DIABETESTRONG Healthy Life With Diabetes

Diabetes Friendly

O-loves.com

Meal Plan

Welcome to my Diabetes-Friendly Meal Plan

Thank you for downloading my Diabetes-Friendly Meal Plan, I hope you enjoy it.

The plan is based on recipes I make and enjoy myself.

I have lived with type 1 diabetes since 1997 and spent a lot of time finding what works for me and the diabetes coaching clients I work with. This has given me the insights to develop heathy meal plans that are easy, tasty, and won't case havoc on your blood sugars (assuming you take your meds of course).

We all have different approaches to food and what we like to eat, so don't see this plan as a final truth, but rather as an inspiration to develop good nutrition habits, regardless of your fitness and health goals.

For more healthy recipes and meal plans, check out my <u>recipe index</u> and <u>meal plan archive</u> on Diabetes Strong.

- Christel



How the Plan Works

I prefer to eat six smaller meals throughout the day rather than the classic three big meals of breakfast, lunch, and dinner. Eating smaller meals allows me to spread out my carbs between the meals, making blood sugar control easier. I also rarely feel hungry between meals because I eat every 3-4 hours.

Each meal has less than 30 grams of carbs, a good amount of protein, and some healthy fat. Because the meals are very similar in size and macronutrients, you can really eat them in the order you like. If you prefer chicken for breakfast and pancakes for dinner, I won't hold you back (but I may give you a strange look...)

If eating six daily meals doesn't work for you because of your schedule (work, family, etc.), please don't stress about it. You can just combine some of the meals and have four meals instead. It's better to have a routine that works than trying to force yourself to eat six daily meals.

A note about veggies: The recipes include everything I eat except the leafy and fibrous veggies (salad, broccoli, etc.). I don't count those in my daily calories and you can eat as many as you like. Filling up on salad (without a high-calorie dressing) is a great way to add more "food volume" and make sure you don't feel hungry between meals.



How to Adjust the Plan to Your Calorie Need

We all have different calorie needs. Your daily calorie need depends on your size, fitness level, daily activity, gender, etc. When you are creating a healthy meal plan, your first step should therefore always be to calculate your "calorie equilibrium", or how many calories you need each day to maintain your current weight.

You can learn exactly how to find you calorie equilibrium with 5 easy steps in this post: <u>https://diabetesstrong.com/how-to-find-your-daily-calorie-need/</u>

Once you know your calorie equilibrium, you can adjust your daily calories up or down to meet your goals. If your goal is to lose weight, I recommend that you eat 300- 500 calories less than your equilibrium each day (but no less than 1,200 per day). This should lead to a steady and healthy weight loss.

If you want to gain muscle, start out by adding in 300-500 calories more than your equilibrium each day and see what happens. If you find that you are also putting on a little too much fat, decrease your calories slightly.

The recipes in the document list amounts for a 1,600 calorie diet, but you can use the tables on the next two pages to easily convert the plan into different calorie levels (and metric measurements).

Disclaimer: I know that healthy nutrition (and especially how many carbs to eat) is a topic that causes a great deal of discussion in the diabetes community. I make no claim that my approach is the best or only way to do it, but it's what works for me and the clients I work with. If you are doing something different that works for you, then definitely keep doing it!

I am not a medical professional! Please discuss any diet changes with your medical team.

Diabetes-Friendly Meal Pan (Emperial)

DIABETESTRONG Healthy Life With Diabetes

			uly wear Pall (I		Health	y Life With Diabetes
Daily Calories		1,200	1,400	1,600	1,800	2,000
Meal 1	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Oats	oz.	0.5	0.6	0.7	0.8	0.8
Whey Protein	oz.	0.4	0.5	0.5	0.6	0.7
Egg whites	OZ.	1.7	2.0	2.3	2.6	2.8
Blueberry	oz.	0.4	0.5	0.5	0.6	0.7
Nut butter	OZ.	0.4	0.5	0.5	0.6	0.7
Calories		197	230	263	296	328
Protein (g)		20	23	26	29	33
Carbs (g)		14	16	18	21	23
Fats (g)		7	8	9	10	12
Meal 2	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Low carb tortilla	Piece	1.0	1.0	1.0	1.0	1.5
Smoked salmon	OZ.	1.5	1.8	2.0	2.3	2.5
Cream cheese (low-fat)	OZ.	0.8	0.9	1.1	1.2	1.3
Red onion	oz.	0.9	1.1	1.2	1.4	1.5
Arugula	02.	0.2	0.2	0.3	0.3	0.3
Calories	02.	242	268	295	321	389
Protein (g)		19	200	235	26	31
Carbs (g)		21	22	23	23	32
Fats (g)		12	13	15	17	19
Meal 3	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	OZ.	1.5	1.8	2.0	2.3	2.5
Egg (1 whole egg)	Piece	1.0	1.0	1.0	1.0	1.5
Mayo (Fat-free)	TBSP	0.2	0.2	0.3	0.3	0.3
	1 1	0.2	0.5	0.8	0.8	0.8
Ezekiel Muffin Calories	Piece	231	243	295	307	358
Protein (g)		24	26	30	32	38
Carbs (g)		15 7	<u>15</u> 8	23 8	23 8	23
Fats (g)		-	-	-	-	11
Meal 4	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Strawberry	OZ.	3.0	3.5	4.0	4.5	5.0
Banana	oz.	0.8	0.9	1.1	1.2	1.3
Whey Protein	OZ.	0.8	0.9	1.1	1.2	1.3
Flaxseed meal	OZ.	0.2	0.2	0.3	0.3	0.3
Calories		153	179	205	230	256
Protein (g)		21	24	27	31	34
Carbs (g)		16	18	21	23	26
Fats (g)		3	3	4	4	4
Meal 5	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Chicken breast	OZ.	3.0	3.5	4.0	4.5	5.0
Low fat mozzarella	oz.	0.8	0.9	1.0	1.1	1.3
Artichoke heart	OZ.	1.0	1.5	1.5	2.0	2.0
Sun-dried tomatoes	oz.	0.1	0.1	0.1	0.1	0.1
Sweet potato (boiled)	OZ	1.5	1.8	2.0	2.3	2.5
Calories		214	253	287	326	360
Protein (g)		32	37	42	48	53
Carbs (g)		11	14	15	18	19
Fats (g)		5	5	6	7	8
Meal 6	Measure	Serving size	Serving size	Serving size	Serving size	Serving size
Cottage cheese (Low fat)	oz.	3.0	3.5	4.0	4.5	5.0
Blackberries	oz.	2.0	2.3	2.6	2.9	3.3
Almonds	oz.	0.6	0.7	0.8	0.9	1.0
Calories		194	227	259	292	324
Protein (g)		15	17	20	22	25
Carbs (g)		12	14	16	18	20
Fats (g)		10	12	13	15	17
Daily totals						
Calories		1,232	1,400	1,603	1,771	2,015
Protein (g)		129	148	169	189	213
Carbs (g)		89	99	116	126	144
Fats (g)		43	49	55	61	71

Diabetes-Friendly Meal Pan (Metric)

DIABETESTRONG Healthy Life With Diabetes

		Diabetes mei		(incure)	Health	y Life With Diabetes
Daily Calories		1,200	1,400	1,600	1,800	2,000
Meal 1	Measure	Serving size				
Oats	g	14.3	16.6	19.0	21.4	23.8
Whey Protein	g	11	13	15	17	19
Egg whites	g	48	57	65	73	81
Blueberry	g	11	13	15	17	19
Nut butter	g	11	13	15	17	19
Calories		197	230	263	296	328
Protein (g)		20	23	26	29	33
Carbs (g)		14	16	18	21	23
Fats (g)		7	8	9	10	12
Meal 2	Measure	Serving size				
Low carb tortilla	Piece	1.0	1.0	1.0	1.0	1.5
Smoked salmon	g	43	50	57	64	71
Cream cheese (low-fat)	g	23	27	30	34	38
Red onion	g	26	30	34	38	43
Arugula	g	6	7	8	9	10
Calories		242	268	295	321	389
Protein (g)		19	21	23	26	31
Carbs (g)		21	22	22	23	32
Fats (g)		12	13	15	17	19
Meal 3	Measure	Serving size				
Chicken breast	g	43	50	57	64	71
Egg (1 whole egg)	Piece	1.0	1	1	1	2
Mayo (Fat-free)	TBSP	0.2	0.2	0.3	0.3	0.3
Ezekiel Muffin	Piece	0.5	0.5	0.8	0.8	0.8
Calories		231	243	295	307	358
Protein (g)		24	26	30	32	38
Carbs (g)		15	15	23	23	23
Fats (g)		7	8	8	8	11
Meal 4	Measure	Serving size				
Strawberry	g	86	100	114	128	143
Banana	g	23	27	30	34	38
Whey Protein	g	22.8	27	30	34	38
Flaxseed meal	g	6	7	8	9	10
Calories		153	179	205	230	256
Protein (g)		21	24	27	31	34
Carbs (g)		16	18	21	23	26
Fats (g)		3	3	4	4	4
Meal 5	Measure	Serving size				
Chicken breast	g	86	100	114	128	143
Low fat mozzarella	g	21	25	29	32	36
Artichoke heart	g	29	43	43	57	57
Sun-dried tomatoes	g	2	2	3	3	4
Sweet potato (boiled)	g	43	50	57	64	71
Calories		214	253	287	326	360
Protein (g)		32	37	42	48	53
Carbs (g)		11	14	15	18	19
Fats (g)		5	5	6	7	8
Meal 6	Measure	Serving size				
Cottage cheese (Low fat)	g	86	100	114	128	143
Blackberries	g	56	65	74	83	93
Almonds	g	17	20	23	26	29
Calories		194	227	259	292	324
Protein (g)		15	17	20	22	25
Carbs (g)		12	14	16	18	20
Fats (g)		10	12	13	15	17
Daily totals						
Calories		1,232	1,400	1,603	1,771	2,015
Protein (g)		129	148	169	189	213
Carbs (g)		89	99	116	126	144
Fats (g)	1	43	49	55	61	71



Protein Pancakes

Prep time: 5 min | Cook time: 5 min

- ¾ oz. uncooked oats
- 1/2 scoop vanilla protein powder
- 2½ oz. egg whites
- 1/2 oz. blueberries
- ½ tsp. baking powder

- 1/2 tbsp. Stevia in the raw
- ¹/₈ cup water
- Cooking spray
- ½ oz. nut butter
- Sugar-free syrup (optional)

- 1. Blend together all the ingredients except the cooking spray and sugarfree syrup (I use a NutriBullet).
- 2. Put a pan on the stove (medium heat) and coat it with a little cooking spray.
- 3. When the pan is hot, pour in the pancake batter until it covers the pan in a thin layer. The batter is a little thicker than regular pancake batter, so make sure to spread it evenly.
- 4. Cook the pancakes for about 1 min on each side until they are fully cooked.
- 5. Drizzle a little sugar-free syrup on top and serve with nut butter.



Smoked Salmon Wrap

Prep time: 10 min | Cook time: 0 min

- 1 8-inch low-carb flour tortilla
- 2 oz. smoked salmon
- 2 tsp. low-fat cream cheese
- 1¼ oz. Red onion
- Handful arugula

- 1/2 tsp. fresh or dried basil
- Pinch of pepper

- Warm the tortilla in the oven or microwave (pro tip: Warm it between 2 pieces of moist paper towel to keep it from drying out).
- 2. Mix cream cheese, basil, and pepper, and spread it onto the tortilla.
- 3. Top it off with the salmon, arugula, and finely sliced onion.
- 4. Roll up the wrap and enjoy!



Chicken & Egg Salad Sandwich

Prep time: 5 min | Cook time: 20 min

- 2 oz. cooked chicken breast
- 1 hard-boiled eggs
- ¼ tbsp. fat-free mayo
- ¼ tbsp. curry powder
- ¾ Ezekiel muffin (or other highprotein bread)

- 1. Bake the chicken in the oven at 365 F (185 C) for about 20 min (check with a knife that the chicken is cooked all the way through).
- 2. Boil the eggs for 8 minutes.
- 3. Cut chicken and eggs into bite-sized pieces.
- 4. Mix the mayo with curry powder (I like to use a LOT of curry powder. Start with a quarter tablespoon and taste before adding more).
- 5. Combine everything in a large bowl and mix.
- 6. Toast the muffins, put the Chicken & Egg Salad on top, and garnish with basil or chives.
- 7. Sprinkle a little salt on top and enjoy!

- Basil or chives (optional)
- Dash of salt



Strawberry-Banana Protein Smoothie

Prep time: 5 min | Cook time: 0 min

- 4 oz. strawberries
- 1 oz. banana
- 1 scoop vanilla protein powder
- 1 tsp. flaxseed
- Water

- 1. Put all the ingredients in a blender and blend until fully mixed
- 2. Start out with just a little water and then slowly add as much as you like to get the right consistency.
- 3. Serve over ice or use frozen berries to give the smoothie a thicker (almost slush-ice) consistency.



Stuffed Chicken Breast

Prep time: 5 min | Cook time: 20 min

- 4 oz. chicken breast
- 1 oz. low-fat mozzarella
- 1¹/₂ artichoke heart (from a can)
- 1 tsp. sundried tomato, chopped
- 5 large basil leaves
- 1 clove garlic
- Instructions

- ¼ tsp. curry powder
- ¼ tsp. paprika
- Pinch of pepper
- Toothpicks
- 2 oz. sweet potato
- 1. Preheat the oven to 365 F (185 C).
- 2. Cut the chicken breast almost halfway through with a sharp knife.
- 3. Chop up the mozzarella, artichoke, basil, tomato, and garlic. Mix to combine and stuff it into the cut chicken breast.
- 4. Use a few toothpicks to close the chicken breast around the stuffing.
- 5. Place the chicken breast on a baking sheet or aluminum foil, and season it with pepper, curry powder, and paprika.
- 6. Bake for around 20 minutes (depending on the size of the chicken breast).
- 7. Serve with boiled or roasted sweet potatoes.



Cottage Cheese Parfait

Prep time: 5 min | Cook time: 0 min

- 4 oz. low-fat cottage cheese
- 1/2 tsp. vanilla extract
- Dash of cinnamon
- 4 drops liquid stevia
- 2¹/₂ oz. blackberries or raspberries
- ¾ oz. almonds

- 1. Combine all ingredients, except berries and almonds in a food processor or blender.
- 2. Pulse until smooth and divide between two small bowls.
- 3. Top with berries and almonds.
- 4. Enjoy!

Learn more about Online Diabetes Coaching

Are you struggling with:

- Not being able to lose weight or build muscle?
- High or low blood sugars during and after exercise?
- Not being able to reduce your A1C and being stuck on the "blood sugar roller coaster"?
- Not knowing what to eat and how to exercise to reach your diabetes, health and fitness goals?

Then let me support you in reaching your health and diabetes goals.

I offer individualized online coaching sessions to address what's most important to you when it comes to managing your health and diabetes. The time is yours, and my goal is that you will leave each session with the tool and knowledge to move forward successfully.

If you are interested in scheduling a 15-minute introduction call to learn more about my approach, please contact me at Christel@DiabetesStrong.com



Get a Diabetes Strong shirt, tank or hoodie

I love wearing my diabetes with pride for everyone to see!

I have created a lot of different designs and you can get T-shirts, V-necks, tanks, hoodies, sweatshirts, etc.

United States - <u>www.sunfrog.com/DiabetesStrong/Diabetes</u> International - <u>www.redbubble.com/people/DiabetesStrong/shop</u>

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Diabetes

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