

5-Day Vegetarian Plan

This 5-day, 1800-calorie diabetes meal plan offers nutritionally balanced meals that are high in fibre and protein. 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. Milk/yogurt listed is regular dairy. Please substitute for plant-based alternatives if desired; however, nutrition totals will vary from those listed. 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>Berrylicious Smoothie</u> + 3 Tbsp almonds	<u>High-Fibre Cereal</u> • ¾ cup high-fibre cereal • 1 cup low-fat milk • ½ cup sliced strawberries • ¼ cup pumpkin seeds	<u>Roasted Fall Veggies and Eggs</u> + 1 cup raspberries + 1 reduced-sugar Greek yogurt cup (100g)	<u>Chocolate Peanut Butter Overnight Oats</u> + ½ banana (remaining from recipe)	<u>Protein Oat Pancakes</u> + 2 Tbsp slivered almonds
Calories	470	420	430	480	440
Carbs (g)	49	56	45	59	57
Fibre (g)	13	14	11	7	7
Protein (g)	31	20	25	27	25

Meal	Day 1	Day 2	Day 3	Day 4	Day 5
Lunch	Soup & Sandwich <u>Red Lentil Soup</u> + ½ Egg Sandwich 1 hard boiled egg 1 Tbsp. mayo - chopped green onion, & celery 1 slice whole wheat bread + ½ cup strawberries	Hummus Wrap 1 large whole wheat wrap ¼ cup hummus 1 Tbsp. feta cheese - cucumber slices, grated carrots + 1 reduced-sugar Greek yogurt cup (100g) + ¾ cup cantaloupe	<u>Greek Lentil Salad</u> + 1 serving of leftover Four Bean Salad + ½ cup cottage cheese + 1 kiwi	<u>Sushi Salad Bowl with Creamy Sesame Dressing</u>	Avocado Toast ¼ avocado, mashed with lime juice & pepper 1 slice whole wheat toast + 1 serving leftover <u>Red Lentil Soup</u> + ½ cup cantaloupe
Calories	530	430	460	510	420
Carbs (g)	56	59	48	52	59
Fibre (g)	12	9	10	14	12
Protein (g)	25	22	27	19	20
Dinner	<u>Tofu Egg Roll in a Bowl</u> + ½ cup low-fat milk	Veggie Burger 1 soy-based veggie patty 1 small whole wheat bun - Tomato, onion, and lettuce 1 Tbsp mustard	<u>Veggie-Packed Soba Noodle Soup</u> + 1 cup low-fat milk	<u>Mediterranean Roasted Vegetables & Chickpeas</u> + 1 cup low-fat milk	<u>Three Sisters Salad</u> + 1 cup low-fat milk

		+ Four Bean Salad			
Calories	470	520	550	460	620
Carbs (g)	62	57	55	56	60
Fibre (g)	6	16	5	8	10
Protein (g)	22	31	34	23	30

Snack Options* – mix and match two snacks per day

Snack Options	1 small apple + 1 Tbsp peanut or nut butter	<u>Raspberry Lemon Chia Pudding</u>	2 cups air-popped popcorn + 3 Tbsp almonds	<u>½ cup Crispy Chickpeas and Pumpkin Seeds with Lime</u>	1 cup steamed edamame
Calories	170	160	220	210	190
Carbs (g)	24	21	18	21	15
Fibre (g)	4	9	6	6	8
Protein (g)	4	6	8	9	17

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