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This 7-day diabetes meal plan will give you an easy-to-follow plan for what and how much to eat to get the healthy nutrition you need as a person living with diabetes. Equally importantly, all the food in this meal plan tastes great and motivates you to stick to the plan! It includes instructions on how to find your daily calorie needs and adjust the meal plan to your goals (weight loss, maintenance, weight gain, etc.) To make following the plans easier, it also includes a downloadable grocery list and a day-by-day overview that you can print out and put on your fridge or bring grocery shopping. All of the recipes are low-carb so they fit the nutrition preferences of most people living with diabetes. If you prefer a meal plan with even fewer carbs, you can follow our Ketogenic Meal Plan instead. A good diabetes meal plan is one that provides you with all the healthy nutrition you need while helping you keep your blood sugar level in your target range. According to the American Diabetes Association’s Standards of Care in Diabetes – 2024, there are a variety of eating patterns that can benefit people with diabetes and prediabetes, including low-carbohydrate dietary plans. This plan is with many will consider “moderately low carb” which means: Less than 25 grams of carbohydrates in each meal or snack; Protein and healthy fats in every meal
Plenty of fiber to aid digestion and help manage blood sugar levels (by slowing down the absorption of carbohydrates)
No processed carbohydrates or added sugars
Limited natural sugars (from fruit, etc.) that can cause blood sugar spikes
Moderate in sodium
Of course, no meal plan will perfectly suit everyone. You may have specific dietary needs or food allergies to take into account or simply like different foods than what’s included in this plan. If so, use this plan as a starting point and substitute the meals that don’t work for you with something else with similar macronutrients. We all have different calorie needs. Your daily calorie need depends on your size, fitness level, daily activity, gender, etc. When you are creating a healthy diabetes meal plan, your first step should therefore always be to calculate your “calorie equilibrium”, or how many calories you need each day to maintain your current weight. You can learn exactly how to find your calorie equilibrium with 5 easy steps in this post: “How to Find Your Daily Calorie Need”. Once you know your calorie equilibrium, you can adjust your daily calories up or down to meet your goals. If your goal is to lose weight, I recommend that you eat up to 500 calories less than your equilibrium each day (but no less than 1,200 per day). This should lead to a steady and healthy weight loss. If you want to build more muscle mass (or just gain weight in general), start by eating 300-500 calories more than your equilibrium each day and see what happens. If you find that you are putting on a little too much fat, decrease your calories slightly. This is a 1600-calorie meal plan that can be adjusted to whatever number of daily calories you choose. The meal plan has 3 main meals and 2 snacks per day and it tells you how many calories and carbohydrates are in each meal and snack. If you need to adjust the calories, start by adding or removing a snack. If that isn’t enough to reach your calorie goal, adjust the servings of one or more main meals. Vegetables are included as a separate line for each day but it’s recommended to split them up so you eat some vegetables with each main meal (or at least lunch and dinner). Vegetables are also great for grazing throughout the day to keep hunger at bay. Vegetables in this plan mean low-carb veggies like salad, broccoli, cucumber, etc. NOT carbs like beans, potatoes, etc. You can see a list of great low-carb veggies at the end of this post. You can download a day-by-day overview of the meal plan HERE and print it and hang it on your fridge (or just keep it on your computer or phone) so you always know what to eat next. To make your meal prep for the week a little easier, you can find a downloadable and printable grocery list HERE that includes everything you need to make every meal. Many of the meals can be made in large batches and stored in the fridge. Some meals are included on multiple days so you can cook for several days at the same time so always check the day-by-day plan before you start meal prepping.
Breakfast: 4 Egg Muffins (352 calories & 8 g carbs)
Snack: 5.2 oz (148 g) Greek yogurt (0%)+ 1 oz. (28 g) almonds (248 calories & 12 g carbs)
Lunch: 1 serving Salad Niçoise (405 calories & 18 g carbs)
Snack: 3 oz. (85 g) shelled edamame (120 calories & 8 g carbs)
Dinner: 1.5 serving Quiche (401 calories & 10 g carbs)
Veggies: 20 oz. (4.5 cups, 570 g) vegetables enjoyed throughout the day – estimated 80 calories & 20 g carbs
Total: 1607 calories & 76 g carbs
Breakfast: 4 Egg Muffins (352 calories & 8 g carbs)
Snack: 4 oz. (114 g) apple + 1 tsp. nut butter (155 calories & 20 g carbs)
Lunch: 1.5 serving Quiche (401 calories & 10 g carbs)
Snack: 2 servings Cottage Cheese Parfait with Berries (250 calories & 25 g carbs)
Dinner: 1 serving Rosemary Chicken (Tuscan Style)+ 1 serving Cauliflower Mash (375 calories & 14 g carbs)
Veggies: 20 oz. (4-5 cups, 570 g) vegetables enjoyed throughout the day – estimated 80 calories & 20 g carbs
Total: 1613 calories & 97 g carbs
Breakfast: 1.5 serving Cauliflower Oatmeal + 2 eggs (353 calories & 25 g carbs)
Snack: 4 oz. (114 gram) hummus (200 calories & 17 g carbs)
Tip: Enjoy with some of the daily veggies
Lunch: 1 serving Peruvian Chicken Wrap (375 calories & 16 g carbs)
Snack: 5.2 oz. (143 gram) Shelled edamame (200 calories & 14 g carbs)
Dinner: 1.5 serving Mustard Baked Chicken Tenders + 3 oz. (86 g) cooked quinoa (382 calories & 21 g carbs)
Veggies: 20 oz. (4-5 cups, 570 g) vegetables enjoyed throughout the day – estimated 80 calories & 20 g carbs
Total: 1590 calories & 113 g carbs
Breakfast: 1 serving Chia Seed Pudding (201 calories & 23 g carbs)
Snack: 4 oz. (114 gram) apple + 1 tsp. nut butter (155 calories & 20 g carbs)
Lunch: 1 serving Peruvian Chicken Wrap (375 calories & 16 g carbs)
Snack: 2 Sugar-free Chocolate Chip Cookies (330 calories & 19 g carbs)
Dinner: 1 serving Salmon with Lemon Butter + 3 oz. (86 g) cooked quinoa (439 calories & 17 g carbs)
Veggies: 20 oz. (4-5 cups, 570 g) vegetables enjoyed throughout the day – estimated 80 calories & 20 g carbs
Total: 1580 calories & 115 g carbs
Breakfast: 1 serving Chia Seed Pudding + 2 eggs (345 calories & 24 g carbs)
Snack: 5.2 oz (148 g) Greek yogurt (0%)+ 1 oz. (29 g) almonds (248 calories & 12 g carbs)
Lunch: 1 serving Salmon with Lemon Butter (400 calories & 14 g carbs)
Snack: 1 Sugar-free Chocolate Chip Cookie (165 calories & 9 g carbs)
Dinner: 1.5 serving Zucchini Lasagna (366 calories & 18 g carbs)
Veggies: 20 oz. (4-5 cups, 570 g) vegetables enjoyed throughout the day – estimated 80 calories & 20 g carbs
Total: 1586 calories & 104 g carbs
Breakfast: 1 serving Protein Pancakes + 2 tsp. nut butter (372 calories & 24 g carbs)
Snack: 1 serving Keto Peanut Butter Fat Bombs (247 calories & 3 g carbs)
Lunch: 1.5 serving Turkey Chili (348 calories & 25 g carbs)
Snack: 1 Sugar-free Chocolate Chip Cookie (165 calories & 9 g carbs)
Dinner: 1.5 serving Zucchini Lasagna (366 calories & 18 g carbs)
Veggies: 20 oz. (4-5 cups, 570 g) vegetables enjoyed throughout the day – estimated 80 calories & 20 g carbs
Total: 1578 calories & 100 g carbs
Breakfast: 1 serving Cottage Cheese Pancakes + 1 tsp. nut butter (300 calories & 23 g carbs)
Snack: 5 oz. (143 gram) Shelled edamame (200 calories & 14 g carbs)
Lunch: 1.5 serving Zucchini Lasagna (366 calories & 18 g carbs)
Snack: 1 serving Keto Peanut Butter Fat Bombs (247 calories & 3 g carbs)
Dinner: 1.5 serving Tofu Scramble (Vegan) (357 calories & 25 g carbs)
Veggies: 20 oz. (4-5 cups, 570 g) vegetables enjoyed throughout the day – estimated 80 calories & 103 g carbs
If there’s a recipe in the plan you don’t care for, you can easily mix it up by picking other recipes from our recipe library. Simply choose recipes with similar calories and carbohydrates to those included in the plan above. This is, of course, not a comprehensive list of every low-carb vegetable in the world, so if your favorite vegetable isn’t on the list, look up how many carbs are in it yourself (just Googling it works for most vegetables)
Arugula
Asparagus
Bamboo shoots
Bok Choy
Broccoli
Cabbage
Cauliflower
Celery
Cucumber
Eggplant (aubergine)
Fennel
Kale
Leeks
Lettuce (all sorts)
Mushrooms
Peppers
Pumpkin
Radish
Spinach
Tomato
Watercress
Zucchini (Courgette)
Q: Is this meal plan suitable for both type 1 and type 2 diabetes?
A: The 7-Day Diabetes Meal Plan is suitable for people living with any type of diabetes unless your medical team has recommended you follow a specific different diet. Always defer to the guidance of your medical team. The plan is moderately low-carb but per the American Diabetes Association’s 2019 nutrition guidelines, the appropriate daily carbohydrate intake is personal, so please adjust accordingly.
Q: I practice intermittent fasting. Can I combine meals or skip snacks so I can eat everything in the 6-hour window where I don’t fast?
A: Yes, you can enjoy the meal plan and still practice intermittent fasting. Feel free to combine meals as long as you still eat enough calories to support your goals.
Q: What do I do if I can’t follow the meal plan for every meal (because of work, social life, etc.)?
A: That’s OK, the meal plan is meant to make life easier, not harder. Try to match the daily calories and carbohydrates as close as you can but don’t stress too much about it.
Q: What if I’m allergic or don’t like some of the ingredients?
A: No worries, just substitute the ingredients you don’t want or simply make a different meal. Just try to match the calories and carbohydrates listed for the meal you don’t want.
Q: What if I don’t cook?
A: Eating healthy can be done even if you don’t cook. Try choosing food options that match the daily calorie targets as a minimum. When you buy food at restaurants or pre-cooked at the supermarket, pay attention to how it’s prepared and try to look the food up online to help you with carb counting.
Q: Can I continue using this meal plan after the first week?
A: Yes, you can use this meal plan until you grow tired of the meals. And when you do, simply substitute the meals for others in our recipe library or your own favorite recipes
Starting a new diet, especially for diabetes management, is daunting. Navigating what’s good to eat and what to avoid is tricky without a clear guide. People often struggle to compile a comprehensive list that includes all diabetic-friendly foods. It’s like figuring out a puzzle with health as the prize.
This meal plan is designed to be a helpful visual formula for determining the best portion sizes for people with type 2 diabetes, in order to balance servings of healthy food groups in a well-balanced meal,” says Cassetty. “Half your plate should be non-starchy vegetables, a quarter should be lean protein, and the remaining quarter should be a whole food carbohydrate. For instance, try a breakfast omelet made with any non-starchy veggies like mushrooms or spinach, and served with a slice of whole grain toast topped with mashed avocado.”
Load up on fresh fruits and vegetables (especially leafy greens, broccoli and bell peppers that help stabilize blood sugar,” says Kimberlain. “Fruits, veggies, and nuts. Plus add complex carbs like whole grains, oats, and sweet potatoes to your list, because these all provide slow-releasing energy. Include foods that contain heart-healthy healthy fats such as avocados, nuts, seeds, and olive oil too. And add fiber from whole grains, legumes and non-starchy vegetables any chance you get because it helps to steady blood sugar levels, and helps you feel fuller longer.”These foods, including white bread and pasta, chips, and packaged sugary snacks, cause blood sugar levels to spike. “This doesn’t mean that people with type 2 diabetes can’t ever eat them, but the goal is to have ½ of your grains from a whole grain source,” says Kimberlain.Preparing a well-thought-out grocery list will ensure that you feel nutritious options on hand (so you don’t automatically grab for a handful of chips or cookies). Stock up on nutrient-dense carbs like non-starchy veggies and fiber-rich fruits, and combine them with proteins and healthy fats to support stable blood sugar levels, advises Cassetty. Her fav ideas: Carrot sticks with hummus, apple slices with nut butter, fresh grapes and a small amount of nuts.
When choosing frozen and canned foods, and packaged items like breakfast cereals, pick items without added preservatives, and look for low-sodium or no salt added options, says Kimberlain. When looking at the label, check the total carbs and fiber, and watch out for hidden sugars since they can affect your blood sugar.
“Opt for plain frozen vegetables, fruits, and lean proteins without added sauces, and aim for high fiber, low sugar cereals, which are less than 5g per serving,” she adds. “And serving size is important because it allows you to calculate these amounts per portion.”As you prep a weekly grocery list and meal plan with type 2 diabetes in mind, remember: The key is to limit added sugar, refined carbs and starchy foods, and make changes you can live with. Start by choosing items from these categories and food groups (and follow our expert diabetes-friendly tips) to help manage blood sugar while making your meals delicious.Fresh fruits and vegetables
Fresh fruit: apples, avocado, blackberries, grapefruit, kiwis, mangoes, oranges, plums, raspberries, strawberries
Fresh herbs: basil, cilantro, mint, oregano, parsley, rosemary, thyme
Fresh vegetables: broccoli, carrots, celery, garlic, ginger, onions, spinach, sweet potatoes, yuca, corn, zucchini
Pro tip: “Starchy vegetables like corn, potatoes and peas impact blood sugar levels, so be sure to limit them on your plate,” says Kimberlain. Non-starchy options like lettuce, tomatoes, broccoli, asparagus, carrots and mushrooms generally have less impact on blood sugar, but it really depends on the individual, which is why it’s important to check blood glucose levels with a continuous glucose monitor (CGM) or finger prick tests. Meat, poultry, seafood and meat alternatives
Firm tofu
Ground chicken, turkey or extra-lean (90%+) beef
Fresh fish
Skinless chicken or turkey breast
Veggie burgers
Dairy and dairy alternatives
Eggs (or egg alternatives)
Grass-fed butter
Low-fat cheese
Low-fat or fat-free cottage cheese
Low-fat or skim milk (or low-sugar milk alternative like soy milk)
Low-fat or fat-free unsweetened yogurt
Pro tip: Opt for sources that are low in saturated fat and added sugar. Watch out for added sugar in flavored non-fat yogurts and milk alternatives. Aim for 8 grams (the equivalent of two teaspoons) or fewer per serving. Whole grains
Brown rice, wild rice, quinoa, farro
Low-sugar granola
Whole grain cereal
Whole wheat or whole grain bread, tortillas, pita and English muffins
Whole wheat pasta (or legume pasta such as chickpea)
Pro tip: Healthier carbs (whole grains, as well as legumes and starchy vegetables) are digested more slowly than complex carbs, so they promote more stable blood sugar levels, says Cassetty.Legumes, nuts and seeds
Legumes: black beans, chickpeas, kidney beans, lentils
Nuts and seeds: almonds, cashews, chia seeds, flaxseeds, hemp seeds, pistachios, walnuts, natural nut butters
Pro tip: While these items are high in carbs, legumes are good sources of protein and fiber, which makes them a good choice when balanced on your plate with healthy fats, protein, etc. Research has shown that a diet high in legumes is associated with a lower risk of developing type 2 diabetes, not to mention heart disease, high blood pressure and high cholesterol.Delicious and Diabetic-Friendly Dinner RecipesMedically reviewed byValerie Agyeman, RD.Contributing WriterValerie Agyeman (she/her) is a women’s health dietitian and the host of the Flourish Heights podcast, where she produces science-driven content covering overlooked nutrition, wellness and women’s health topics. She has over 10 years of combined nutrition communications, corporate wellness and clinical nutrition experience. Valerie is a trusted expert in the media, regularly appearing on networks such as Fox 5 DC, PIX-11, and ABC’s Good Morning Washington. She is also a contributing expert to publications like Women’s Health Magazine, Prevention, Good Housekeeping, and The Everygirl. As Doctors we write about evidence-based facts and with that in mind select products we believe to be the best for our readers. Thelifestylecure.com is a participant of the amazon associates program and we may earn a very small commission from qualifying purchases at no extra cost to you. When it comes to diabetes, a healthy diet can not only lower your blood sugar but can also reverse your diagnosis all together. A diabetic food list can help those suffering from type 2 diabetes or prediabetes know exactly what foods to eat and what to avoid. Whether that’s at home, a restaurant or while grocery shopping this food list can be taken anywhere. But why is it so important? Let’s find out. What is Diabetes? Diabetes Mellitus is a chronic, metabolic disease characterized by elevated levels of blood glucose (sugar). If not controlled, diabetes can lead to serious complications of the heart, blood vessels, nerves, eyes and kidneys. Normally the pancreas releases insulin which helps glucose get into the cells to be used for energy. However, this function is impaired in those who have diabetes. The Symptoms of Diabetes Type 1 diabetes, also called insulin-dependent diabetes is caused by an autoimmune reaction. The immune system in this case attacks itself, specifically the pancreas, causing damage and destroying the cells that produce insulin.Type 2 diabetes is more common and accounts for 90% of all diabetes cases. Here, the pancreas does not produce enough insulin or doesn’t use insulin well. This results in more glucose in the blood and less reaching the cells which can be harmful to many organs. Although scary, type 2 diabetes can be reversed with lifestyle changes. Gestational diabetes occurs when there is high blood sugar during pregnancy which can potentially affect the mother and the baby. What is Prediabetes? Prediabetes is a silent health condition which many Americans are unknowingly living with. Here, the blood sugar is higher than normal but not high enough to be considered type 2 diabetes. Again, like type 2 diabetes, prediabetes can also be prevented and reversed with lifestyle changes such as a pre diabetic diet. What is glycemic index? The glycemic index (GI) is a scale that ranks carbohydrates-containing foods or drinks from 0 to 100 depending upon how much they raise blood glucose levels after it’s consumed. Low GI foods (≤ 55 GI units) are considered better for diabetics due to their slow and steady increase in blood glucose levels. High GI foods (≥ 70 GI units) increase blood glucose at a higher and faster rate and should be avoided as much as possible for those with prediabetes and type 2 diabetes. Diabetes do’s and don’t’s
Diabetes do’s and don’t’s
Diabetes do’s will always be whole foods. What does that mean? It means you should be eating foods like:
Vegetables – are filled with fiber, protein and nutrients which helps to nourish the body, maintain blood sugar and keep you full. Non-starchy vegetables in particular are great for diabetics because they are low in carbohydrates keeping blood glucose under control. Fruits – even though fruits contain carbohydrates diabetics can still have them, they just need to be counted as a part of your meal plan. It’s best to choose fruits that are fresh, frozen or canned without added sugars. Unsalted Nuts and seeds – should be included in a diabetic diet because they contain magnesium and high levels of beneficial fats. These healthy fats help to both improve glycemic control and help diabetics reduce the risk of heart disease. Whole grains – are foods with good sources of fiber which can help slow the absorption of glucose in the blood. Beans – are packed with protein and fiber which have been shown to lower blood glucose levels in diabetics. Lentils – are complex carbs meaning they are high in fiber and digest slowly. They help not only control blood glucose levels but also appetite. Fermented foods – are rich in fiber which can stabilize blood glucose and help in weight loss. One study in particular showed these foods to reduce fasting blood glucose, postprandial blood glucose, glucose intolerance and insulin resistance. Eggs – help a low GI score, great for your waistline and are high in protein which is why it can be included in a diabetic diet. However, it’s important to eat in moderation as it can affect cholesterol which is something to be mindful of since diabetes is a risk factor for cardiovascular disease. Avocados- have many diabetes benefits including low in carbohydrates, high in fiber, may help with weight loss and improve insulin sensitivity. Organic, grass fed animal-protein – are loaded with complete protein, rich in vitamins and minerals, and contain healthy omega-3 fatty acids all things good for a diabetic diet. Herbs and Spices – are great to add to your dishes for flavor, satiety and a whole host of benefits. Particularly for diabetics, they bioactive compounds found in many culinary herbs and spices showed reduced blood glucose and fat. Diabetes don’ts
are foods that should be limited and they are:
Processed/refined carbs – these foods are stripped of almost all fiber, vitamins and minerals and can be considered empty calories. These are high GI foods that cause rapid spikes in blood sugar levels. Processed meats – can increase cholesterol and weight which can be harmful for diabetics. High GI fruits – can increase blood glucose quickly making it difficult to control. Canned foods with added sodium or sugar. Pre-Packaged, frozen and fast foods – often contain hidden sugars, salt and preservatives which you should be wary of. Unhealthy fats – are trans fats that are bad for the waistline and heart especially for diabetics. Low-fat products – tend to replace fat with sugar. Salty – can raise blood pressure in diabetics putting them more at risk for heart disease
Sweetened beverages – can create imbalances in a person’s insulin levels. Alcohol - should be had in moderation. What Foods Can Diabetics Eat Freely?
Diabetic Food List pdf
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Diet is the cornerstone when it comes to managing blood sugars, which is why it’s important to know what foods diabetics can eat freely and which ones they cannot. By having a diabetic friendly food list on hand, you will not only understand what constitutes a diabetic diet but it will also help you stay on track. The best way to use this list is while grocery shopping or you can pin it to the fridge as a reminder when you go to eat. Additionally, this list of foods can also be used for those who are prediabetic. Now that we know the basics here is:
Diabetic Food List (PDF)
What To Eat
Download the complete Diabetic Food List (PDF) here
Diabetic Foods To Avoid pdf
Diet is the cornerstone when it comes to managing blood sugars, which is why it’s important to know what foods diabetics can eat freely and which ones they cannot. By having a diabetic friendly food list on hand, you will not only understand what constitutes a diabetic diet but it will also help you stay on track. The best way to use this list is while grocery shopping or you can pin it to the fridge as a reminder when you go to eat. Additionally, this list of foods can also be used for those who are prediabetic. Now that we know the basics here is:
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Diabetic Foods To Avoid pdf
We felt it was important to include a list of diabetic foods to avoid. Mainly because there are foods out there that tend to mask themselves as being really healthy when they actually aren’t. These are foods that have a high glycemic index and can elevate blood sugar levels and create insulin resistance over time. Please be aware of these foods when grocery shopping or when stocking your pantry. Download the complete Diabetic Foods To Avoid List (PDF) here
Meal plate Now that we have downloaded our diabetic diet food list (PDF) the next step is to figure out how much to eat in a single setting. It can become confusing if you are just learning how to eat as a diabetic which is why we encourage people to adopt the meal plate and fingertip method. The plate method is a visual aid of portion sizes from the 4 main food groups presented on an actual plate. Side options outside of the plate are also shown. It can be used as a daily reminder on how to create balanced, wholesome meals
We at The Lifestyle Cure have created our own plate method. We updated it so that it makes sense for today’s generation yet with the ability to be applied to anyone regardless of age or gender. Since we know that there is no one-size-fits-all method when it comes to diet and lifestyle we wanted to provide two meal plates. Both meal plates have the capability to lower blood sugars, reverse diabetes and reduce waist size. It’s only a matter of preference and what is easy for you to incorporate into your daily lifestyle. The first plate are for those who are interested in following more of the plant-based, Mediterranean diet while the second plate is for those keen on adopting a moderate carb, healthy fat diet. The Lifestyle Cure’s Plate #1 Method: 4 main food groups – Vegetables, fruits, legumes, & whole grains
4 helpful & healthy additions to your plate – oils, nuts, and seeds, dairy and dairy alternatives, herbs and spices, & protein
Veggies and Fruits ½ Plate portion of vegetables and fruit, where the majority (approx. 75%) is made up of veggies and the rest is of fruit. Legumes
On your plate ¼ portion should consist of legumes. Whole Grains
On your plate ¼ plate portion should also consist of whole grains. Oil, nuts, & seeds
Refer below to portion size measurements with hands for the amount that should be used. Herbs & spices
You can use as much or as little of these that you want; there is no restriction as to how much you are allowed to use. Dairy & dairy alternatives
There should not be an emphasis on dairy or its alternatives. And if you can, try and have more plant-based milk instead whenever the option is available. Protein
Normally protein is considered to be one of the main food groups on a plate. However, we have moved protein to the side and replaced it with legumes. The reason behind that is that you can get a majority of protein from legumes as well. The Lifestyle Cure’s Plate #2 Method: 4 main food groups – Vegetables, fruits, healthy fats, protein
4 helpful & healthy additions to your plate – water, dairy and dairy alternatives, herbs and spices, & supplements
Veggies and Fruits ½ Plate portion of vegetables and fruit, where the majority (approx. 75%) is made up of veggies and the rest is of fruit. Healthy Fats
On your plate ¼ portion should consist healthy fats, oils, nuts, seeds, cheese, pasteurized eggs, fatty fish (salmon, mackerel, herring, sardines, anchovies) , grass-fed animals
Protein
On your plate ¼ plate portion should also consist of organic, grass-fed meat, pasteurized eggs, fermented foods, cheese, fatty fish and tuna, shellfish, legumes, greek yogurt, nuts and seeds. Water
Have as much as you want before, during and after meals. Herbs & spices
You can use as much or as little of these that you want; there is no restriction as to how much you are allowed to use. Dairy & dairy alternatives
There should not be an emphasis on dairy or its alternatives. And if you can, try and have more plant-based milk instead whenever the option is available. Supplements
There are many supplements that can be taken to help those with prediabetes, and type 2 diabetes. Some include but are not limited to psyllium husk, cinnamon, chromium, magnesium, thiamine etc. However, before taking these supplements please talk to your doctor and see if they are right for you. Certain supplements can interact with other conditions you may have. Measuring foods
Below is a helpful way to use your fingertips to your advantage when trying to eyeball the appropriate portions sizes for particular types of foods. How to Measure Portion Size at your Fingertips: 1 cup of fruit or 1 medium size fruit = Fist
1 ounce of meat or cheese = Entire length of thumb
3 ounces of meat, poultry, or fish = Palm of hand
1-2 ounces of nuts or seeds = Cupped hand
1 tablespoon = Tip of thumb
1 teaspoon = Tip of finger
Planning your meals
Planning your meals is another great way to establish and maintain a diabetic diet. Meal planning is the act of thinking ahead of time what you will eat for the next few days. Preparing meals before you get hungry has become very popular as it late because of the amazing benefits it has shown for health and wellbeing. In fact, a 2017 study done in France observed that meal prepping amongst >40,000 participants was associated with a healthier diet and less obesity! Whenever you have healthier food or snacks on hand, your chances of reaching for something processed and/or hitting up a fast food joint is decreased. Meal plan sample
Below is a sample meal plan for diabetics to use as a guide when deciding what to eat. We’ve come up with 3 different options for breakfast, lunch, dinner and two snacks based on items found in the grocery list from above.
TIME OF DAY MEAL OPTION #1 MEAL OPTION #2 MEAL OPTION #3
Breakfast
Peanut butter & banana chia pudding
2 Sunnyside eggs on top of avocado toasts
Mixed berries oatmeal with flax seeds and walnuts
Snack #1
Mixed nuts & seeds
A Banana
Green smoothie with kale/avocado/pineapple
Lunch
Vegetable soup with side salad & slice of avocado toast
Falafel wrap with side salad
Tofu poke bowl
Snack #2
An apple
An apple
An apple
Dinner
Turkey or veggie meatballs in tomato sauce with whole wheat/chickpea pasta
Black bean & sweet potato burgers with side of veggies & salad
Peanut chicken & veggies stir fry over a bed of brown rice/quinoa/bulgur/grain of choice
Food as medicine. Impact of diet on diabetes
When we think of diabetes treatment we generally think of pills and insulin injections to improve glycemic control. But what more and more doctors are realizing is that food is proving to be a much more powerful drug when it comes to diabetes. While a poor diet can lead to obesity and insulin resistance and thus creating an environment for type 2 diabetes to exist, embracing a healthy diet has been found to do the exact opposite. Foods that are high in fiber and low in saturated fats and processed foods can improve blood glucose to the point of prevention and reversal of diabetes and prediabetes. With that being said our hope is that by having access to this diabetic food list pdf you will feel more empowered when it comes to managing your chronic disease. Always remember that what you eat impacts your health, good and bad. If you are interested in lowering your blood sugar and reversing your diabetes then be sure to check out our book SMART & Skinny Habits. We designed this program to help diabetics not only lose weight but REVERSE their diabetes permanently. Click here to reverse your diabetes with SMART & Skinny Habits
If you enjoyed this article or have any questions please feel free to let us know and we will be happy to get back to you! Stay happy. Stay healthy. Being diabetic does not mean you have to eat boring or bland foods. There are many healthy and flavorful food choices that are less likely to cause blood sugar spikes. If you’re diabetic, the following printable list can help you make smart eating decisions. It may be browsed online or downloaded to print and carry with you or display on your fridge. If you need downloading assistance, check out these helpful tips. Following a diabetic eating plan may seem daunting, but when you are armed with the right information, it gets easier with time. As your knowledge grows about how specific foods affect blood sugar in the body, food selection will be a breeze. According to the American Diabetes Association (ADA), the following foods can be enjoyed on a diabetic menu:
Whole grains: Avoid refined grains and white or enriched flours since, according to the ADA, they only include the starchy part of the grain. Think out of the box and give grains other than wheat a try, such as quinoa, farrow, millet or triticale. Beans and legumes: Beans provide fiber, protein, and a heavy dose of nutrition. They’re also inexpensive and versatile. The ADA recommends incorporating several meals of beans into your diet each week. Vegetables: Diabetics can enjoy starchy and non-starchy vegetables, but starchy veggies such as potatoes, pumpkin, and corn should be consumed in moderation. Non-starchy choices such as mushrooms, cauliflower, cucumbers, and greens should fill half of your plate each meal. Fruits: Fruits offer nutrition and sweet taste without added refined sugars, but they still impact blood sugar. The ADA says on its website that most fruits have a low glycemic index and can be enjoyed. Within a glycemic scale diet, fruits that fall in the medium range on the scale such as melons, pineapple, raisins, and dried figs should be consumed in moderation. Dairy: According to the ADA, milk is low on the glycemic scale, so incorporating low-fat dairy products into your diet is a great way to get calcium and other nutrients. Meats and protein: Plant-based proteins such as beans and nuts, seafood, poultry, cheese (low-fat), and eggs top the ADA’s list of protein food recommendations. With vegetables and fruits, all varieties are suitable for a diabetic meal plan. Remember that the slower the digestion of the fruit or vegetable, the better. Include adequate fiber, such as eating the peel of the apple, and combine the food item with a small amount of protein and/or fat. These are some of the important basics of the diabetic diet. Whole foods are encouraged for a healthy eating plan, but whether diabetic or not, it is sometimes convenient and necessary to rely on processed food products. Such items include frozen entrees, prepared salads, and canned soups. Consider the following items:
Vegetable-based or bean soups
Prepared vegetable, egg, seafood, or bean salads
Sugar-free gelatin, hard candies, or chocolate
Sugar-free jams/jellies
Condiments (low-sugar if possible)
Salsa
There are no restrictions on the amount or type of fresh or dried herbs and spices you can use. They add flavor and texture to foods and are a beneficial alternative to sugar that may be missing from a recipe. If you have high blood pressure, it’s a good idea to limit your salt intake. Sweetens are often considered off limits for diabetics. But you can create your own sweet treats with Stevia, which is a sweet herb, or artificial sweeteners. It is most helpful to use these sweeteners sparingly. Since aspartame contains phenylalanine, avoid it if you have phenylketonuria. Keep this list of diabetic friendly foods on hand as you adjust to your diet. You may be surprised to find just how many good foods are still enjoyable as you watch your blood sugar and food intake. © 2025 LoveToKnow Media. All rights reserved.

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