

5-Day Mediterranean Meal Plan

This 5-day, 1800-calorie diabetes meal plan offers nutritionally balanced meals that are high in fibre and protein, featuring whole foods for good health. Each meal contains 45-60 grams of low-glycemic carbohydrates, with total carbohydrate values provided. Net carbs can be calculated by subtracting fibre from total carbs. The plan includes two 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>Breakfast Quinoa for Two</u>	<u>Cereal & Milk</u> ¾ cup high-fibre cereal + 1 cup low-fat milk + ½ cup sliced strawberries + ¼ cup pumpkin seeds	<u>Avocado Toast with a Twist</u> + 1 cup low-fat milk	<u>Lemon Poppyseed Overnight Oats</u> + 1 slice whole wheat toast + 1 Tbsp nut butter	<u>Berrylicious Smoothie</u> + ¼ cup almonds
	Calories	490	420	530	430
	Carbs (g)	60	56	50	55
	Fibre (g)	8	14	10	8
	Protein (g)	16	20	29	30
					520
					51
					15
					33

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
Lunch	Soup & Sandwich • 1 hard boiled egg • 1 Tbsp mayo • chopped green onion, celery • 1 slice whole wheat bread + <u>Hearty Beef Minestrone</u> + 1 clementine	Leftovers Day 1 <u>Greek Chicken, Kale & Sweet Potato Stew</u> + ½ cup blueberries + ½ cup reduced-sugar vanilla Greek yogurt	Tuna Salad Bowl • 120g drained white tuna • 1 cup leafy greens • ¼ cup each tomato, carrots & cucumber • 2 Tbsp olive oil & vinegar • ¾ cup brown rice (leftover) + 1 clementine	Greek Meatball Pita • Leftover Greek meatballs • 1 small thin whole wheat pita (45g) • cucumbers and tomatoes • 2 Tbsp tzatziki + 1 cup low-fat milk + 1 cup strawberries	Buddha Bowl <u>Kale, Beet, Chickpea Power Bowl</u> + 1 cup low-fat milk
Calories	550	490	480	550	510
Carbs (g)	56	60	50	56	58
Fibre (g)	11	10	6	7	11
Protein (g)	30	38	36	39	22
Dinner	<u>Greek Chicken, Kale & Sweet Potato Stew</u> + 1 cup low-fat milk	<u>Grilled Salmon and Chopped Greek Salad for Two</u> + 1 cup brown rice (make extra) +	<u>Greek Meatballs with Quinoa Feta Pilaf</u>	<u>Mediterranean Fish & White Bean Sheet Pan Bake</u> + ¾ cup leftover Quinoa Feta Pilaf	<u>One-Pan Chicken Spinach Orzo for Two</u> + ½ cup pineapple

		1 tsp non-hydrogenated margarine + ½ cup low-fat milk			
Calories	460	620	540	520	490
Carbs (g)	51	58	51	59	57
Fibre (g)	8	5	9	14	8
Protein (g)	35	34	34	37	34

Snack Options* – mix and match two snacks per day

Snack Options	1 small banana + 1 Tbsp nut butter	1 small, thin whole wheat pita (45g) + 2 Tbsp hummus	½ cup reduced sugar Greek vanilla yogurt + ½ cup fresh or frozen berries	½ cup low-fat cottage cheese + 1 cup raw veggie sticks	2 <u>Crispy Oatmeal Cookies</u> + ½ cup low-fat milk
Calories	170	170	140	140	140
Carbs (g)	24	25	20	13	19
Fibre (g)	5	4	2	2	1
Protein (g)	4	6	11	16	6

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