

SAMPLE MEAL IDEAS

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Cottage cheese, Sliced strawberries, ¼ cup Kashi Go, Lean or Special K Plus Protein cereal	Whole wheat English muffin 1 egg, slice cheese Turkey/veggie sausage	2 slices whole grain toast, 2 Tbsp peanut butter Carb Master yogurt	1 packet Quaker High Fiber Oatmeal, Boiled egg, Turkey/veggie sausage
SNACK 1	Lite yogurt almonds	2 popcorn cakes 2 Tbsp peanut butter	Cottage cheese ½ cup strawberries	Granola bar
LUNCH	Turkey sandwich with slice of cheese, Sugar free pudding, Side salad or raw veggies w/ low fat ranch	1 cup minestrone soup, Whole grain crackers 2 oz cheese 1 cup berries	1 whole wheat pita Chicken salad, raw spinach/greens, ¼ cup hummus, Apple, 2-3 cheese cubes	Lean Cuisine, Baby carrots/broccoli w/ low fat ranch dip, Sugar free pudding
SNACK 2	Apple 2 Tbsp peanut butter	15 Baby carrots 1/4 cup hummus	Mini bag lite popcorn	Handful pretzels String cheese

DINNER	Broiled salmon, Stir fry vegetables, 2/3 cup wild rice, 1 cup sliced fruit	Filet with sautéed mushrooms & onions, Baked sweet potato, Steamed broccoli, Sugar free pudding	<u>Southwest Salad</u> Grilled chicken strips Salad greens, tomatoes, peppers, etc ½ cup black beans ¼ cup low fat sour cream Salsa 10 baked tortilla chips	1.5 cups of chili. 2 Tbsp shredded cheese, 5 whole grain crackers, Spinach salad with vinaigrette dressing
BEDTIME SNACK	Flat Out bread wrap Chicken or turkey slices, cheese slice	Sugar Free Pudding ½ cup strawberries	1 cup 1% milk 2 graham cracker squares	½ Peanut butter sandwich Lite/Carb Master yogurt

Note: There are times when your dietitian or doctor may ask you to do a protein based nighttime snack. This will be to help keep morning blood glucose levels in target.

BEDTIME SNACK - PROTEIN	4-5 cheese cubes Pickle spear or olives	2 hard boiled eggs	Celery with 2-3 Laughing Cow cheese wedges	<u>Blend together:</u> 1/2 cup Ricotta 2-3 packs splenda 1 Tbsp cocoa powder
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