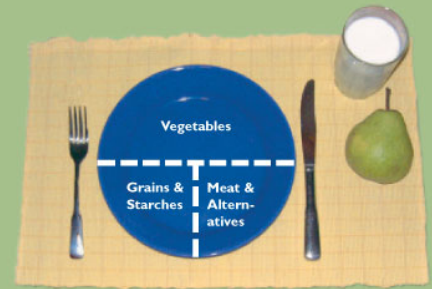


Beyond the Basics:

Meal Planning for Healthy Eating,
Diabetes Prevention and Management



Meal Plan

TIME							
CARBOHYDRATES <i>(grams / choices)</i>							
GRAINS & STARCHES							
FRUITS							
MILK & ALTERNATIVES							
OTHER CHOICES							
VEGETABLES							
MEAT & ALTERNATIVES							
FATS							

Meal Plan

TIME							
CARBOHYDRATES <i>(grams / choices)</i>							
GRAINS & STARCHES							
FRUITS							
MILK & ALTERNATIVES							
OTHER CHOICES							
VEGETABLES							
MEAT & ALTERNATIVES							
FATS							