

DIABETIC MEAL PLANNING GUIDE

Balanced Plate Method Template

Non-Starchy Veggies

- Spinach / Leafy Greens *2 cups*
- Broccoli / Cauliflower *1 cup*
- Bell Peppers *1 medium*
- Cucumber *1 cup*
- Asparagus *6 spears*

Lean Proteins

- Grilled Chicken Breast *4 oz*
- Salmon / White Fish *5 oz*
- Tofu / Tempeh *1/2 cup*
- Eggs (Hard Boiled) *2 units*
- Greek Yogurt (Plain) *3/4 cup*

Smart Carbs

- Quinoa / Brown Rice *1/2 cup*
- Sweet Potato *1/2 med*
- Steel Cut Oats *1/2 cup*
- Black Beans / Lentils *1/2 cup*
- Berries (Blue/Straw) *3/4 cup*

Healthy Fats

- Avocado *1/4 unit*
- Raw Almonds / Walnuts *1 oz*
- Olive Oil / Flax Oil *1 tsp*
- Chia / Pumpkin Seeds *1 tbsp*
- Natural Peanut Butter *1 tbsp*

Reminders: Prioritize high fiber, monitor hydration (water/unsweetened tea), and consult with a healthcare professional for personalized glycemic targets.