

## Sample Meal Plans

### Breakfast

#### **30 grams (to 45 grams) carbohydrate**

- 2 slices whole wheat bread with 1-2 teaspoons butter (and 1 Tbsp jam), 1-2 eggs
- 1 cup oatmeal (or 1/3 cup uncooked), (1 cup milk) 1-2 eggs or turkey bacon
- 1 whole wheat english muffin with 1-2 teaspoons butter, ½ cup cottage cheese
- 2 small whole wheat tortillas with ¼ cup “light” shredded cheese (and ½ c beans) and egg
- 2 brown rice cakes with 1-2 Tablespoons peanut butter & 1 Tablespoon Jam
- 2 whole wheat waffles with sugar free syrup, (1 cup berries) 1-2 eggs
- 2 small whole wheat tortilla or small corn tortillas, (1/3 cup beans), ¼ cup “light” cheese

### Lunch

#### **45 grams (to 60 grams) carbohydrate**

- Turkey or chicken or tuna sandwich on 2 slices whole wheat bread, 1 apple (1 cup milk)
- 1 cup bean or lentil soup, 6 (or 12) whole wheat crackers or soda cracker size
- Salad with lettuce, vegetables, protein (chicken, fish, lean meat), and ½ (or 1 cup) beans and ½ cup corn
- 2 chicken or fish soft tacos (corn or whole wheat tortillas) with ½ cup (or 1 cup) beans
- 1 cup tomato or broth based soup (without noodles / rice), 6 (or 12) whole wheat crackers (soda cracker size), 1 apple
- 1 cup greek yogurt (plain or “light”), ¾ cup berries (or 1 ½ cup), 2 brown rice cakes with 1-2 Tablespoons peanut butter
- 1 whole wheat or corn tortilla with 1/3 cup rice and 1/3 cup (or 2/3 cup) beans, ¼ cup “light” cheese

### Dinner

#### **45 grams (to 60 grams) carbohydrate**

- Chicken, 1 cup beans or lentils, Salad, ¾ cup berries
- Fish, 1 cup brown rice or quinoa, vegetables, ½ cup fruit
- Lean Meat, 1 cup sweet potato or yam, ½ cup corn or peas, (½ cup fruit)
- 1 cup whole wheat pasta, lean ground turkey or lean ground sirloin meatballs, salad, (¾ cup berries)
- Salad with lettuce, vegetables, protein (chicken, fish, lean meat), 1/3 cup beans, 1/3 cup quinoa and ½ cup corn, (½ cup fruit)
- Stir fry vegetables, tofu, 1 cup brown rice, (½ cup fruit)
- Barbeque chicken, fish or lean meat, (1 ear corn), 1 cup red potatoes, 1 cup melon
- Medium baked potato, w/ protein (chicken, lean hamburger meat), onions, tomato, broccoli, ½ c plain yogurt

**Snacks**

**15 grams of carbohydrate**

- 1 cup plain greek yogurt with ½ cup berries
- 1 cup cottage cheese with ¾ cup berries
- 1 apple with peanut butter or cheese
- 2 graham crackers with 1 Tablespoon peanut butter
- ¼ cup nuts, 1 small fruit
- 1 hard boiled egg and 6 crackers
- 3 cups air popped or low fat popcorn
- 1 small whole wheat tortilla with ¼ cup “light” cheese
- 1 slice whole wheat bread with 1 ounce cheese
- 1 ounce low fat or baked chips with hummus
- ½ English muffin with either peanut butter OR cream cheese
- 8-10 baked tortilla chips with salsa
- Carrot sticks with 1/3 c hummus
- ½ whole wheat English muffin w tomato sauce and ½ oz shredded low fat cheese
- Mini glucerna bar or Kind bar (look at the label)

**Snacks**

**Low to zero grams of carbohydrates**

- Handful of sunflower seeds or nuts
- Premier Protein Shake or Fairlife Protein Shake
- Turkey jerky
- Cottage cheese with tomatoes and cucumbers
- Celery with peanut butter or cream cheese
- Hard boiled or scrambled eggs
- Scoop of tuna salad and medium tomato
- Sugar free popsicle
- Sugar free jello (colored)
- Roasted seaweed snacks
- Kale chips
- Low fat string cheese
- Olives
- Turkey (or other protein source) wrapped in lettuce
- Guacamole and veggie strips
- 1 cup non starchy vegetables