

14-day SAMPLE DIABETES MENU

1500 calories per day | WEEK ONE

	EXCHANGES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	1 meat	1 poached egg	3 slices soy-based bacon	¼ cup egg substitute	1 oz. mozzarella stick	1 oz. low-fat cheese	1 oz. egg omelet with mushroom & green pepper	4½ tsp peanut butter
	3 carbohydrates: starch, fruit or milk	1 English muffin ½ cup baked home-fried potatoes	2 low-fat waffles (4") 2 tbsp lite syrup	2 low-fat biscuits ● ½ cup peaches in lite syrup	¾ cup bran flake/raisin cereal 1 cup skim milk	1 cup oatmeal 2 tbsp raisins	2 slices rye toast 1 cup sugar-free hot cocoa	¼ cup low-fat granola cereal; 6 oz. low-fat yogurt with fruit
	1 fat	1 fat in the potatoes	1 tbsp low-fat margarine	1 fat in the biscuits	6 almonds	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 fat in peanut butter
	free foods			2 tsp lite jam or jelly		cinnamon	¼ cup salsa	
LUNCH	2 meats	2 tbsp peanut butter	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 for pita sandwich	2 oz. meatloaf for sandwich
	3 carbohydrates: starch, fruit or milk	peanut butter & jelly sandwich 2 slices whole wheat bread 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 ¾ cup blueberries	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 tossed salad	1 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 mayonnaise	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	1 tbsp taco sauce & 2 tbsp fat-free Italian dressing	1 tbsp mustard/catsup 1 tbsp fat-free margarine		1 tbsp fat-free margarine	½ cup diet gelatin 1 tbsp whipped topping	1 tbsp catsup
DINNER	4 meats	4 oz. grilled steak	4 oz. roast pork	4 oz. baked salmon	4 oz. roast beef	4-1 oz. meatballs	12 grilled shrimp (plain, cajun or blackened)	4 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	¾ cup oven-roasted potatoes ½ cup mixed fruit in lite syrup	1 cup spaghetti & marinara sauce ● 1 slice Italian bread	¾ cup brown rice ½ cup pineapple in lite syrup	1 cup mashed potatoes 1 small dinner roll
	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 fat in the mashed potatoes
	free foods	1 tbsp steak sauce	1 tbsp fat-free margarine	lemon juice	horseradish	1 tbsp Parmesan cheese	lemon juice	1 tbsp fat-free margarine
SNACK	1 meat	1 oz. imitation crab meat	¾ oz. unsalted soy nuts	1 oz. low-fat cheese	¼ cup low-fat cottage cheese	1 oz. turkey	½ cup edamame	¼ cup tuna fish salad
	1 carbohydrate	6 butter-type crackers	3 cups buttered popcorn	1 slice whole wheat bread	½ cup peaches in lite syrup	1 slice whole wheat bread	3 butter-type crackers ½ carb in edamame	½ slice whole wheat pita bread
	1 fat	1 fat in the crackers	1 fat in the popcorn	1 tbsp low-fat margarine	6 whole cashews	1 tbsp low-fat mayonnaise	½ fat in the crackers	1 fat in the tuna fish salad

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. D1705_0114

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EXCHANGES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
BREAKFAST	1 meat	1 scrambled egg	1½ oz. soy-based sausage patty	1 oz. mozzarella stick	3 slices turkey bacon ●	1 poached egg	1 oz. low-fat sausage patty ●	¼ cup low-fat cottage cheese
	3 carbohydrates: starch, fruit or milk	2 slices whole wheat toast 1 cup skim milk	2 pancakes (4") 2 tbsp lite syrup	¾ cup unsweetened, ready-to-eat cereal 1 cup skim milk 1¼ cups strawberries	2 slices French toast 2 tbsp lite syrup	1 English muffin 1 cup raspberries	½ large bagel 1 cup skim milk	½ cup peaches in lite syrup 1-1" slice banana nut bread
	1 fat	1 tbsp low-fat margarine	1 tbsp low-fat margarine	6 almonds	1 tbsp low-fat margarine	1 tbsp low-fat margarine	1 tbsp cream cheese	1 fat in the banana nut bread
	free foods	2 tsp lite jam or jelly			cinnamon	2 tsp lite jam or jelly		1 tbsp fat-free margarine
LUNCH	2 meats	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
	3 carbohydrates: 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 ● (less than 340 calories)	1 slice whole wheat pita bread ½ cup apricots in lite syrup	1 meat egg roll ● ½ cup plain or brown rice 1 carb in the vegetable sauce	2 slices whole wheat bread 1 cup vegetable soup ●	1 hamburger bun 12 fresh cherries
	2 vegetables	1 whole tomato, sliced	8 oz. low-sodium tomato juice	1 cup cooked cauliflower	1 cup cooked green beans; sliced tomato, lettuce	1 cup cooked broccoli	2 cups tossed salad	½ cup sautéed mushrooms 1 whole tomato, sliced
	1 fat	1 fat in the submarine sandwich	1 fat in the chicken salad	1 tbsp low-fat margarine	1 tbsp low-fat mayonnaise	1 fat in the vegetable sauce	2 tbsp low-fat salad dressing	1 tbsp low-fat margarine
	free foods	1 tbsp mustard			1½ medium dill pickle ●	1 tbsp fat-free margarine 2 tsp sweet & sour sauce		1 tbsp mustard/catsup
DINNER	4 meats	4 oz. broiled or grilled pork chop	3 meats in the lasagna 3 tbsp Parmesan cheese	4 oz. barbecue chicken	7 oz. pan-seared sea scallops	4 oz. meatloaf	4 oz. baked or broiled fish	1 slice thin-crust meat pizza ● (1 slice = 2 meats) 1 oz. low-fat cheese & 1 egg for salad
	3 carbohydrates: starch, fruit or milk	1 medium sweet potato ½ cup unsweetened applesauce	1½ cups lasagna ●	½ cup homemade baked beans 1 to 1¾" cubed corn bread ½ cup mandarin oranges in lite syrup	¾ cup brown rice ½ mango	½ cup mashed potatoes ½ cup beef gravy ● ¾ cup apple slices	1 cup oven-baked fries ½ cup coleslaw 17 grapes	1 slice = 2 carbs ½ cup mixed fruit in lite syrup
	2 vegetables	1 cup cooked spinach	1 cup cooked asparagus	1 cup cooked collard greens	1 cup summer squash	1 cup cooked carrots	1 cup cooked zucchini	2 cups tossed salad
	1 fat	1 tbsp low-fat margarine	1 fat in the Parmesan cheese	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
	free foods	vinegar		1 tbsp fat-free sour cream			1 tbsp fat-free margarine	2 tbsp fat-free Italian dressing
SNACK	1 meat	1 oz. turkey	1 tbsp peanut butter	¾ oz. unsalted soy nuts	½ cup hummus	1 oz. soy-based cheese	1 tbsp almond butter or peanut butter	1 oz. cheese sauce
	1 carbohydrate	1 slice whole wheat bread	6 butter-type crackers	½ cup sugar-free ice cream	1 carb in the hummus	3 cups buttered popcorn	5 whole wheat crackers	13 tortilla chips
	1 fat	1 tbsp low-fat mayonnaise	1 fat in the crackers	1 fat in the ice cream	6 mixed nuts	1 fat in the popcorn	1 fat in the crackers	1 fat in the tortilla chips
	free foods		2 tsp lite jam or jelly		5 baby carrots & celery sticks			

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