

5-Day Gestational Diabetes Meal Plan

This 5-day, 2000-calorie diabetes meal plan offers nutritionally balanced meals that are high in fibre and protein, featuring whole foods for good health. We've aimed to include 45-60 grams of low-glycemic carbohydrates at each meal, with total carbohydrate values provided. Net carbs can be calculated by subtracting fibre from total carbs. The plan includes three snacks per day, which can be chosen from the options provided and may be adjusted based on individual needs and goals. This meal plan keeps things simple by reusing ingredients, building in leftovers, and using pantry staples—so there's minimal extra shopping.



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.

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<u>Chocolate Peanut Butter Overnight Oats</u> + ½ medium banana	<u>4 Egg Veggie Bites</u> + 2 slices whole wheat toast + 2 tsp non-hydrogenated margarine + 1 cup low-fat milk	<u>Strawberry Protein Smoothie</u> + 1 medium banana + 1 Tbsp nut butter	<u>Cereal & Milk</u> ¾ cup high-fibre cereal + 1 cup low-fat milk + ½ cup blueberries + ¼ cup pumpkin seeds	<u>Baked Blueberry Oatmeal</u> + 1 cup low-fat milk
Calories	480	450	440	490	500
Carbs (g)	61	48	55	62	59
Fibre (g)	7	3	6	15	6
Protein (g)	27	25	30	23	24

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
Lunch	Tuna Salad Wrap • 10" whole wheat tortilla • 1 can (120 g) low-sodium tuna, drained • 2 Tbsp reduced fat mayo • romaine lettuce, onion, red peppers + 1 small apple + 1 reduced-sugar Greek vanilla yogurt cup (100g)	Steak & Quinoa Salad • 2 cups romaine • 3oz/85g leftover steak • cucumbers, red peppers, onion • 1 cup quinoa • 2 Tbsp sunflower seeds • 2 Tbsp vinaigrette + 1 cup strawberries + 1 reduced-sugar Greek yogurt cup	Hummus Wrap • 10" whole wheat tortilla • ¼ cup hummus • 3 Tbsp sunflower seeds • cucumber slices, shredded carrot, romaine lettuce + ⅓ cup 1% cottage cheese + 1 cup raw veggies	Cottage Cheese Bowl • 1 cup 1% cottage cheese • ⅔ cup canned lentils, rinsed • Cucumber, tomatoes, shredded cabbage • 1 Tbsp lemon juice, 2 tsp olive oil + 1 cup cantaloupe	Leftovers Day 4 <u>Cauliflower Mac & Cheese with Roasted Chicken & Broccoli</u>
Calories	510	530	530	520	540
Carbs (g)	62	56	59	57	54
Fibre (g)	9	9	14	13	8
Protein (g)	40	41	26	43	43
Dinner	<u>Korean Beef Bowl with Quinoa</u>	<u>Jerk Spiced Chicken Burger with Carrot and Cabbage</u> +	<u>Baja Fish Taco Bowl</u>	<u>Cauliflower Mac & Cheese with Roasted Chicken & Broccoli</u>	<u>Mediterranean Fish and White Bean Sheet Pan Bake</u> +

	(NOTE: make extra quinoa and steak for Day 2 lunch) + 1 cup low-fat milk	1 cup low-fat milk			1 orange
Calories	570	590	530	540	490
Carbs (g)	61	60	63	54	62
Fibre (g)	6	11	18	8	16
Protein (g)	42	38	27	43	34

Snack Options* – mix and match two snacks per day					
Snack Options	½ cup edamame + 1 medium orange	2 cups air-popped popcorn + 2 Tbsp almonds	1 <u>Chocolate Chip Energy Ball</u> + ½ cup low-fat milk	¾ cup reduced-sugar Greek vanilla yogurt + ½ cup fresh or frozen berries	1 small apple + ½ cup 1% cottage cheese
Calories	160	160	160	140	150
Carbs (g)	24	16	17	20	24
Fibre (g)	7	5	2	1	4
Protein (g)	10	6	8	15	10

* Total calories of approximately 2000 per day includes breakfast, lunch, dinner and 3 snack options.