

5-Day Low Carbohydrate (Carb) Meal Plan

Current evidence shows that a low carbohydrate diet can be safe and effective in managing diabetes. Individuals following this approach should speak with a registered dietitian to make sure nutrition needs are met. This 5-day, 1800-calorie meal plan offers nutritionally balanced meals that are high in fibre and protein with less than 130 g **net carbs** per day. Each meal includes 25-35 grams low-glycemic net carbohydrates. Total carbohydrate values are shown after each meal and snack, with daily net carbohydrate totals shown on the last page. Net carbs are calculated by subtracting fibre, which does not impact blood sugar, from total carbs. The plan includes two snacks per day, selected from options provided, which can be adjusted based on individual needs and goals.



Recipes available on the Diabetes Canada website are hyperlinked throughout the meal plan. 1 serving from each recipe provided is included in meal plan nutrition unless noted.

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<u>Crustless Apple & Roasted Fennel Quiche</u> + ¾ cup plain Greek yogurt + ½ cup blueberries	<u>Strawberry Protein Smoothie</u> + 1 slice whole wheat toast + 2 Tbsp natural peanut butter	<u>Yogurt Parfait</u> 1 cup plain Greek yogurt + 1 cup sliced strawberries + ¼ cup bran cereal + ¼ cup pumpkin seeds	<u>Oatmeal bowl</u> ⅓ cup oats cooked with ½ cup low-fat milk + ¼ cup sunflower seeds + ¼ cup blueberries + 1 hard-boiled egg	<u>Avocado Toast with a Twist</u>
Calories	390	490	510	440	430
Carbs (g)	35	41	40	40	38
Fibre (g)	5	6	10	7	10
Protein (g)	30	36	37	22	21

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
Lunch	Tuna Bowl 1 can (120 g) low-sodium tuna, drained 2 Tbsp mayonnaise 1 cup romaine lettuce 1 serving <u>Four Bean Salad</u> + 3/4 cup mango	Leftovers Day 1 <u>Crustless Apple & Roasted Fennel Quiche</u> + Spinach salad: 2 cups baby spinach 2 tbsp walnuts ¼ cup sliced red peppers 1 Tbsp each olive oil & lemon juice + 1 small apple	Salmon Bowl 113g low-sodium canned salmon, drained 1 Tbsp mayonnaise 1 cup spinach 1 serving <u>Four Bean Salad</u> + 1 small apple	Leftovers Day 2 <u>Grilled Chili Lime Chicken</u> + 1 serving Quinoa Black Bean Mango Salad + 1 small avocado + 1 cup low-fat milk	Leftovers Day 4 <u>Classic Chili Con Carne</u> + Garden Salad: 1 cup mixed greens ½ cup chopped veggies 2 Tbsp oil & vinegar dressing
Calories	550	550	470	540	500
Carbs (g)	36	45	38	45	43
Fibre (g)	7	10	9	11	15
Protein (g)	31	20	29	37	36
Dinner	<u>Feta Pesto Potato Salad with Pork Tenderloin</u> + ½ cup low-fat milk	<u>Grilled Chili Lime Chicken</u> (leftovers for lunch Day 4) + 2 servings Classic Coleslaw + 1 cup low-fat milk	<u>Korean BBQ Salmon with Asparagus</u> + 1 medium grilled sweet potato drizzled with 2 tsp olive oil	<u>Classic Chili Con Carne</u> + 1 cup sauteed Brussels sprouts with 2 tsp olive oil	<u>Chicken Cacciatore</u> + 1 cup roasted broccoli with 2 tsp olive oil + 1 cup low-fat milk

Calories	480	450	460	490	550
Carbs (g)	42	36	36	49	38
Fibre (g)	8	6	6	17	7
Protein (g)	33	36	31	39	39

Snack Options* – mix and match two snacks per day

Snack Options	¾ cup edamame + 1 clementine	½ cup cottage cheese + 1 cup baby carrots	1/3 cup <u>Crispy Chickpeas and Pumpkin Seeds with Lime</u>	1 slice whole wheat toast + 1 Tbsp nut butter	1 reduced-sugar Greek yogurt cup (100g) + 3 Tbsp almonds
Calories	180	150	140	170	220
Carbs (g)	20	14	14	17	14
Fibre (g)	7	3	4	3	3
Protein (g)	13	16	6	7	14

* Total calories of approximately 1800 per day includes breakfast, lunch, dinner and 2 snack options.

Daily Nutrition Totals

Nutrition*	Day One	Day Two	Day Three	Day Four	Day Five
Calories	1810	1810	1800	1800	1800
Protein (g)	123	114	110	119	123
Fibre (g)	30	29	32	41	42
Net Carbs (g)	117	121	113	124	111

*Totals calculated include daily meals plus 2 snacks [1 listed on that day + the one from the following day]