

7-Day Low-Carbohydrate Meal Plan

Current evidence suggests that a low-carbohydrate diet can be safe and effective for people with diabetes. This dietary pattern can help with weight loss and blood sugar management. Keep in mind that a low-carbohydrate diet can also reduce the need for certain diabetes medications. People living with diabetes who want to follow a low carbohydrate diet should seek professional advice from their health-care provider to avoid any adverse effects such as hypoglycemia (low blood sugar) or an increased risk for DKA.

This meal plan features healthy plant-based foods, low glycemic index carbohydrates and less than 130 grams carbohydrates per day. Where portion size is not specified, choose an amount that is right for you. If you need a snack between meal, choose low-carb snacks such as nuts, raw vegetables or plain Greek yogurt with a few berries.



Recipes available on the Diabetes Canada website are hyperlinked throughout the meal plan and listed at the end of the meal plan.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 serving Soy Protein Smoothie	1 cup (250 mL) Greek yogurt or 1 cup (250 mL) unsweetened almond-based yogurt with 1 (250 mL) cup berries and sliced almonds	1 serving Soy Protein Smoothie	Avocado toast 1 slices whole-grain or rye toast, 2 eggs, poached or sunnyside up (cooked to your liking), 1/2 small avocado, mashed, salt and pepper to taste 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage)	1 serving Soy Protein Smoothie	1 cup (250 mL) Greek yogurt or 1 cup (250 mL) unsweetened almond-based yogurt with 1 cup (250 mL) berries and sliced almonds	1 serving Crustless Apple and Roasted Fennel Quiche 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage)

Carbs (g)	28	21	28	15	28	21	20
Fibre (g)	7	12	7	2	7	8	4
Lunch	<u>Vegetable Frittata</u> 1 slice whole-grain bread 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage)	Green salad with tuna and ½ cup (125 mL) chickpeas 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage)	1 cup (250 mL) <u>Cream of Cauliflower Soup</u> with grilled chicken breast 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage)	1 serving <u>Spinach Salad</u> 1 bun-less cheeseburger 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage)	1 serving <u>Mexican Baked Eggs on Black Beans</u> 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage)	1 serving <u>Farm-Fresh Tofu Frittata</u> 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage)	Green salad with grilled chicken and ½ cup (125 mL) chickpeas 1 cup (250 mL) unsweetened plant-based beverage (example: soy or 0 g sugar oat beverage)
Carbs (g)	15	15	15	15	19	18	15
Fibre (g)	2	9	1	2	2	2	9
Dinner	<u>Indonesian Tofu Stew with Spring Vegetables</u> ½ cup (125 mL) cooked brown rice	1 serving roast chicken 1 small baked potato Green beans	1 serving grilled fish fillet With ½ cup (125 mL) cooked quinoa Green salad	1 serving <u>Stir-Fried Eggplant with Miso</u> ½ cup (125 mL) cooked brown rice	1 serving beef or pork meatballs ¾ cup (150 mL) cooked pasta Green salad	1 serving <u>Skillet Chicken Breasts with Tomatoes and Olives</u> ½ cup (125 mL) cooked brown rice	1 serving <u>Oven-Roasted Salmon with Sriracha and Lime</u> ½ cup (125 mL) mashed sweet potato Green salad

Carbs (g)	22	27	20	34	20	39	28
Fibre (g)	2	4	5	5	3	5	4

Recipes for this week:

- [Soy Protein Smoothie](#)
- [Vegetable Frittata](#)
- [Indonesian Tofu Stew with Spring Vegetables](#)
- [Cream of Cauliflower Soup](#)
- [Spinach Salad](#)
- [Stir-Fried Eggplant with Miso](#)
- [Mexican Baked Eggs on Black Beans](#)
- [Farm-Fresh Tofu Frittata](#)
- [Skillet Chicken Breasts with Tomatoes and Olives](#)
- [Crustless Apple and Roasted Fennel Quiche](#)
- [Oven-Roasted Salmon with Sriracha and Lime](#)