



2-DAY MEAL PLAN

Each meal plan provides approximately:

- 35-45% of calories from carbohydrates
- 24-32% of calories from protein
- 30-38% of calories from fats

Experts agree that there is no one optimal distribution of macronutrients for people with diabetes.¹ These meal plans are guides and can be modified by health care professionals for individual requirements and goals.

This plan was created by our team of registered dietitians to help people just like you make better food choices.²



Approximately **1500** Calories

DAY 1

BREAKFAST: Combine 1 Glucerna® Protein Smart shake (any flavor), 1 small banana, 2 tbsp peanut butter, and ice in a blender until smooth; 1 cup water, coffee, or tea with/without skim milk and zero-calorie sweetener

SNACK: 1 cup grapes, 1 cheese stick (string cheese)

LUNCH: 3 cups spring mix topped with 2 oz goat cheese, 2 tbsp Italian dressing, 3 oz grilled chicken breast; 1 cup unsweetened iced tea with lemon

SNACK: 3 celery stalks and 1 cup baby carrots dipped in 2 tbsp hummus

DINNER: 3 oz grilled strip steak, ½ cup whole grain brown rice, 1 cup steamed green vegetables; 1 bottle fruit-flavored sparkling zero-calorie water

SNACK: 1 cup strawberries with ½ cup low-fat cottage cheese

DAY 2

BREAKFAST: 1 cup plain Greek yogurt mixed with a medium chopped apple, 2 tbsp chia seeds, and 3 tbsp dried cherries; 1 cup water or coffee with/without skim milk, zero-calorie sweetener

SNACK: 1 Glucerna Protein Smart shake, 1 cup berries

LUNCH: 2 cups spinach topped with 2 hard-boiled eggs and 2 tbsp each chopped red onion, shredded cheddar cheese, and Russian dressing; 1 bottle sparkling water or unsweetened iced tea

SNACK: 1 small whole wheat pita filled with chopped vegetables tossed in 1 tbsp Italian dressing

DINNER: 3 oz grilled salmon, 1 cup steamed broccoli, 1 medium sweet potato; water or zero-calorie beverage

SNACK: 2 cups air-popped popcorn

Approximately **2000** Calories

DAY 1

BREAKFAST: 2 eggs scrambled with 1 cup baby spinach, ½ cup chopped bell pepper, and ½ cup sliced mushrooms; 1 cup water, coffee, or tea with/without skim milk and zero-calorie sweetener

SNACK: 1 mini whole grain bagel topped with 2 tbsp nut butter and 1 medium sliced banana

LUNCH: 3 cups chopped romaine lettuce topped with 3 oz grilled chicken and 2 tbsp each grated Parmesan cheese and balsamic vinaigrette, 1 cup minestrone soup; 1 bottle sparkling water or iced tea

SNACK: 1 Glucerna Protein Smart shake, 1 medium apple

DINNER: Tacos: 2 whole wheat tortillas filled with 1 cup iceberg lettuce, ½ cup black beans, ½ cup salsa, 2 tbsp guacamole, and 3 oz lean ground turkey; 1-2 cups herbal tea, water, or sparkling water

SNACK: 1 oz almonds, 1 cheese stick (string cheese)

DAY 2

BREAKFAST: 1 slice whole wheat toast topped with ½ smashed avocado, 1 sliced, boiled egg, hot sauce (optional); 1 cup water, coffee, or tea with/without skim milk, and zero-calorie sweetener

SNACK: 1 Glucerna Protein Smart shake, 4 whole wheat crackers topped with 1 medium sliced banana

LUNCH: Whole wheat tortilla filled with 1 cup spinach and ¾ cup tuna mixed with 1 tbsp each mayonnaise and mustard. Serve with 1 fresh plum. 1-2 cups iced tea, water, or sparkling water

SNACK: 2 oz vegetable chips, 2 cups each baby carrots and sliced cucumber dipped in 3 tbsp hummus

DINNER: 4 oz grilled chicken breast, ½ cup cooked quinoa, 1 cup mixed vegetables; 1-2 cups iced tea, water, sparkling water

SNACK: Sliced apple and 1 tbsp peanut butter

References: 1. American Diabetes Association. *Diabetes Care* 2024;47(Supplement_1):S77-S110. 2. US Department of Agriculture. *FoodData Central*. <https://fdc.nal.usda.gov/>. Accessed March 13, 2020.

