



## **1800 CALORIE MENU - DIABETIC**

### **8 CARBOHYDRATE CHOICES PER DAY, INCLUDING STARCHES, FRUIT, AND MILK**

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Pre-diabetes or Type 2: Limit 3 carbohydrate choices, 15-20 grams each, or up to 60 grams per meal

### **BREAKFAST MENUS: 2 CARBOHYDRATES**

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**1**

1 egg or two egg whites (1 protein)

Add: vegetables such as peppers, mushrooms, onions, spinach, tomato, etc.

2 pieces whole wheat toast (2 carbohydrates)

2 tsp. light margarine

2 Hours later: 1 fruit, ½ banana (1 carbohydrate), or 1 piece fruit

**2**

1 piece whole wheat toast or high-fiber English muffin (1 carbohydrate)

1 Tbsp. natural peanut butter, almond butter, or soy-nut butter

1 tsp. sugar-free jam

½ banana or other fruit serving (1 carbohydrate)

**3**

2 slices wheat or rye toast (2 carbohydrates)

1 slice of low fat Swiss cheese or provolone cheese

2-3 slices of tomato

2 hours later: 1 orange (1 carbohydrate)

**4**

½ cup high-fiber cereal (1 carbohydrate) such as bran buds, fiber one

Greek yogurt (20 grams of total carbohydrates or less)

2 Tbsp. chopped nuts

**5**

½ cup raw oatmeal, made with ⅔ cup water (1 carbohydrate)

1 cup berries (1 carbohydrate)

1 Tbsp. chopped nuts

Stevia, cinnamon

## LUNCH MENUS – 2 CARBOHYDRATES

*LIMIT RED MEAT TO 2 TIMES PER WEEK*

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**1**

2 pieces whole wheat or rye bread (2 carbohydrates)  
3 oz. deli meat: turkey, 1 scoop tuna, chicken, lean roast beef, ham, or low fat cheese such as provolone or light Swiss, lettuce, tomato, mustard, light mayo  
Dinner salad with 2 Tbsp. light dressing

**2**

Deli Lunch: ½ sandwich (1 carbohydrate)  
1 cup of broth based (not creamed) soup (1 carbohydrate)  
Dinner salad with 2 Tbsp. light dressing

**3**

Single burger, no cheese - turkey, lean beef, or grilled chicken breast  
Whole grain bun (2 carbohydrates) NO FRIES  
Dinner salad with 2 Tbsp. light dressing

**4**

Burrito bowl: 1 cup beans, no rice  
Chicken, cheese, lettuce, tomato, salsa

**5**

2 soft tacos: grilled chicken, fish, or steak, double corn or small flour tortillas (2 carbohydrates)  
Salsa

**6**

6-inch Subway sandwich with double vegetables (no oil), mustard, vegetables, light mayo (3 carbohydrates)  
Small garden salad with 2 Tbsp. light dressing (1 fat)

**7**

8 pieces bite size sushi with rice (3 proteins, 2 carbohydrates)  
1 order sashimi  
Miso soup  
Cucumber salad

**8**

Large vegetable salad with 3 oz. chicken or fish  
½ cup beans added to salad (1 carbohydrate)  
1 piece of whole grain bread (1 carbohydrate)

## **SNACK - 1 CARBOHYDRATE WITH 1 OZ. PROTEIN**

*TOTAL CARBOHYDRATES UNDER 20 GRAMS*

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- 1 serving fruit (1 carbohydrate)
- 12 almonds, or 100 calorie nut package, or 1 string cheese
- 1 mini bag lite-popcorn (1 carbohydrate) plus 12 almonds
- 4 oz. low fat cottage cheese plus 1 fruit
- 6 crackers (1 carbohydrate) plus 1 string cheese

## **DINNER MENUS -2 CARBOHYDRATE SERVINGS 30-40 TOTAL GRAMS**

*LIMIT RED MEAT TO 2 TIMES PER WEEK*

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### **1**

- 6 oz. lean protein - fish, turkey, chicken breast or lean beef
- 1 medium 8 oz. baked potato or 1 cup of starch such as corn, quinoa, barley, beans, lentils rice, mashed potatoes, or 2 pieces of bread (no dipping olive oil), (2 carbohydrates)
- 1-2 cups cooked vegetables
- Salad with 2 Tbsp. light dressing (1 fat)

### **2**

- 1 cup serving cooked pasta (2 carbohydrates)
- 1 cup meat sauce
- 2 cup cooked vegetables (mushrooms, peppers, etc)
- 1 Tbsp. Parmesan cheese
- Salad with 2 Tbsp. lite dressing

### **3**

- 8 pieces of sushi (2 carbohydrates)
- 2 orders sashimi
- Miso soup
- Cucumber salad
- 1 cup edamame (1 protein)

### **4**

- 2 medium size pieces of pizza, thin crust, no meat (2 carbohydrates)
- Mushrooms, pepper, tomatoes, onions, and grilled/BBQ chicken
- Garden salad with 2 Tbsp. light dressing (1 fat)

## **EVENING SNACK**

*LIMIT 1 CARBOHYDRATE SERVING 15-20 TOTAL GRAMS*

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*...wait at least 2 hours after dinner before having a snack - this will allow glucose to return to normal and assist in lowering glycemic load.*

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- 1 Fruit
- 100 calorie popcorn
- 1 diet ice cream bar (20 grams or less of total carbohydrates)
- 1 nonfat Greek yogurt