grilled turkey with roasted sweet potato and green beans	SNACKS A handful of mixed nuts

Week 3

Monday	BREAKFAST Smoothie with spinach, almond milk, and chia seeds	LUNCH Quinoa salad with chickpeas, cucumbers, and olive oil dressing	DINNER Grilled chicken with roasted cauliflower and brown rice	SNACKS A handful of almonds
Tuesday	BREAKFAST Greek yogurt with flaxseeds and berries	LUNCH Chicken and avocado salad with mixed greens	DINNER Grilled salmon with wild rice and steamed broccoli	SNACKS A small apple with almond butter
Wednesday	BREAKFAST Scrambled eggs with avocado and cherry tomatoes	LUNCH Tuna salad with cucumbers, avocado, and olive oil dressing	DINNER Stir-fried tofu with vegetables and quinoa	SNACKS Carrot sticks with hummus
Thursday	BREAKFAST Whole grain toast with peanut butter and chia seeds	LUNCH Quinoa and roasted vegetable bowl with olive oil dressing	DINNER Grilled shrimp with zucchini noodles and a side salad	SNACKS A handful of mixed berries
Friday	BREAKFAST Smoothie with kale, almond milk, and protein powder	LUNCH Grilled chicken with quinoa and steamed green beans	DINNER Baked chicken with roasted sweet potatoes and sautéed spinach	SNACKS Celery sticks with almond butter
Saturday	BREAKFAST Scrambled eggs with spinach and feta	LUNCH Lentil soup with mixed greens and olive oil dressing	DINNER Grilled turkey burgers with roasted vegetables	SNACKS A handful of sunflower seeds
Sunday	BREAKFAST Avocado toast with poached eggs	LUNCH Spinach and chickpea salad with lemon vinaigrette	DINNER Grilled salmon with quinoa and steamed broccoli	SNACKS A small apple with peanut butter

Week 4

Monday	BREAKFAST Greek yogurt with chia seeds and raspberries	LUNCH Chicken breast with mixed greens and olive oil dressing	DINNER Grilled shrimp with zucchini and quinoa	SNACKS A handful of almonds
Tuesday	BREAKFAST Whole wheat toast with almond butter and sliced strawberries	LUNCH Tuna salad with avocado and mixed greens	DINNER Grilled turkey with roasted sweet potatoes and broccoli	SNACKS A handful of mixed nuts
Wednesday	BREAKFAST Scrambled eggs with spinach, tomatoes, and onions	LUNCH Quinoa salad with chickpeas and mixed vegetables	DINNER Baked salmon with steamed asparagus and quinoa	SNACKS Carrot sticks with hummus
Thursday	BREAKFAST Smoothie with kale, berries, and almond milk	LUNCH Roasted chicken breast with sautéed spinach and quinoa	DINNER Grilled tofu with roasted Brussels sprouts and wild rice	SNACKS A handful of sunflower seeds
Friday	BREAKFAST Oatmeal with flaxseeds, chia seeds, and blueberries	LUNCH Turkey and avocado wrap with mixed greens	DINNER Stir-fried chicken with bell peppers and brown rice	SNACKS Celery sticks with peanut butter
Saturday	BREAKFAST Scrambled eggs with mushrooms and spinach	LUNCH Grilled chicken salad with avocado, mixed greens, and olive oil dressing	DINNER Grilled shrimp with cauliflower rice and steamed broccoli	SNACKS A handful of almonds
Sunday	BREAKFAST Whole grain pancakes with almond butter and raspberries	LUNCH Quinoa and black bean bowl with salsa and avocado	DINNER Grilled chicken with sautéed kale and roasted sweet potatoes	SNACKS A small apple with almond butter