

ABBOTT NUTRITION FOR DIABETES

1800 Calorie Diabetes Meal Plan



Day 1

Breakfast

- 1 small orange
- Egg & cheese on toast
 - 1 fried egg
 - 1 slice swiss cheese
 - 1 slice whole grain bread, toasted
- 1 cup skim milk

Lunch

- 1 Glucerna® Shake
- 1 cup fresh cantaloupe cubes

Snack

- 1 cup red and green pepper slices
- 2 Tbsp light ranch dressing
- 4 graham cracker squares

Dinner

- 4 oz baked chicken breast without the skin
- 1 small baked potato
- 1 Tbsp light sour cream
- 1 cup cooked broccoli
- 1 slice watermelon

Snack

- 4 whole wheat crackers
- 2 oz Colby-Jack cheese
- 6 oz light, reduced-sugar yogurt

Calories: 1800
Protein: 90 g
Carbohydrates: 241 g

Day 2

Breakfast

- 6 oz light, reduced-sugar yogurt with 1 Tbsp granola
- 1 small banana
- 1 cup skim milk

Lunch

- Turkey sandwich
 - 2 slices whole grain bread
 - 4 slices deli turkey
 - 2 slices tomato
 - 1 tsp light mayonnaise
- 1 small apple
- 1 cup skim milk

Snack

- 1 Glucerna Shake
- 1 apple cinnamon rice cake

Dinner

- Beef stir-fry
 - 4 oz flank steak
 - 1/3 cup brown rice
 - 1 cup stir-fry vegetables
 - 1/4 cup low-sodium beef broth
 - 1 tsp cooking oil
- 1 dinner roll with 1 tsp unsalted reduced fat margarine spread
- 1 cup mixed fresh berries

Snack

- 1 slice whole grain bread
- 2 Tbsp natural peanut butter
- 1 cup fresh pineapple

Calories: 1820
Protein: 99 g
Carbohydrates: 249 g

Day 3

Breakfast

- 1 whole wheat english muffin
- 2 Tbsp natural peanut butter
- 1 small banana
- 1 cup skim milk

Lunch

- Bean, cheese and veggie burrito
 - 1 6-inch flour tortilla
 - 1/2 cup low-sodium pinto beans
 - 1 oz reduced-fat shredded cheese
 - 2 Tbsp salsa
 - 1/4 cup chopped green pepper
 - 1/4 cup chopped onion
- 1/2 cup cherries
- 1 cup skim milk

Snack

- 1 Glucerna Shake
- 1 small apple

Dinner

- 3 oz baked salmon
- 1/3 cup cooked brown rice
- 1 cup cooked red peppers and onions
- 1 cup salad with 1 Tbsp light ranch dressing
- 1 cup skim milk

Snack

- 1 cup light, low-sodium cottage cheese
- 1 fresh peach
- 1 apple cinnamon rice cake

Calories: 1780
Protein: 108 g
Carbohydrates: 234 g

Day 4

Breakfast

- 1/2 cinnamon raisin english muffin
- 1 tsp unsalted reduced-fat margarine spread
- 1 cup diced cantaloupe
- 1 cup skim milk

Lunch

- 1 hamburger (3 oz lean ground beef on a whole wheat bun)
- 1 cup carrot and celery sticks
- 1 Tbsp light ranch dressing
- 2 fresh plums
- 1 cup unsweetened iced tea with lemon

Snack

- 1 Glucerna Shake

Dinner

- 4 oz pork chop with 1 Tbsp low-sodium BBQ sauce
- 1 cup fresh green beans
- 1 cup spinach salad with 5 cherry tomatoes and 1 Tbsp light italian dressing
- 1 dinner roll with 1 tsp unsalted reduced-fat margarine spread
- 1 cup skim milk
- 1/2 cup grapes

Snack

- 1 Glucerna Shake

Calories: 1800
Protein: 110 g
Carbohydrates: 223 g

Day 5

Breakfast

- 2 scrambled eggs
- 1 slice of whole grain toast with 1 tsp unsalted reduced-fat margarine spread
- 1/2 fresh grapefruit
- 1 slice low-sodium bacon
- 1 cup skim milk

Lunch

- 1 Glucerna Shake
- 1 fresh apple

Snack

- 6 oz light, reduced-sugar yogurt
- 1 slice whole grain bread with 1 Tbsp natural peanut butter

Dinner

- Spaghetti with zucchini and meatballs
 - 1 cup cooked spaghetti
 - 1/2 cup low-sodium marinara sauce
 - 1 cup cooked zucchini slices
 - 4 homemade pork and beef meatballs
- 1 cup salad with 1 Tbsp light Italian dressing
- 1 cup skim milk

Snack

- 6 butter-flavored crackers
- 2 oz Colby cheese
- 1 fresh kiwi fruit

Calories: 1810
Protein: 105 g
Carbohydrates: 217 g



well nourished is well prepared

1800 Calorie Meal Plan Shopping List



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One 6-pack of Glucerna® Shakes

Fresh Fruits and Vegetables

- 1 small orange
- 1 small cantaloupe
- 1 container of strawberries
- 2 small bananas
- 3 small apples
- 1 pineapple
- 1 container blackberries
- 1 container blueberries
- 1 peach
- ½ lb seedless grapes
- ½ pound cherries
- ¼ or ½ watermelon
- 1 small grapefruit
- 2 plums
- 1 kiwi
- 1 small onion
- 1 tomato
- 1 red pepper
- 1 green pepper
- 1 small baking potato
- 1 head of broccoli
- ½ lb green beans
- ½ pound spinach

- 1 container of cherry tomatoes
- 1 zucchini
- 1 head of lettuce
- 1 bag of baby carrots

Dairy

- 1 6-pack carton of large eggs
- 1 gallon skim milk
- 1 small container of light sour cream
- 1 tub of unsalted, reduced-fat margarine spread
- 1 oz Swiss cheese
- 2 oz Colby cheese
- 4 oz Colby-Jack cheese
- 3 containers of light, reduced-sugar yogurt (any flavor)
- 1 small container of light, low-sodium cottage cheese
- 1 package of shredded cheese

Meat

- 1 3-oz boneless, skinless chicken breast
- 4 slices of deli turkey
- 4 oz flank steak
- 1 3-oz salmon fillet
- 7 oz lean ground beef
- 1 4-oz pork chop
- 3 oz lean ground pork

Beverages

- Unsweetened iced tea with lemon

Grains, Canned Goods, and Prepacked Foods

- 1 box graham crackers
- 1 box whole-grain crackers
- 1 box butter-flavored crackers
- 1 small bag of brown rice
- 1 box spaghetti
- 1 bag of 6-inch flour tortillas
- 1 package of apple cinnamon rice cakes
- 1 small bottle of light ranch salad dressing
- 1 small bottle of light italian salad dressing
- 1 small bottle of light mayonnaise
- 1 small can of low-sodium beef broth
- 1 small bottle of cooking oil (ie. Canola, olive)
- 1 small jar of natural peanut butter
- 1 small can of low-sodium pinto beans
- 1 jar of low-sodium marinara spaghetti sauce
- 1 jar of salsa
- 1 small bottle of BBQ sauce
- 1 small box/bag of plain granola

Bread

- 1 loaf whole grain bread
- 1 small package of dinner rolls
- 1 small package of whole wheat hamburger buns
- 1 small package of whole wheat english muffins
- 1 small package of cinnamon raisin english muffins

Frozen Foods

- 1 bag of stir-fry vegetables



Use under medical supervision.

Shopping lists are based on estimates for meals to serve 1 person. Amounts may vary.

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