



# 14-day SAMPLE DIABETES MENU

1200 calories per day | WEEK ONE

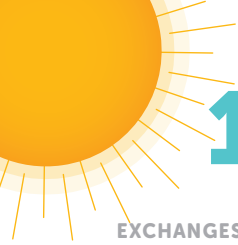
	EXCHANGES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	2 carbohydrates: starch, fruit or milk	1 English muffin	1 low-fat waffle (4") 2 tbsp lite syrup	½ cup bran flake/raisin cereal 1 cup skim milk	1 low-fat biscuit ● ½ cup peaches in lite syrup	½ cup oatmeal 2 tbsp raisins	¼ cup low-fat granola cereal 3 oz. low-fat yogurt with fruit (½ cup)	1 slice rye toast 1 cup sugar-free hot cocoa
	1 fat	1 tbsp low-fat margarine	1 tbsp low-fat margarine	6 almonds	1 fat in the biscuits	1 tbsp low-fat margarine	4 pecan halves	1 tbsp low-fat margarine
	free foods	2 tsp lite jam or jelly			2 tsp lite jam or jelly			2 tsp lite jam or jelly
LUNCH	2 meats	2 tbsp peanut butter for sandwich	2 meats in the tacos	1 veggie patty	2 oz. turkey for turkey wrap	2 oz. grilled chicken for salad	½ cup tuna fish salad	2 oz. meatloaf for sandwich
	3 carbohydrates: starch, fruit or milk	peanut butter & lite jelly sandwich 1 cup skim milk	2 chicken soft-shell tacos ● 1 cup skim milk	1 hamburger bun 1 carb in the veggie patty	6" turkey wrap (no cheese) 1¼ cups fresh strawberries	1 slice whole wheat bread ½ cup mandarin oranges in lite syrup 1 cup skim milk	1 slice whole wheat pita bread with lettuce, tomato & onion ½ mango	2 slices whole wheat bread ½ mango
	2 vegetables	2 cups assorted fresh vegetables	2 cups tossed salad	1 cup cooked green beans	2 cups assorted fresh vegetables	2 cups carrots & celery sticks	¾ cup cucumbers marinated in vinegar	1 cup cooked asparagus; sliced onion for sandwich
	1 fat	2 fats in the peanut butter (1 extra fat)	2 fats in the tacos (1 extra fat)	1 tbsp low-fat margarine	1 tbsp low-fat mayonnaise	2 tbsp low-fat salad dressing	1 fat in the tuna fish salad	1 tbsp low-fat margarine
	free foods	2 tsp lite jam or jelly	2 tbsp fat-free Italian dressing	1 tbsp mustard/catsup				1 tbsp catsup
DINNER	2 meats	2 oz. grilled steak	2 oz. roast pork	2 oz. baked salmon	2 oz. roast beef	2-1 oz. meatballs	6 grilled shrimp (plain, Cajun or blackened)	2 oz. baked chicken
	3 carbohydrates: starch, fruit or milk	½ large baked potato 1 kiwi	½ cup scalloped potatoes ½ large corn on the cob (5 oz.) ½ cup sliced apples	1 cup wild rice 1 cup cantaloupe, cubed	½ cup beef gravy ¾ cup oven-roasted potatoes ½ cup mixed fruit in lite syrup	1 cup spaghetti & marinara sauce ● 1 slice Italian bread	2 ¾ cup brown rice ½ cup pineapple in lite syrup	1 cup un-buttered mashed potatoes 1 cup skim milk
	2 vegetables	½ cup sautéed mushrooms ½ cup cooked beets	1 cup mixed vegetables (without corn, peas or pasta)	1 cup cooked Brussels sprouts	1 cup cooked carrots & onions	1 cup cooked Italian green beans	1 cup roasted green & red pepper with onion	1 cup cooked broccoli
	1 fat	1 tbsp low-fat margarine	1 fat in the potatoes	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 tbsp low-fat margarine
	free foods	1 tbsp steak sauce	1 tbsp fat-free margarine			1 tbsp grated Parmesan cheese		
SNACK	1 meat	1 oz. imitation crab meat	¼ cup tuna fish with fat-free mayonnaise	¾ oz. unsalted soynuts	½ cup cottage cheese	1 tbsp peanut butter	1 tbsp almond butter	½ cup edamame
	1 carbohydrate	6 soda crackers	1 slice whole wheat bread	½ cup sugar-free ice cream	½ cup peaches in lite syrup	3 graham cracker squares	2 rice cakes	3 soda crackers ½ carb in the edamame

**FOR ALL MEALS: Free Condiments:** salt substitute, pepper, sugar substitute • **Free Beverages:** Coffee, tea, water, diet soft drink  
 ● **High in Sodium:** 480 mg or more per serving. 600 mg or more per serving of combination foods or casseroles. To lower your sodium intake, choose low sodium products whenever possible (for example: low-sodium soups, gravies, bacon.) The portion sizes are based on The American Diabetes Association/The American Dietetic Association, "Choose your Foods: Exchange Lists for Diabetes," 2008; Pennington, Jean, Douglass, Judith." Bowes & Church's Food Values of Portions Commonly Used," 2005: 197-198. This menu does not replace an individualized meal plan by a registered dietitian. **To find a registered dietitian or certified diabetes educator in your area, call 1-800-498-0274.** © 2014 CCS Medical, Inc. All Rights Reserved. D10179\_0414



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# 14-day SAMPLE DIABETES MENU

1200 calories per day | WEEK **2** TWO

	EXCHANGES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<b>2 carbohydrates:</b> starch, fruit or milk	1 slice whole wheat toast 1 cup skim milk	1 pancake (4") 2 tsp lite syrup	¾ cup unsweetened, ready-to-eat cereal 1 cup skim milk ⅔ cups strawberries	1 slice French toast 2 tsp lite syrup	½ English muffin 1 cup raspberries	¼ large bagel 1 cup skim milk	1 slice banana nut bread (1")
	<b>1 fat</b>	1 tbsp low-fat margarine	1 tbsp low-fat margarine	6 almonds	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 tbsp low-fat margarine or 1 tbsp cream cheese	1 fat in the banana nut bread
	<b>free foods</b>	2 tsp lite jam or jelly			cinnamon	2 tsp lite jam or jelly	2 tsp lite jam or jelly	1 tbsp fat-free margarine
LUNCH	<b>2 meats</b>	2 oz. turkey for submarine sandwich	½ cup chicken salad	2 meats in the frozen entrée	2 oz. turkey for pita sandwich	1 cup chicken or shrimp with vegetables in sauce ●	½ cup egg salad for sandwich	2 oz. homemade hamburger
	<b>3 carbohydrates:</b> starch, fruit or milk	1-6" turkey, whole wheat submarine sandwich ● with low-fat mayonnaise	2 slices whole wheat bread 10 fat-free potato chips	10-11 oz. frozen entrée ● (with less than 340 calories)	1 slice whole wheat pita bread ½ cup apricots in lite syrup	1 meat egg roll ● ⅓ cup plain or brown rice	2 slices whole wheat bread 1 cup vegetable soup ●	1 hamburger bun 12 fresh cherries
	<b>2 vegetables</b>	1 whole low-sodium tomato, sliced	8 oz. low-sodium tomato juice	1 cup cooked cauliflower	1 cup cooked green beans	1 cup cooked broccoli	2 cups tossed salad	½ cup sautéed mushrooms 1 whole tomato, sliced
	<b>1 fat</b>	1 fat in the submarine sandwich	1 fat in the chicken salad	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 fat in the vegetable sauce	2 tbsp low-fat salad dressing	1 tbsp low-fat margarine
	<b>free foods</b>					1 tbsp fat-free margarine		1½ medium dill pickles 1 tsp mustard/catsup
DINNER	<b>2 meats</b>	2 oz. broiled or grilled pork chop	2 meats in the lasagna	2 oz. barbecue chicken	3 oz. pan-seared sea scallops	2 oz. meatloaf	2 oz. baked or broiled fish	1 slice thin-crust meat pizza ● (1 slice = 2 meats)
	<b>3 carbohydrates:</b> starch, fruit or milk	1 medium sweet potato ½ cup unsweetened applesauce	1 cup lasagna ● 1 slice Italian bread	½ cup homemade baked beans ¾ cup fresh blueberries	⅔ cup brown rice ½ mango	½ cup buttered mashed potatoes ½ cup beef gravy ● ¾ cup apple slices	1 cup oven-baked French fries ½ cup coleslaw 17 grapes	1 slice = 2 carbs
	<b>2 vegetables</b>	1 cup cooked spinach	1 cup cooked asparagus	1 cup cooked broccoli	1 cup cooked summer squash	1 cup cooked carrots	1 cup cooked summer squash	2 cups tossed salad
	<b>1 fat</b>	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 fat in the mashed potatoes	1½ fats in the coleslaw	1½ fats in the pizza
	<b>free foods</b>		1 tbsp Parmesan cheese	1 tbsp fat-free sour cream				2 tbsp fat-free Italian dressing
SNACK	<b>1 meat</b>	¾ oz. unsalted soy nuts	1 tbsp peanut butter	1 oz. low-fat cheese	¾ oz. unsalted soy nuts	6 mixed nuts	2 tbsp peanut butter	1 oz. soy-based cheese
	<b>1 carbohydrate</b>	1 waffle (4")	6 saltine-type crackers	½ English muffin	3 cups low-fat popcorn	⅓ cup hummus	1 small apple or ½ banana	1 slice rye toast
	<b>free foods</b>	2 tsp sugar-free syrup	2 tsp lite jam or jelly			5 baby carrots & celery sticks		

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