

# DAILY DIABETIC MEAL PLAN

DATE: \_\_\_\_\_

TARGET CARBS: \_\_\_\_\_g

CALORIE GOAL: \_\_\_\_\_

MEAL	FOOD ITEMS & PORTION SIZE	GLUCOSE/CARB TRACKING
<b>BREAKFAST</b> Time: _____		PRE: _____ POST: _____ CARBS: _____g
<b>AM SNACK</b> Time: _____		CARBS: _____g
<b>LUNCH</b> Time: _____		PRE: _____ POST: _____ CARBS: _____g
<b>PM SNACK</b> Time: _____		CARBS: _____g
<b>DINNER</b> Time: _____		PRE: _____ POST: _____ CARBS: _____g

Hydration Tracker (8oz cups)

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## Daily Notes & Physical Activity