

7-Day Vegetarian Meal Plan

This healthy 1,200-calorie 7-day vegetarian diabetes meal plan features diabetes-friendly foods like low glycemic index carbohydrates such as oats and healthy fats like canola 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 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 Apricot Oat Muffin 1 cup (250 mL) low-fat milk | Steel-cut rolled oats (1/3 cup/75 mL dry) 1 tbsp (15 mL) peanut butter added to cooked oats 1/2 cup (125 mL) low fat milk | 1-egg omelette with vegetables (spinach, mushrooms, or other vegetable of your choice) 2 slices whole-grain toast 2 tsp (10 mL) soft margarine 1/2 cup (125 mL) low fat milk | 1 Apricot Oat Muffin 1 cup (250 mL) low-fat milk | Steel-cut rolled oats (1/3 cup/75 mL dry) 1 tbsp (15 mL) peanut butter added to cooked oats 1/2 cup (125 mL) low fat milk | 2 slices whole-grain or rye toast 1 egg, poached or sunnyside up (cooked to your liking) 1/4 small avocado, mashed Salt and pepper to taste | Steel-cut rolled oats (1/3 cup/75 mL dry) 1 tbsp (15 mL) peanut butter added to cooked oats 1/2 cup (125 mL) low fat milk |
| Calories | 282 | 324 | 366 | 282 | 324 | 293 | 324 |
| Carbs (g) | 37 | 37 | 36 | 37 | 37 | 33 | 37 |
| Fibre (g) | 2 | 5 | 4 | 2 | 5 | 5 | 5 |

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|------------------|---|---|--|---|---|---|--|
| Lunch | 2 cups (500 mL) Red Lentil Soup Green salad 1 tbsp (15 mL) light salad dressing | 1 serving Farm-Fresh Tofu Frittata ¾ cup (175 mL) roasted sweet potatoes | 1 serving Falafel Burgers with Creamy Sesame Sauce 1 serving Fruit and Feta Salad | 1 serving Mexican Baked Eggs on Black Beans 1 slice whole-grain bread 2 tsp (10 mL) soft margarine ½ cup (125 mL) low fat yogurt | 1½ cups (375 mL) Wheat Berry and Apple Salad ½ cup (125 mL) reduced-fat cottage cheese | Grilled Cheese Sandwich: 2 slices whole-grain bread 2 oz. (50 g) cheddar cheese Sliced tomato 2 tsp (10 mL) soft margarine 1 medium-sized fruit ½ cup (125 mL) low-fat yogurt | 1 serving Vegetable Frittata 2 slices whole-grain toast 2 tsp (10 mL) soft margarine 1 medium-sized fruit |
| Calories | 432 | 435 | 465 | 454 | 402 | 482 | 486 |
| Carbs (g) | 59 | 49 | 52 | 57 | 54 | 58 | 52 |
| Fibre (g) | 14 | 7 | 11 | 9 | 8 | 8 | 9 |
| Dinner | 2 cups (500 mL) Indonesian Tofu Stew with Spring Vegetables 1 cup (250 mL) cooked quinoa | 1 serving Lentil Burritos Green salad 1 tbsp (15 mL) light salad dressing | 1 serving Garden Veggie Buddha Bowl with Lentils and Tahini Sauce 1 fruit (example: medium-sized apple or small banana) | 1 cup (250 mL) Cream of Cauliflower Soup 1 serving Lentil Burgers 1 burger bun | 1 cup (250 mL) cooked spaghetti (or other pasta) with 1 cup (250 mL) of your favourite tomato sauce ¼ cup (60 mL) grated Parmesan cheese | 1 cup (250 mL) Spinach & Mushroom Barley Pilaf 4 oz. (125 g) firm tofu sliced and cooked in 2 tsp (10 mL) canola oil – add to pilaf | 1 serving Moroccan Eggplant & Tomato 1 cup (250 mL) cooked brown rice |

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|------------------|-----|-----|-----|-----|---|-----|-----|
| | | | | | Green salad 1tbsp (15 mL) light salad dressing | | |
| Calories | 462 | 425 | 440 | 420 | 340 | 475 | 336 |
| Carbs (g) | 55 | 59 | 55 | 57 | 45 | 51 | 57 |
| Fibre (g) | 11 | 13 | 12 | 5 | 2 | 9 | 9 |

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)
- 1 cup (250 mL) melon or berries
- ½ cup (125 mL) low-fat yogurt with ½ cup (125 mL) berries
- 3 cups (750 mL) popped popcorn
- 1 slice of bread with peanut butter
- 5-6 crackers with 2 tbsp (30 mL) hummus

Recipes for this week can be found at:

- [Apricot Oat Muffins](#)
- [Red Lentil Soup](#)
- [Indonesian Tofu Stew with Spring Vegetables](#)
- [Farm-Fresh Tofu Frittata](#)
- [Lentil Burritos](#)
- [Falafel Burgers with Creamy Sesame Sauce](#)
- [Fruit and Feta Salad](#)
- [Garden Veggie Buddha Bowl with Lentils and Tahini Sauce](#)
- [Mexican Baked Eggs on Black Beans](#)
- [Cream of Cauliflower Soup](#)
- [Lentil Burgers](#)
- [Wheat Berry and Apple Salad](#)
- [Spinach & Mushroom Barley Pilaf](#)
- [Vegetable Frittata](#)
- [Moroccan Eggplant & Tomato](#)