

1300 CALORIE MENU - DIABETIC

8 oz. lean protein

4 grains

3 fruits

Vegetables – unlimited

2 fats



Total 7 carbohydrates

SAMPLE BREAKFAST MENUS

BREAKFAST TOTALS = 2 OZ. PROTEIN -2 CARBOHYDRATES

1

6 oz. nonfat Greek yogurt,(less than 20 grams total carbohydrate) 1 carbohydrate plus 2 oz. lean protein
½ cup high-fiber cereal (1 carbohydrate)

2

1 Tbsp. natural peanut butter, soy-nut butter, or almond butter (1 protein)
1 slice whole-grain toast (1 carbohydrate)
½ banana (1 carbohydrate)

3

APPLE CINNAMON OATMEAL - ½ cup dried oatmeal plus ¾ cup water (1 carbohydrate)
1 apple (1 carbohydrate)
No calorie sweetener/cinnamon
1 Tbsp. chopped walnuts or almonds

SAMPLE LUNCH MENUS

LUNCH TOTALS = 2 OZ. LEAN PROTEIN - 2 CARBOHYDRATES - VEGETABLES - 1 FAT

1

½ cup tuna salad with 1 Tbsp. lite mayonnaise (2 oz. protein, 1 fat)
1 slice whole-wheat/whole-grain bread (1 carbohydrate)
15 grapes (1 carbohydrate)
Large salad with lettuce, tomato, cucumber, mushrooms, etc.

2

1 oz. turkey, 1 oz. low fat cheese (2oz. protein)
1 slice whole-wheat/whole-grain bread (1 carbohydrate)
1 apple (1 carbohydrate) **OR** 2 pieces whole-wheat/whole-grain bread, **no** fruit
Lettuce, tomato, mustard
1 Tbsp. lite mayo (1 fat)

3

2 soft tacos with grilled chicken or fish (2oz. protein)
2 single corn tortillas (1 carbohydrate)
1 cup melon or ½ cup pineapple (1 carbohydrate)
Salsa

1300 CALORIE MENU - DIABETIC

SAMPLE SNACKS

SNACK TOTALS = 1 OZ. PROTEIN - 1 CARBOHYDRATE - VEGETABLES unlimited

6 oz. nonfat Greek yogurt (less than 20 grams total carbohydrate), plus 12 almonds
12 almonds, 1 fruit
1 oz. low-fat cheese, 1 fruit
1 mini lite popcorn bag, plus 1 string cheese
1 piece whole-grain bread plus 1 Tbsp. almond or peanut butter

SAMPLE DINNER MENUS

DINNER TOTALS = 4 OZ. LEAN PROTEIN - 2 CARBOHYDRATES -VEGETABLES - 1 FAT

1

4 oz *CHICKEN PICCATA* (4 oz. protein)
1 cup *HERBED BARLEY* (2 carbohydrates)
1-2 cups green beans or other vegetable
Garden salad with 2 Tbsp. lite dressing (1 fat)

2

4 oz. *HONEY MUSTARD SALMON* (4 oz. protein)
1cup *LENTILS WITH SPINACH* (2 carbohydrates)
1 cup *ROASTED CARROTS*
Garden salad with 2 Tbsp. lite dressing (1 fat)

3

4 oz. *TURKEY MEAT BALLS* (4 oz. protein)
1cup high-protein or whole-grain pasta with 1 cup vegetables (2 carbohydrates)
½ cup marinara sauce
Green salad with 2 Tbsp. lite balsamic dressing (1 fat)