

WEEKLY DIABETIC MEAL PLANNER

Week Of: _____

Target Carbs Per Meal: _____g

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS	SNACKS

Grocery List & Prep Notes

Daily Health Habits

8+ Glasses of Water

30 Min Activity

Fiber Goal Met

Blood Sugar Logged