

# 14-day SAMPLE DIABETES MENU

1800 calories per day | WEEK ONE

EXCHANGES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>BREAKFAST</b>	<b>1 meat</b>	1 poached egg	3 slices soy-based bacon	¼ cup egg substitute	1 oz. mozzarella stick	1 oz. low-fat cheese	4½ tsp peanut butter	
	<b>4 carbohydrates:</b> starch, fruit or milk	1 English muffin 1 cup baked home-fried potatoes	2 low-fat waffles (4") 2 tbsp lite syrup 1 cup skim milk	2 low-fat biscuits ● 1 cup skim milk ½ cup peaches in lite syrup	1 cup bran flake/raisin cereal 1 cup skim milk	1 cup oatmeal 2 tbsp raisins 1 cup skim milk	2 slices rye toast 1½ tbsp fruit spread 1 cup sugar-free hot cocoa	1 regular or low-fat granola or snack bar; 6 oz. low-fat yogurt with fruit
	<b>1 fat</b>	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 the peanut butter
	<b>free foods</b>			2 tsp lite jam or jelly		cinnamon	¼ cup salsa	
<b>LUNCH</b>	<b>2 meats</b>	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
	<b>4 carbohydrates:</b> starch, fruit or milk	peanut butter & lite jelly sandwich 2 slices whole wheat bread 1 small banana 1 cup skim milk	2 chicken soft-shell tacos ● 17 grapes 1 cup skim milk	1 hamburger bun; 1 small pear 1 carb in the veggie patty	6" turkey wrap (no cheese) 2 chocolate chip cookies (2¼" across) 1 cup skim milk	1 slice whole wheat bread 6 oz. lite yogurt 1 cup mandarin oranges in lite syrup	1 slice whole wheat pita bread with lettuce, tomato & onion 10 low-fat potato chips ¾ cup blueberries	2 slices whole wheat bread 1 mango
	<b>2 vegetables</b>	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 sour cream	1 cup cooked asparagus; sliced onion for sandwich
	<b>2 fats</b>	2 fats in the peanut butter	2 fats in the tacos	1 tbsp low-fat margarine 1 tbsp low-fat mayonnaise	2 fats in the cookies	2 tbsp low-fat salad dressing 1 tbsp sunflower seeds	1 fat in the tuna fish salad 1 fat in the sour cream	2 tbsp low-fat margarine
	<b>free foods</b>	2 tsp lite jam or jelly	1 tbsp taco sauce 2 tbsp fat-free Italian dressing	1 tbsp mustard/catsup	1 tbsp fat-free mayonnaise	1 tbsp fat-free margarine	½ cup diet gelatin 1 tbsp whipped topping	1 tbsp catsup
<b>DINNER</b>	<b>3 meats</b>	3 oz. grilled steak	3 oz. roast pork	3 oz. baked salmon	3 oz. roast beef	3-1 oz. meatballs	9 grilled shrimp (plain, Cajun or blackened)	3 oz. baked chicken
	<b>4 carbohydrates:</b> starch, fruit or milk	½ large baked potato 1 slice whole wheat bread 1 kiwi	1 cup scalloped potatoes 1 small corn on the cob ½ cup sliced apples	1 cup wild rice 1 cup skim milk 1 cup cantaloupe, cubed	¾ cup oven-roasted potatoes 1 small dinner roll ½ cup mixed fruit in lite syrup	1½ cups spaghetti & marinara sauce ● 1 slice Italian bread	1 cup brown rice ½ cup pineapple in lite syrup	¾ cup bread stuffing 1 small dinner roll 1 cup skim milk
	<b>2 vegetables</b>	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
	<b>2 fats</b>	1 tbsp low-fat margarine 3 tbsp low-fat sour cream	2 fats in the potatoes	2 tbsp low-fat margarine	2 tbsp low-fat margarine	2 tbsp low-fat margarine	2 tbsp low-fat margarine	2 fats in the stuffing
	<b>free foods</b>	1 tbsp steak sauce	1 tbsp fat-free margarine	lemon juice	horseradish	1 tbsp Parmesan cheese	lemon juice	1 tbsp fat-free margarine
<b>SNACK</b>	<b>1 meat</b>	1 oz. imitation crabmeat	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 salad
	<b>1 carbohydrate</b>	6 butter-type crackers	3 cups buttered popcorn	1 slice whole wheat bread	½ cup peaches in lite syrup	2 slices whole wheat bread	3 butter-type crackers ½ carb in the edamame	½ slice whole wheat pita bread
	<b>1 fat</b>	1 fat in the crackers	1 fat in the popcorn	1 tbsp low-fat margarine	6 whole cashews	1 tbsp low-fat mayonnaise	1 fat in the crackers	1 fat in the tuna 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 Academy of Nutrition and Dietetics, "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.  
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# 14-day SAMPLE DIABETES MENU

1800 calories per day | WEEK **2** TWO

	EXCHANGES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	<b>1 meat</b>	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
	<b>4 carbohydrates:</b> starch, fruit or milk	2 slices whole wheat toast ½ banana 1 cup skim milk	2 pancakes (4") ¾ cup blueberries 2 tsp lite syrup	1½ cups unsweetened, ready-to-eat cereal; 1 cup skim milk 1¼ cup strawberries	2 slices French toast 2 tsp lite syrup 12 fresh cherries	1 English muffin 1 cup raspberries 1 cup skim milk	½ large bagel 1 cup skim milk ½ grapefruit	½ cup peaches in lite syrup 1-1" slice banana nut bread 1 cup skim milk
	<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 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		1 tbsp fat-free margarine
<b>LUNCH</b>	<b>2 meats</b>	2 oz. turkey for submarine sandwich	½ cup chicken salad	2 meats in 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>4 carbohydrates:</b> starch, fruit or milk	1-6" turkey, whole wheat submarine sandwich ● 15 fat-free tortilla chips	2 slices whole wheat bread 10 low-fat potato chips ¾ cup fresh pineapple	10 to 11 oz. frozen entrée ● (less than 340 calories) ½ papaya	1 slice whole wheat pita bread 3 ginger snaps ½ cup apricots in lite syrup	1 meat egg roll ● ½ cup meatless fried rice 1 fortune cookie 1 carb in the vegetable sauce	2 slices whole wheat bread 1 cup vegetable soup ● 1 small pear	1 hamburger bun 1 cup homemade potato salad
	<b>2 vegetables</b>	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	1/2 cup sautéed mushrooms 1 whole tomato, sliced
	<b>2 fats</b>	2 fats in the submarine sandwich	1 fat in the chicken salad 1 fat in the potato chips	2 tsp low-fat margarine	1 tbsp low-fat margarine 1 tbsp low-fat mayonnaise	1 fat in the vegetable sauce 1½ fats in the fried rice	2 tsp oil & vinegar dressing	2 fats in the potato salad
	<b>free foods</b>	1 tbsp mustard		lemon juice	1½ medium dill pickle ●	1 tbsp lite soy sauce ●		1 tbsp mustard/catsup
<b>DINNER</b>	<b>3 meats</b>	3 oz. broiled or grilled pork chop	3 meats in the lasagna	3 oz. barbecue chicken	5 oz. pan-seared sea scallops	3 oz. meatloaf	3 oz. baked or broiled fish	2 slices thin-crust meat pizza ● (2 slices = 4 meats) (1 extra meat)
	<b>4 carbohydrates:</b> starch, fruit or milk	1 medium sweet potato 1 small dinner roll ½ cup unsweetened applesauce	1½ cups lasagna ● 1 small slice garlic bread	⅔ cup homemade baked beans 1 to 1¾" cubed corn bread ¾ cup blueberries	1 cup brown rice ½ mango	1 cup mashed potatoes ½ cup beef gravy ● ½ cup apple slices ½ cup skim milk	1 cup oven-baked fries ½ cup coleslaw 1 small dinner roll 17 grapes	4 carbs in the pizza
	<b>2 vegetables</b>	1 cup cooked spinach	1 cup cooked asparagus	1 cup cooked collard greens	1 cup cooked summer squash	1 cup cooked carrots	1 cup cooked zucchini	2 cups tossed salad
	<b>2 fats</b>	2 tsp low-fat margarine	1 tbsp low-fat margarine 1 fat in the garlic bread	1 tbsp low-fat margarine 1 fat in the corn bread	2 tsp low-fat margarine	2 fats in the mashed potatoes	1½ tsp low-fat margarine 1½ fats in the coleslaw	3 fats in the pizza (1 extra fat)
	<b>free foods</b>	vinegar		1 tbsp fat-free sour cream			lemon juice	2 tsp fat-free Italian dressing
<b>SNACK</b>	<b>1 meat</b>	½ cup hummus	4 ½ tsp peanut butter	¾ oz. unsalted soy nuts	1 oz. turkey	1 oz. soy-based cheese	1 tbsp almond butter or peanut butter	1 oz. cheese sauce
	<b>1 carbohydrate</b>	1 carb in the hummus	3 graham cracker squares	½ cup sugar-free ice cream	1 slice whole wheat bread	3 cups buttered popcorn	5 whole wheat crackers	13 tortilla chips
	<b>1 fat</b>	6 mixed nuts	1 fat in the peanut butter	1 fat in the ice cream	1 tbsp low-fat mayonnaise	1 fat in the popcorn	1 fat in the crackers	1 fat in the tortilla chips
	<b>free foods</b>	5 baby carrots & celery sticks	2 tsp lite jam or jelly					

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