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Summer means longer days and more sunshine, but can also bring busy schedules, vacations and BBQs that can make it more difficult to focus on health goals. In this 7-day diabetes meal plan, we make it easier to eat healthy and keep your weight and blood sugar under control while enjoying seasonal flavors. Each meal has about 2-3 servings of carbs (30-45 grams of carbs) and each snack contains about 1 carb serving (15 grams of carbs). This consistent intake of carbohydrates throughout the day will keep you feeling energized and well-controlled sugars. When you follow this diabetes sample meal plan, you will find lean protein, nutritious fruits and vegetables, and stuffed whole grain fibers and legumes to keep you fed up. Need a higher calorie plan to follow? See this same meal plan at 1,500 calories and 2,000 calories To 1,200 calories, this diabetes weight-loss meal plan can help reduce weight by 1 to 2 pounds per week without sacrificing flavor or satisfaction. Research shows that achieving a healthy weight can play a significant role in improving blood sugar levels and preventing potential complications of diabetes mellitus (such as cardiovascular problems or nerve damage). In this plan, we'll keep calories and carbohydrate levels balanced while pumping fiber and protein to keep you feeling content while eating fewer calories. Healthy snacks between meals will help you avoid that out-of-control-hungry feeling that happens when we go too long without eating. If you still feel hungry, bump snacks with extra vegetables and lean protein, or start with our 1,500-calorie version of this plan and slowly reduce your calories down until you feel comfortable at 1200 calories. While we've covered up with what to eat in this diabetes diet meal plan, be sure to implement other healthy habits in your daily routine, would be drinking a lot of water and getting into more physical activity (such as walking, cycling or swimming) to help lower weight and improve blood sugars. Diagnosed with high blood sugar during pregnancy? Check out our gestational diabetes meal plan to Meal-Prep Week meals A little meal prep at the beginning of the week can go a long way to make the week ahead easier. 1. Prep Pumpkin Noodle Bowls with Chicken & Pesto Sausages to have for lunch on days 2, 3, 4 and 5. 2. Wash produce and prepare what you can before time, would be cubing pineapple and melon to have throughout the week. Day 1 Diabetes Flavoured yogurts are often high in added sugars. Stick to plain yogurt and stir in some succulent fruits, would be a sliced peach, to add natural sweetness and flavor. In addition, adding chopped walnuts instead of sugar-laden granola gives the crunchy texture we like without excess sugar. Breakfast (273 calories, 26 g carbohydrates) • 1 cup fat-free Greek yogurt • 1 1/2 tablespoon chopped nuts • 1 large sea slices A.M. Snack (64 calories, 15 g carbohydrates) • 1 cup raspberry Lunch (313 calories, 39 g carbohydrates) • 1 serving Avocado Toast egg salad • 1 cup pineapple cubes P.M. Snack (62 calories, 14 g carbohydrates) • 1 cup blackberries Dinner (489 calories, 43 g carbohydrates) • 1 serving of salmon with lemon and grilled pepper in foil • 1 cup basic quinoa • 1/2 cup sliced cucumber • 1/2 cup chopped tomatoes Daily totals: 1,200 calories, 85 g protein, 137 g carbohydrates, 32 g fiber, 40 g fat, 9 g saturated fats, 669 mg sodium Day 2 Diabetes Tip: Exercise helps lower blood sugars by using up glucose (sugar) in the blood for energy. Even low-impact exercises, such as walking, can be super effective. In addition, research shows that you do not have to exercise for long to reap the benefits. Walking 10 minutes after each meal has been shown to effectively reduce blood sugars. Enjoy a quiet walk on your own or get a friend or family member to join you!> Breakfast (291 calories, 31 g carbohydrates) • 1 English whole wheat muffin • 1 1/2 tablespoons natural peanut butter A.M. Snack (13 calories, 2 g carbohydrates) • 1/2 cup caster sugar Snap Peas Lunch (386 calories, 43 g carbs) • 1 serving of Noodle Bowls courgettes with chicken sausages & Pesto • 1 medium peach P.M. Snack (31 calories, 7 g carbohydrates) • 1/2 cup blackberries Dinner (465 calories, 45 g carbohydrates) • 1 portion grilled Ancho Chicken breast & Apricot Salsa • 1 serving Fresh sweet corn salad • 1 cup cantaloupe cubes Masa-Prep Tip: Prepare 2 servings of almond cranberry Chia Pudding to have for breakfast on days 3 and 4 Totals daily : 1186 calories, 62 g protein , 128 g carbohydrates, 28 g fiber, 46 g fat, 6 g saturated fat, 1578 mg sodium Day 3 Diabetes Tip: It is recommended to reduce the intake of red meat, would be beef and pork, to keep our hearts healthy. Of course, that doesn't mean you have to avoid it completely! Aim to limit red meat to once or twice a week. When you eat it, choose more flexible pieces, would be the flank steak we use in the smoky Grilled Flank Steak recipe, to minimize saturated fats. Breakfast (229 calories, 30 g carbohydrates) • 1 serving of chia pudding with blueberry almonds A.M. Snack (54 calories, 13 g carbohydrates) • 1 cup melon cubes Lunch (386 calories, 43 g carbohydrates) • 1 serving of bowls of courgette noodles with chicken sausages and pesto • 1 medium peach P.M. Snack (58 calories, 15 g carbohydrates) • 1 cup sliced cucumber • Black pepper knife tip • 1/2 cup blueberries Dinner (494 calories, 41 g

carbohydrates) • 1 serving grilled flank steak • 2 servings macaroni salad with creamy avocado sauce • 1/2 Watermelon cubes Daily Totals: 1220 calories, 57 g protein, 143 g carbohydrates, 29 g fiber, 50 g fat, 8 g saturated fat, 1.603 mg sodium Day 4 Diabetes Tip: Chia pudding is the perfect breakfast. It is lightweight, high in fiber for stable sugars in the blood, blood, a refreshing way to start a hot summer day. Use this basic chia pudding formula so you can mix and match flavors based on what you have in the house. Breakfast (229 calories, 30 g carbohydrates) • 1 serving of cranberry pudding with almonds Chia A.M. Snack (13 calories, 2 g carbohydrates) • 2 stalks of celery Lunch (388 calories, 44 g carbohydrates) • 1 serving of courgettes Noodle Bowls with chicken sausages & Pesto • 2 plums P.M. Snack (42 calories, 10 g carbohydrates) • 2/cup 3 fresh raspberry Dinner (516 calories, 38 g carbohydrates) • 1 serving Shrimp & Pepper Kebab with Grilled Red Onion • 1 serving of grilled corn on Cob Daily totals: 1,187 calories, 55 g protein, 124 g carbohydrates, 31 g fiber, 54 g fat, 6 g saturated fat, 1,323 mg sodium Day 5 Diabetes Tip: Choose natural peanut butter with just two ingredients-peanuts and salt. More processed peanut butter often added sugars and hydrogenated fats that are not so good for our hearts. Breakfast (291 calories, 31 g carbohydrates) • 1 English whole wheat muffin • 1 1/2 tablespoons. Natural Peanut Butter A.M. Snack (16 calories, 4 g carbohydrates) • 1 cup sliced cucumber • Black pepper knife tip Lunch (386 calories, 43 g carbohydrates) • 1 serving of Courgette Noodle Bowls with Chicken & Pesto Sausages • 1 Medium Peach P.M. Snack (19 calories, 4 g Carbohydrates) • 3 celery stalks Dinner (511 calories, 42 g carbohydrates) • 1 serving of grilled chicken tacos with Slaw & Lime Cream • 1 serving, cucumber Tomato and Avocado Salad Daily Totals: 1,223 calories, 60 g protein, 124 g carbohydrates, 28 g fiber, 54 g fat, 9 g saturated fat, 2263 mg sodium Day 6 Diabetes Tip: Today's lunch, Green Goddess Salad with Chickpeas, is a healthy no-cook meal which is ready in 15 minutes. Bonus: It has a whopping 12 g of fiber to help you keep you full all afternoon while supporting stable blood sugars. Breakfast (273 calories, 26 g carbohydrates) • 1 cup plain Greek fat-free yogurt • 1 1/2 tablespoons. chopped nuts • 1 medium peach, sliced A.M. Snack (108 calories, 8 g carbohydrates) • 1 plum • 1 hard boiled egg Lunch (334 calories, 47 g carbohydrates) • 1 serving Green Goddess Salad with Chickpeas • 2/3 cup of melon cubes P.M. Snack (132 calories, 11 g carbohydrates) • 2/3 cup blackberries • 7 halves of walnut Dinner (376 calories, 39 g carbohydrates) • 1 serving Stetson Chopped Salad Table-Prep Tip: Prepare 1 serving of Blueberry Almondchia Pudding to have for breakfast tomorrow Daily totals: 1,224 calories, 68 g protein, 132 g carbohydrates, 30 g fiber, 54 g fats, 9 g saturated fats, 877 mg sodium Day 7 Diabetes Tip: Choosing drinks without added sugars , such as water, seltzer and unsweetened tea, can make a big difference when it comes to blood sugars. you could be surprised how packed sweetened drinks are with sugar-a 16-oz glass. ginger beer has 11 teaspoons of added sugar! Breakfast (229 (229 30 g carbohydrates) • 1 serving of cranberry pudding with almonds Chia A.M. Snack (37 calories, 7 g carbohydrates) • 1 red bell pepper, slices lunch (334 calories, 47 g carbohydrates) • 1 portion Salad Green Goddess with Chickpeas • 2/3 cup watermelon cubes P.M. Snack (61 calories, 15 g carbohydrates) • 2 plums Dinner (526 calories, 43 g carbohydrates) • 1 serving Greek turkey burgers with spinach, Feta & Tzatziki • 1 cup diced watermelon • 2 cups of greens mixed with 2 teaspoons of olive oil and 2 teaspoons. Red wine vinegar Daily totals: 1,186 calories, 63 g protein, 143 g carbohydrates, 35 g fiber, 46 g fat, 10 g saturated fat, 1,269 mg sodium WATCH: make Greek burgers from Turkey with spinach, Feta & Tzatziki {{EmbedVideold:8091}} Don't miss out! Best 30-day diabetes meal plan to protect your heart when you have Diabetes Diet Center for category page, second priority Image – URL path (used in grid and Featured Story where first priority is empty) for category page, first image priority – URL path (used for grid and Featured Story) for category page, third priority image upload (used in grid and Featured Story where URL paths are empty)

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