

5-Day Healthy Eating 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>Classic Oatmeal with Toppers</u> + 1 cup low-fat milk	<u>Egg Veggie Bites</u> + 2 slices whole wheat toast with 2 tsp margarine + 1 small banana	<u>Egg and Ham Breakfast Burrito</u> + 1 cup cantaloupe	<u>Chocolate, PB and Banana Overnight Oats</u> + 1 clementine	<u>Classic Oatmeal with Toppers</u> + 1 cup low-fat milk
Calories	490	440	450	470	490
Carbs (g)	49	60	47	56	49
Fibre (g)	9	7	6	7	9
Protein (g)	29	18	23	27	29

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
Lunch	Hummus Wrap 1 large whole wheat tortilla ¼ cup hummus 1 Tbsp feta cheese - cucumber, lettuce & tomato + ½ cup cottage cheese with 1 cup raw veggies + ¾ cup cantaloupe	Tuna Salad Wrap 1 large whole wheat tortilla 75g low-sodium tuna 1 Tbsp light mayo - romaine lettuce - chopped onion & peppers + Four Bean Salad + 1 clementine	Protein Bowl 2 cups greens 85g cooked chicken or steak ⅓ cup mozzarella cheese ½ cup tomatoes & carrots 1 cup leftover quinoa/barley 2 Tbsp vinaigrette + 1 small apple	Leftovers Day Two Chicken Italiano ½ cup whole wheat spaghetti + 1 small apple	Avocado Toast & Soup ¼ avocado mashed - lime juice - black pepper 1 slice whole grain toast + Red Lentil Soup + 1/2 cup cantaloupe
Calories	460	500	550	440	420
Carbs (g)	60	59	59	59	59
Fibre (g)	10	11	10	10	12
Protein (g)	24	28	39	34	20
Dinner	Korean BBQ Salmon & Asparagus + 1 cup cooked quinoa or barley	Chicken Italiano + ¾ cup whole wheat spaghetti (make extra for lunch Day 4)	Cashew Chicken Stir Fry + 1 cup low-fat milk	Roast Pork Dinner 85g mustard-coated pork tenderloin +	Spicy Fish Tacos + Classic Coleslaw + ½ cup low-fat milk

	(make extra for lunch Day 3) + 1 small apple	+ 1 cup steamed green beans + ½ cup low-fat milk		1 cup roasted sweet potatoes + 1 cup broccoli + 1 cup low-fat milk	
Calories	520	500	520	570	610
Carbs (g)	60	60	59	60	57
Fibre (g)	9	11	6	10	11
Protein (g)	35	42	39	37	35

Snack Options* – mix and match two snacks per day

Snack Options	⅓ cup <u>Crispy Chickpeas and Pumpkin Seeds with Lime</u>	¾ cup reduced-sugar Vanilla Greek yogurt + ¼ cup blueberries (fresh or frozen)	1 small apple + ½ cup cottage cheese	2 Tbsp. hummus + 4 whole grain crackers + 6 baby carrots	1 slice whole wheat Toast + 1 Tbsp. almond or peanut butter
Calories	140	140	150	170	170
Carbs (g)	14	9	23	24	18
Fibre (g)	4	1	6	4	1
Protein (g)	6	15	5	16	6

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