

7-Day Mediterranean Meal Plan

This healthy, 1,500-calorie 7-day diabetes meal plan is nutritionally balanced and delicious. It's based on the Mediterranean meal pattern which focuses on fruits and vegetables; whole grains; legumes; and lean proteins such as fish. It features diabetes-friendly foods, such as low-glycemic-index carbohydrates and complete protein, and healthy fats like olive oil. The carbohydrates are balanced throughout each day, with each meal containing 30-45 grams of net carbohydrates and snacks containing around 15 grams of carbohydrates. Depending on your goals and lifestyle, your calories and carbohydrates may need to be higher; adjust the number of snacks or portion sizes accordingly.



Recipes from the Diabetes Canada website are hyperlinked throughout the meal plan and are also listed at the end.

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|-----------|---|--|--|--|---|---|--|
| Breakfast | ¾ cup (180 mL) plain 0% Greek yogurt topped with ½ cup (125 mL) berries and ¼ cup (60 mL) walnuts or almonds 2 slices whole-grain or rye toast 2 tsp (10 mL) soft margarine | 1 serving Shakshuka 1 whole-wheat pita (8 inch/20 cm) | ⅓ cup (75 mL) steel-cut oats, uncooked 1 medium-sized apple ¼ cup (60 mL) walnuts or almonds Dash of cinnamon | 1 large egg, scrambled with ½ cup (125 mL) vegetables (spinach, tomatoes, or other vegetable of your choice) 2 slices whole-grain or rye toast 2 tsp (10 mL) soft margarine 1 cup (250 mL) low-fat milk | BELT (bacon, egg, lettuce and tomato) sandwich Serve on whole-wheat English muffin with 1 large fried egg, 4 slices turkey bacon, and ½ cup (125 mL) vegetables (lettuce and tomatoes) or other vegetables of your choice. ½ cup (125 mL) melon | 2 slices whole-grain or rye toast 2 tbsp (30 mL) almond butter 1 cup (250 mL) berries | ⅓ cup (75 mL) steel-cut oats, uncooked Half medium-sized banana 2 tbsp (30 mL) peanut butter |

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|---------------------|---|---|--|---|---|--|---|
| Calories | 495 | 435 | 430 | 500 | 375 | 420 | 365 |
| Carbs (g) | 46 | 54 | 54 | 42 | 50 | 45 | 41 |
| Fibre (g) | 10 | 9 | 11 | 6 | 5 | 10 | 6 |
| Net carb (g) | 36 | 45 | 43 | 38 | 45 | 35 | 35 |
| Lunch | Baked Lemon Herb Salmon 2½ oz. (75 g) salmon, baked with 1 cup (250 mL) dark leafy vegetables or other vegetables of your choice (cooked to your liking) Season with salt, black pepper, lemon and garlic to taste. ½ cup (125 mL) cooked brown rice | 1 serving Garden Veggie Buddha Bowl with Lentils and Tahini Sauce 1 cup (250 mL) berries topped with ¼ cup (60 mL) plain 0% Greek yogurt | 1 serving (1½ cups/375 mL) Mediterranean Roasted Vegetables and Chickpeas 1 serving Chilled Avocado and Cucumber Soup with Feta | 1 serving (1 fish fillet & ½ cup/125 mL mash) White Fish with Roast Garlic & Lentil Mash Whole-wheat breadstick (8 inch/20 cm) | 1 serving (2 cups/500 mL salad & 1 tbsp/15 mL dressing) Kale, Beet & Chickpea Power Bowls | 2 servings (2 cups/500 mL) Roasted Cauliflower Salad Whole-wheat dinner roll (3½ inch/9 cm) | Italian Chicken Wrap 2½ oz. (75 g) cooked chicken with ½ cup (125 mL) raw vegetables (peppers, spinach, onions) or other vegetables of your choice Serve on whole-wheat tortilla (8 inch/20 cm) with 1¾ tbsp (25 g) shredded mozzarella cheese. Oil (optional) and vinegar dressings |
| | Calories | 345 | 430 | 530 | 650 | 410 | 460 |
| Carbs (g) | 41 | 49 | 53 | 45 | 46 | 49 | 38 |
| Fibre (g) | 6 | 11 | 12 | 11 | 11 | 10 | 5 |
| Net carb (g) | 35 | 38 | 41 | 34 | 35 | 39 | 33 |

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| <h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">Dinner</h1> | <p>Mediterranean Salad Tacos</p> <p>½ cup (125 mL) canned and drained chickpeas heated in 1 tbsp (15 mL) olive oil</p> <p>Serve on whole-wheat tortilla wrap (8 inch/20 cm) with ½ cup (125 mL) raw vegetables (arugula, tomatoes, cucumbers) or other vegetables of your choice.</p> <p>Garnish with sesame seeds and salsa.</p> | <p>1 serving Chicken Gyros</p> <p>Serve with ½ cup (125 mL) vegetables (tomato, cucumber, lettuce, red onion) and 2 tbsp (30 mL) crumbled feta.</p> <p>Serve on whole-wheat tortilla (8 inch/20 cm).</p> | <p>Shrimp Linguine</p> <p>10 pieces of shrimp cooked in 1 tbsp (15 mL) olive oil with vegetables (onions, broccoli and bell peppers) or other vegetables of your choice</p> <p>Toss with 1 cup (250 mL) cooked al dente whole-wheat linguine noodles.</p> <p>Season with salt and black pepper, lemon and garlic to taste.</p> <p>Garnish with fresh parsley.</p> | <p>Half serving (1 patty) Falafel burgers with Creamy Sesame Sauce</p> <p>Serve on toasted whole-wheat hamburger bun topped with vegetables (lettuce, tomatoes) or other vegetables of your choice.</p> <p>Side garden salad and 1 tbsp (25 mL) light dressing</p> | <p>1 serving (¼ piece) of Farm-Fresh Tofu Frittata</p> <p>1 serving Creamy Carrot Salad</p> <p>Serve with ½ cup (125 mL) sweet potato, cooked to your liking.</p> | <p>Chicken Kebabs</p> <p>2½ oz. (75 g) chicken cooked in 1 tbsp (25 mL) olive oil with 1 cup (250 mL) of vegetables (onions, peppers, zucchini) or other vegetables of your choice</p> <p>Season with salt, black pepper and dried oregano.</p> <p>¼ cup (60 mL) plain 0% Greek yogurt</p> <p>½ cup (125 mL) cooked brown rice</p> | <p>Stuffed Pepper</p> <p>Cut 1 large red bell pepper in half (top to bottom)</p> <p>Stuff pepper halves with filling: ¼ cup (60 mL) cooked brown rice, ¾ cup (180 mL) black bean and ½ cup (125 mL) vegetables (onions, tomatoes) or other vegetables of your choice.</p> <p>Season filling with cumin, paprika, chili powder, salt and black pepper.</p> <p>Bake pepper halves with filling for 30 minutes at 350°F (175°C), or until almost soft.</p> <p>Top with ¼ cup (50 g) mozzarella or cheddar cheese, and bake until cheese is golden.</p> |
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|---------------------|-----|-----|-----|-----|-----|-----|-----|
| Calories | 520 | 420 | 405 | 335 | 570 | 450 | 555 |
| Carbs (g) | 55 | 38 | 51 | 51 | 50 | 38 | 65 |
| Fibre (g) | 10 | 6 | 8 | 8 | 9 | 6 | 20 |
| Net carb (g) | 45 | 32 | 43 | 43 | 41 | 32 | 45 |

Snack options: Each of the following options provides approximately 15 g carbohydrate and 100-150 calories. **Include 1 of these snacks per day.**

- Half (8 inch/20 cm) whole-wheat pita bread with 1 tbsp (15 mL) hummus
- 1 medium-sized fruit (apple or orange)
- Quarter serving of [Fruit and Feta Salad](#)
- 1½ cup (375 mL) low-fat yogurt with ½ cup (125 mL) berries
- 1 slice whole-wheat toast with peanut butter
- Half apple, sliced, with 1 tbsp (15 mL) peanut or almond butter
- 5-6 crackers and 2 tbsp (30 mL) hummus
- Half pita, cut into wedges and toasted, with ¼ cup (60 mL) salsa

Recipes for this week:

- [Shakshuka](#)
- [Garden Veggie Buddha Bowl with Lentils and Tahini Sauce](#)
- [Chicken Gyros](#)
- [Chilled Cucumber and Avocado Soup with Feta](#)
- [Mediterranean Roasted Vegetables and Chickpeas](#)
- [White Fish with Roast Garlic and Lentil Mash](#)
- [Falafel Burgers with Creamy Sesame Sauce](#)
- [Kale, Beet & Chickpea Power Bowls](#)
- [Farm-Fresh Tofu Frittata](#)
- [Creamy Carrot Salad](#)
- [Roasted Cauliflower Salad](#)
- [Fruit and Feta Salad](#)