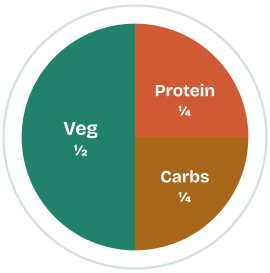
Diabetic meal plan · sample day

Everyday meals for type 2 diabetes and prediabetes. Pick one option per meal.

Curevity



The diabetes plate method

- **Use a 9-inch (23 cm) plate.** No counting needed.
- **½ plate non-starchy vegetables:** salad greens, broccoli, green beans, peppers, cauliflower, zucchini, tomatoes.
- **¼ plate lean protein:** chicken, turkey, fish, eggs, tofu, beans or lentils.
- **¼ plate carbs:** brown rice, quinoa, whole-grain bread or pasta, a small potato or sweet potato.
- Drink water or another zero-calorie drink. Add a small fruit or a cup of milk or plain yogurt if it fits your plan.

A day of meals

TIME	MEAL	ANOTHER OPTION
Early morning 6:30 to 7 AM	Water, or coffee or tea with no sugar (a splash of milk is fine).	Same
Breakfast 7:30 to 8:30 AM	2 eggs scrambled with spinach and tomato, 1 slice whole-grain toast.	½ cup (40 g) rolled oats cooked in milk, with berries and a few walnuts
Mid-morning 10:30 AM	1 small apple, pear or orange, *or* a small handful (1 oz / 30 g) of unsalted nuts.	Carrot and cucumber sticks with 2 tbsp hummus
Lunch 12 to 1 PM	Big salad with grilled chicken or salmon, chickpeas and an olive oil dressing, with 1 slice whole-grain bread *or* ⅓ cup (60 g) cooked quinoa.	Lentil or bean soup with a side salad and a small whole-wheat roll
Afternoon 3:30 to 4:30 PM	Plain Greek yogurt or cottage cheese with a few berries.	Apple slices with 1 tbsp peanut butter
Dinner 6 to 7:30 PM	Plate method: roasted vegetables, 4 oz (115 g) baked salmon or chicken, and ⅓ cup (60 g) brown rice or a small sweet potato.	Bean chili or a tofu and vegetable stir-fry over a small portion of brown rice
Bedtime if advised	A small glass of milk or a few nuts, only if your doctor advises a bedtime snack.	Same

CHOOSE MORE OFTEN

- Oats, whole-wheat bread and pasta, brown rice, quinoa, barley
- Beans, lentils, chickpeas and split peas
- Leafy greens, broccoli, cauliflower, green beans, peppers, zucchini
- Fish, chicken, turkey, eggs, tofu, plain Greek yogurt, cottage cheese
- Berries, apples, pears, oranges and cherries, in small portions

CUT DOWN

- Sugar, honey, maple syrup and agave: all raise sugar
- Cookies, cakes, pastries, donuts, sweetened cereals
- Soda, sweet tea, energy drinks, fruit juice and smoothies
- White bread, bagels, white pasta, crackers
- Fries, chips, fried food, bacon, hot dogs and deli meats

My blood sugar log for this week

Write your readings to see how meals affect you. Show this page to your doctor.

DAY	FASTING	2 H AFTER BREAKFAST	2 H AFTER LUNCH	2 H AFTER DINNER	NOTES (MEAL, WALK, MEDICINE)
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Common targets for many adults with diabetes (American Diabetes Association): before meals 80 to 130 mg/dL (4.4 to 7.2 mmol/L), 1 to 2 hours after the start of a meal below 180 mg/dL (10.0 mmol/L). In the UK and Canada, readings are in mmol/L. Your doctor may set different targets.

Tips that make it work

- **Eat in this order:** vegetables first, then protein, then bread, rice or potatoes.
- **Read the label:** check the serving size, total carbohydrate and added sugars.
- **Watch the salt,** especially with high BP. Canned soup, deli meat, frozen meals and fast food are salty.
- **Don't skip meals,** especially if you take insulin or tablets that can cause low sugar.
- **Walk 10 to 15 minutes after meals** if your doctor says it's safe.
- **Eating out:** swap fries for salad or vegetables, ask for dressing on the side, and take half home.

Talk to your doctor. This meal plan is general education, not a personal prescription. If you take insulin or diabetes tablets, changing what you eat can cause low sugar. Check with your doctor or a registered dietitian before you change your diet. People with kidney disease or who are pregnant need their own plan.

Want a plan made for you? The Curevity app makes a 7-day meal plan from your own conditions, readings, allergies, cuisine and budget, and logs your sugar for you. Free on iPhone and Android: curevity.jwebco.com

Sources: American Diabetes Association; CDC; Diabetes UK; Diabetes Canada.