



**Diabetic 7-day Menu = 1500 calories**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Breakfast</b></p> <p>1c nonfat or 1% milk (1D)            1 small orange (1F)            1/2 c bran flakes cereal (1S)            1 sl toasted whole-wheat bread (1S)            1 tbsp reduced-fat margarine (1F)  <b>Carbohydrates (g): 45</b></p> <p><b>Lunch:</b></p> <p><b>Avocado and Turkey Sandwich:</b>            4 oz sliced turkey (4P)            2 sl whole-wheat bread (2S)            1/8 (1 oz) sliced avocado (1F)            1 tbsp reduced-fat mayo (1F)            2 tomato slices,            1 large lettuce leaf (1V)            1/2 cup cucumber strips,            1/2 cup carrot sticks,            1/2 cup celery sticks (2V)            2 tbsp non/reduced-fat salad dressing (1F)            17 (3 oz) grapes (1F)  <b>Carbohydrates (g): 51</b></p> <p><b>Dinner:</b></p> <p><b>Salmon and Vegetables</b>            (3S, 2V, and 4P)            ½c Asparagus (1V)            3oz Salmon (fresh) (3P)            1c Green salad w/ raw vegetables (1V)            1tbs fat-free Italian salad dressing (free)  <b>Carbohydrates (g): 34</b></p> <p><b>Snack</b>            Carbohydrates (g): 52  <b>1 medium pear (1F)</b></p>	<p><b>Breakfast:</b></p> <p>2/3 cup nonfat plain or low fat yogurt (1D)            2 reduced-fat waffles, 4 1/2" square (2S)            2 tbsp sugar-free syrup (free)            3/4 c blueberries (1F)            1 tbsp reduced-fat margarine (1 F)  <b>Carbohydrates (g): 54</b></p> <p><b>Lunch:</b></p> <p><b>Tuna-Filled Pita Pockets:</b>            6" pita bread, sliced in half (2 S)            1/4 cup low-fat cottage cheese (1 very lean meat)            3 oz water-packed tuna (3P)            2 tbsp reduced-fat mayo (2F)            1/2 cup water-packed artichoke hearts,            1 sliced tomato, 1 c salad greens, 1 sl green onion (3 V)            2 tbsp reduced-fat salad dressing (1F)            1/2 c canned peaches (1/2F)  <b>Carbohydrates (g): 54</b></p> <p><b>Dinner:</b></p> <p><b>Chicken and Vegetables</b>            6oz Chicken Breast (6P)            1c Green salad / raw vegetables (1V)            1 tbsp fat-free Italian dressing (free)            ½ c Peas (V)            ½ c Pineapples (F)  <b>Carbohydrates (g): 35</b></p> <p><b>Snack</b>            2 (5 oz) plums (1F)  <b>Carbohydrates (g): 13</b></p>	<p><b>Breakfast:</b></p> <p>1c nonfat or 1% milk (1D)            1 (4 oz) small banana (1 F)            1 slice (1 oz) Swiss cheese (1P/F)            1/2 cup cooked oatmeal (1S)            1 sl toasted whole-wheat bread (1S)            1 tsp reduced-fat margarine (free)  <b>Carbohydrates (g): 47</b></p> <p><b>Lunch:</b></p> <p><b>Chipped Beef on Rye Sandwich:</b>            2 sl rye bread (2S)            1 tbsp reduced-fat mayo (1F)            3 oz sliced chipped beef lunch meat (3P)            2 tomato slices            1 large lettuce leaf (free)            1 sliced large dill pickle (free)            1 cup celery sticks (1V) filled with            2 tbsp reduced-fat cream cheese (1F)            1 cup carrot sticks (1V)            8 large black pitted olives (1F)            1 small nectarine (1F)  <b>Carbohydrates (g): 59</b></p> <p><b>Dinner:</b></p> <p><b>Spaghetti and Vegetables</b>            (2V, 3P, 3S)            1c Green salad w/raw vegetables (1V)            1 tsp margarine (1F)            1 tbsp fat-free salad dressing (free)            1 med whole wheat dinner roll (1S)            ½c Spaghetti – whole wheat            ½ c Spaghetti sauce            3oz lean ground turkey  <b>Carbohydrates (g): 59</b></p> <p><b>Snack</b>            4 apricots (1 fruit)  <b>Carbohydrates (g): 3</b></p>	<p><b>Breakfast:</b></p> <p>2/3c non/low fat plain or fruit yogurt (1D)            2 toasted English muffin halves (2S)            2 tbsp reduced-fat cream cheese (1F)            2 tsp jam or jelly, light, low-sugar type (free)            1 small orange (1F)  <b>Carbohydrates (g): 54</b></p> <p><b>Lunch:</b></p> <p><b>Spinach Salad with Diced Chicken Breast:</b>            4 oz diced cooked chicken breast (4P)            2 cups spinach leaves,            1/4 cup sliced cucumber,            1/4 cup sliced mushrooms,            1/4 cup shredded carrots,            1/4 cup sliced celery (3V)            2 sliced radishes            shaved red onion slices (free)            4 large pitted black olives, sliced (1/2F)            1/2 cup croutons (1/2S, 1/2F)            2 tbsp reduced-fat salad dressing (1 fats)            3 bread sticks, crisp 4" long x 1/2" (2/3 oz) (1 1/2S)            1 small apple (1F)  <b>Carbohydrates (g): 54</b></p> <p><b>Dinner:</b></p> <p><b>Crispy Baked Chicken</b>            (3V, 4/5P)            5oz chicken breast or 4oz dark meat            1c green beans (2 V)            1 sl small tomato (free)            ½ c green salad (1V)  <b>Carbohydrates (g): 58</b></p> <p><b>Snack</b>            1 1/4 c fresh or frozen strawberries (1F)  <b>Carbohydrates (g): 12</b></p>	<p><b>Breakfast:</b></p> <p>1c nonfat or 1% milk (1D)            1 1/4 c strawberries (1F)            1/2 c Grape-Nuts® cereal (2S)            1 tbsp slivered almonds (1F)  <b>Carbohydrates (g): 67</b></p> <p><b>Lunch:</b></p> <p><b>Tuna-Topped Tomato with Whole-Wheat Crackers:</b>            4 oz water-packed tuna (4P)            2 tbsp reduced-fat mayo (2F)            1 sliced green onion, 1 dill pickle, 3 radishes (free)            1 med tomato sliced in half,            1 cup salad greens, 1/2c carrot sticks,            1/2c celery sticks (3 V)            1/8 (1 oz) avocado, sliced (1F)            8 whole-wheat crackers, no added fat (2S)            1 (3 1/2 oz) kiwi fruit (1F)  <b>Carbohydrates (g): 44</b></p> <p><b>Dinner:</b></p> <p><b>Crispy Oven-Baked Fish with Golden Potatoes</b>            (2 1/2S, 1V, 5P)            1/2c steamed broccoli (1V)            Dinner salad (3V) with            2 tbsp reduced-fat salad dressing (1F)  <b>Carbohydrates (g): 59</b></p> <p><b>Snack:</b>            1/2 cup canned pears (1 fruit)  <b>Carbohydrates (g): 14</b></p>



**Diabetic 7-day Menu = 1500 calories**

<i><b>Saturday</b></i>	<i><b>Sunday</b></i>
<p><b>Breakfast:</b></p> <p>2/3 cup nonfat plain or artificially sweetened yogurt (1D)            3/4c blueberries (1F)            1/2c cooked oatmeal (1S)            1 sl toasted whole-wheat bread (1S)            1 tbsp reduced-fat margarine (1F)  <b>Carbohydrates (g): 45</b></p> <p><b>Lunch:</b></p> <p><b>Chicken Sandwich w/ Cucumber Salad:</b>            2 sl of whole-wheat bread (2S)            4 oz sliced white chicken deli meat (4P)            1 tbsp reduced-fat mayonnaise (1F)            1 chopped medium tomato            2 large lettuce leaves (1V)            1 1/2 cups chopped cucumber,            1/4 cup chopped celery,            1/4 cup water-packed artichoke hearts (2V)            8 large pitted black olives (1F)            2 tbsp reduced-fat ranch salad dressing (1F)            1 tbsp nonfat sour cream (free)            1 medium pear (1F)  <b>Carbohydrates (g): 60</b></p> <p><b>Dinner:</b></p> <p><b>Southwest Vegetable Chili</b>            (2S, 1V, 4P, 1F)            1/2 c kidney beans (1S)            0.5 tsp olive oil – pure (1F)            0.5c onions, bell peppers (all colors) (1/2 V)            1c rice – brown (1S)            4oz lean ground turkey (4)  <b>Carbohydrates (g): 49</b></p> <p><b>Snack:</b></p> <p>17 (3 oz) grapes (1F)  <b>Carbohydrates (g): 16</b></p>	<p><b>Breakfast:</b></p> <p>2/3c nonfat plain or artificially sweetened yogurt (1D)            1/2 (11 oz) grapefruit (1F)            2 toasted English muffin halves (2S)            1 tbsp reduced-fat cream cheese (1F)  <b>Carbohydrates (g): 48</b></p> <p><b>Lunch:</b></p> <p><b>Luncheon Salad with Diced Chicken Breast:</b>            1c salad greens,            1/2 c water-packed artichoke hearts,            1/4 c sliced mushrooms,            1/2 c sliced red bell pepper,            1/4 c shredded carrots (3V)            4 oz diced cooked chicken breast (4P)            1/4 c sliced celery            shaved red onion slices (free)            1/2 c croutons (1/2S, 1/2F)            5 sliced stuffed green olives (1/2F)            2 tbsp reduced-fat salad dressing (1F)            1 tbsp slivered almonds (1F)            3 bread sticks (1 1/2S)            1 small nectarine (1F)  <b>Carbohydrates (g): 61</b></p> <p><b>Dinner:</b></p> <p><b>Meat Loaf with Rice Pilaf</b>            (2 3/4S, 3V, 3P)            3oz lean ground turkey            Small dinner salad (1V)            1/3c rice pilaf or brown-rice (1S)            1 tbsp fat-free Italian salad dressing (free)            1/2c steamed asparagus (1V)  <b>Carbohydrates (g): 50</b></p> <p><b>Snack:</b></p> <p>1 small apple (1F)  <b>Carbohydrates (g): 12</b></p>

**History: V=vegetable, S=starch, P=protein, D=Dairy, F=fruit, F=fat**