

MEAL PLAN FOR PREDIABETES

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Oatmeal with fresh berries, nuts, and low-fat milk or yogurt	Salad with grilled chicken, quinoa, cherry tomatoes, cucumbers, olives, feta cheese, and olive oil dressing	Handful of almonds or pistachios	Salmon with roasted broccoli and cauliflower
TUE	Scrambled eggs with whole-wheat toast, avocado, and salsa	Turkey sandwich on whole-wheat bread with lettuce, tomato, onion, mustard, and low-fat mayo. Plus a cup of vegetable soup or fruit salad	Plain Greek yogurt with granola and honey	Chicken stir-fry with brown rice and mixed vegetables
WED	Whole-wheat pancakes with banana slices and maple syrup	Lentil soup with whole-wheat pita bread and salad greens	Popcorn or edamame	Spaghetti squash with turkey meatballs and marinara sauce
THU	Greek yogurt parfait with granola, berries, and nuts	Roasted vegetable wrap with hummus, spinach, and cheese on a whole-wheat tortilla	Trail mix or dried fruits	Beef and vegetable stew with whole-wheat bread
FRI	Breakfast burrito with scrambled eggs, cheese, black beans, and salsa on a whole-wheat tortilla	Tuna salad with whole-wheat crackers and baby carrots	Rice cakes or pretzels	Pizza with whole-wheat crust, tomato sauce, cheese, and your favorite toppings
SAT	French toast with strawberries and whipped cream	Chicken and vegetable curry with basmati rice or naan bread	Granola bar or muffin	Turkey burger with sweet potato fries and coleslaw
SUN	Egg and cheese muffin with ham or bacon	Vegetable lasagna with salad and garlic bread	Chocolate pudding or ice cream	Roast chicken with mashed potatoes and green beans

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