

7-Day Dairy-Free Meal Plan

There are many reasons why a person might choose to follow a dairy-free meal plan. If this is a decision you have made, this 7-day dairy-free healthy meal plan includes plenty of non-dairy calcium-rich foods; and features diabetes-friendly foods like low glycemic index carbohydrates and healthy fats. 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, you may need to adjust the number of snacks or portion sizes.

Calcium which typically comes from dairy products is necessary to keep bones strong; your health care provider can advise you about calcium supplements.



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	2 slices whole-grain or rye toast topped with ¼ small avocado, mashed and 2 eggs, poached or cooked to your liking Salt and pepper to taste 1 cup (250 mL) soy or nut beverage	Steel-cut rolled oats (½ cup /75 mL dry) 1 tbsp (15 mL) peanut butter added to oats after cooked 1 cup (250 mL) soy or nut beverage 10-12 almonds	2-egg omelette with vegetables (spinach, mushrooms, or other vegetable of your choice) 2 slices whole-grain toast 2 tsp (10 mL) soft margarine 1 cup (250 mL) soy or almond beverage	Blueberry pancakes (4) 1-2 tbsp (15-30 mL) sugar-free or no-sugar-added pancake syrup 1 cup (250 mL) soy or nut beverage	Steel-cut rolled oats (⅓ cup/75 mL dry) 1 tbsp (15 mL) peanut butter added to oats after cooked 1 cup (250 mL) soy or nut beverage 10-12 almonds	2 slices whole-grain or rye toast topped with ¼ small avocado, mashed and 2 eggs, poached or cooked to your liking Salt and pepper to taste 1 cup (250 mL) soy or nut beverage	Steel-cut rolled oats (⅓ cup/75 mL dry) 1 tbsp (15 mL) peanut butter added to oats after cooked 1 cup (250 mL) soy or nut beverage 10-12 almonds

Calories	461	462	441	371	462	461	462
Carbs (g)	38	46	38	38	46	38	46
Fibre (g)	8	8	6	2	8	8	8
Lunch	2 servings (2 cups/500 mL) <u>Quinoa Black Bean and Mango Salad</u>	1 serving <u>Kale, Beet and Chickpea Power Bowl</u> (omit Parmesan cheese in dressing)	¼ recipe (2 servings) <u>Spinach Mushroom Quiche</u> Spinach or kale salad 1 tbsp (15 mL) light salad dressing	Egg salad sandwich (2 slices whole-grain bread, 2 eggs, 1 tbsp/15 mL mayonnaise, salt and pepper to taste) 1 medium-sized fruit 10-12 almonds	2 servings (1½ cups/375 mL) <u>Wheat Berry and Apple Salad</u>	Salmon salad sandwich (2 slices whole-grain bread, 3 oz./85 g canned salmon, 1 tbsp/15 mL mayonnaise, salt and pepper to taste) 1 medium-sized fruit 10-12 almonds	1 serving <u>Vegetable Frittata</u> 2 slices whole-grain toast 2 tsp (10 mL) soft margarine 1 medium-sized fruit 10-12 almonds
Calories	320	410	424	534	300	515	559
Carbs (g)	46	46	30	50	50	50	55
Fibre (g)	8	11	2.5	8	8	8	9

Dinner	2 servings (2 cups/500 mL) Indonesian Tofu Stew with Spring Vegetables 1 cup (250 mL) cooked quinoa Spinach or kale salad 1 tbsp (15 mL) light salad dressing	1 serving Pork and Okra Creole 1 cup (250 mL) cooked brown rice Spinach or kale salad 1 tbsp (15 mL) light salad dressing	1 serving Buddha Bowl 1 serving Apple Tart or 1 medium-sized fruit 10-12 almonds	1 serving White Fish with Roasted Garlic and Lentil Mash $\frac{2}{3}$ cup (150 mL) cooked brown rice Steamed or roasted broccoli	1½ cups (375 mL) cooked spaghetti (or other pasta) with 1 cup (250 mL) of your favourite tomato or meat sauce Spinach or kale salad 1 tbsp (15 mL) light salad dressing	2 servings (1 cup/250 mL) Spinach and Mushroom Barley Pilaf 4 oz. (125 g) baked chicken or firm tofu sliced and cooked in 2 tsp (10 mL) canola oil and added to pilaf	1 serving Salmon with Lemon Ginger Sauce 1 cup (250 mL) cooked brown rice Steamed or roasted broccoli
	Calories	462	428	504	705	487	579
Carbs (g)	55	55	50	58	62	48	45
Fibre (g)	11	8	11	11	6	8	5

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

- 1 medium-sized fruit (apple or orange) and a few almonds
- 1 cup (250 mL) melon or berries and a few almonds
- 1 slice whole-grain bread with peanut or almond butter
- 5-6 crackers with 2 tbsp (30 mL) hummus

Recipes for this week:

- [Quinoa, Black Bean and Mango Salad](#)
- [Indonesian Tofu Stew with Spring Vegetables](#)
- [Kale, Beet and Chickpea Power Bowls](#)

- [Pork and Okra Creole](#)
- [Spinach Mushroom Quiche](#)
- [Garden Veggie Buddha Bowl with Lentils and Tahini Sauce](#)
- [Apple Tart](#)
- [Blueberry Pancakes](#)
- [White Fish with Roast Garlic and Lentil Mash](#)
- [Wheat Berry and Apple Salad](#)
- [Spinach and Mushroom Barley Pilaf](#)
- [Vegetable Frittata](#)
- [Salmon with Lemon-Ginger Sauce](#)