

# Plant Powered Diabetes Meal Planning

## Plan Your Plate

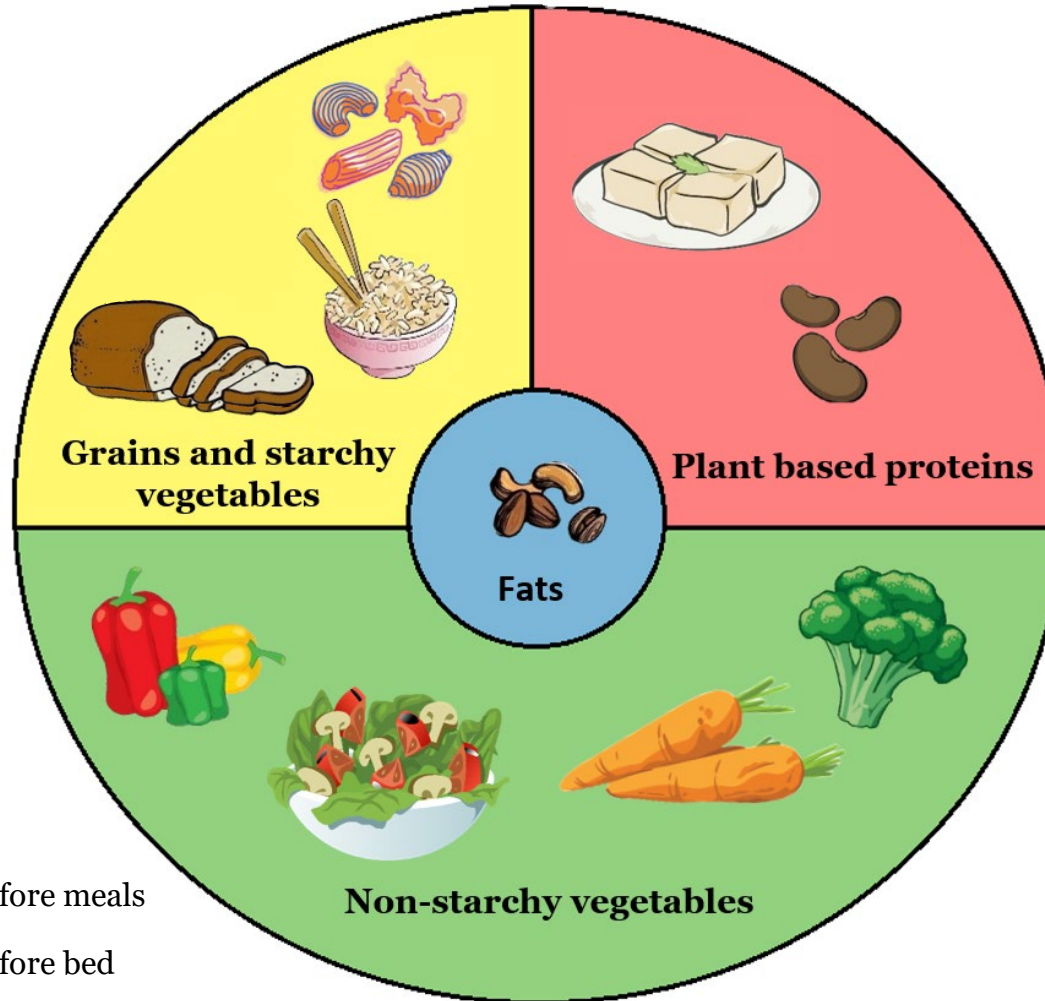
Choose a balanced plate to meet all your nutrient needs



**Fruit**



**Plant based milks and/or yogurts**



**Grains and starchy vegetables**

**Plant based proteins**

**Fats**

**Non-starchy vegetables**

**The food groups in yellow contain carbohydrate and will raise blood glucose levels:**

Fruits, grains, starchy vegetables, and some plant-based milks/yogurts & plant-based

### Blood Glucose Targets

- \_\_\_\_\_ mg/dL before meals
- \_\_\_\_\_ mg/dL before bed

Contain carbohydrate and will raise blood sugar. One serving = 15g carbohydrate. The amount of carbohydrate that should be eaten varies from person to person. Ask a dietitian for your carbohydrate goals.				May contain carbohydrate.	Will raise blood sugar the least.	
Grains and Starchy Vegetables	Fruit	Plant Based Milks and Yogurts	Sweets	Plant Based Proteins	Non-starchy Vegetables	Fats (High in calories)
1/4 large bagel 1 slice bread 1/2 hamburger or hotdog bun 1/2 English muffin 1/2 large biscuit 5-6 crackers 4 inch pancake or waffle 1/3 cup quinoa, rice polenta, or pasta 1/2 cup beans, lentils, peas, corn, winter squash, parsnips, and potatoes 3 cups popcorn 6" tortilla 1/2 corn on cob 10 French Fries 1/2 cup grits or oatmeal 3/4 cup unsweet cereal 8-13 chips	1 small piece <ul style="list-style-type: none"> <li>• apple</li> <li>• pear</li> <li>• peach</li> <li>• orange</li> </ul> 1/2 large banana 1 cup of melon <ul style="list-style-type: none"> <li>• cantaloupe</li> <li>• honeydew</li> <li>• watermelon</li> </ul> 1 cup of berries <ul style="list-style-type: none"> <li>• strawberries</li> <li>• blueberries</li> <li>• raspberries</li> <li>• blackberries</li> </ul> 15 grapes or cherries 1/2 canned fruit in light syrup or juice 2 TBSP raisins 3 prunes 3-4oz fruit juice	8oz milk* <ul style="list-style-type: none"> <li>• soy</li> <li>• almond</li> <li>• rice</li> <li>• hemp</li> <li>• coconut</li> <li>• cashew</li> </ul> 6oz yogurt* <ul style="list-style-type: none"> <li>• soy</li> <li>• almond</li> <li>• coconut</li> </ul> * Carbohydrate content will vary based on type and if it is sweetened or unsweetened	1/4 cup milk alterative ice cream 1/4 cup sorbet 1/2 glazed donut 6 vanilla wafers 3 graham crackers 6-8 hard candies 7 Junior Mints 2 Oreos 2 inch unfrosted cake or brownie 1 frozen whole fruit bar	<b>Less than 5g Carb</b> Tofu Tempeh Nuts or nut butter Seeds <b>Over 5 g Carb</b> Edamame Beans/Legumes* Falafel Hummus Seitan Peas Mock meats Meatless burgers Mycoprotein Quinoa	Asparagus Green beans Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cucumbers Greens Lettuce Mushrooms Okra Onions Peppers Radishes Squash Spinach Tomatoes Turnips	Olive oil Safflower oil Sesame oil Vegetable oil Soft margarine Nuts or nut butter Seeds Avocado Tahini Vegan mayo <b>Omega 3 Sources</b> Flax, hemp, & chia seeds and oils Walnuts Canola Oil Avocado Oil <b>Higher in Saturated Fat</b> Coconut oil Vegan butter spread Vegan cheese Creamy salad dressing

## Take Control of Diabetes!

- Enjoy smaller portions to help maintain a healthy weight.
- Avoid skipping meals. Aim for 3 meals per day about 4-5 hours apart.
- Eat out less than 3 times per week.
- Include healthy colorful foods everyday: vegetables, fruits, whole grains, nuts, beans, peas, tofu, and milk alternatives.
- Avoid sugar-sweetened beverages and fruit juice. Choose beverages with zero calories and less than 5g carbohydrates per serving. Water is the best option.
- Be physically active as your doctor advises.

### Sample meal ideas

Meals provide 45-60g of carbs each

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> <li>• 1 whole wheat English muffin or 2 slices of whole grain toast</li> <li>• 2 tbsp peanut butter and 1 tbsp sugar free jam</li> <li>• 1 small apple</li> </ul>	<p>Sandwich:</p> <ul style="list-style-type: none"> <li>• 3oz mock meat or tempeh sandwich on 2 slices of whole grain bread with onion, tomato, avocado, and spinach</li> <li>• Side: 1 medium orange</li> </ul>	<p>Spaghetti:</p> <ul style="list-style-type: none"> <li>• 1 cup whole wheat spaghetti</li> <li>• ½ cup red pasta sauce</li> <li>• 3 mock meatballs or 1 mock sausage</li> <li>• Side: colorful vegetable salad of choice + olive oil/vinegar</li> </ul>
<p>Overnight oatmeal:</p> <ul style="list-style-type: none"> <li>• ¾ cup oats</li> <li>• 12oz unsweetened soy milk</li> <li>• ½ cup blue berries</li> <li>• ¼ cup chopped almonds</li> </ul>	<ul style="list-style-type: none"> <li>• 3 cups of spinach salad topped with colorful veggies of choice and lemon juice/olive oil dressing</li> <li>• 2 slices of whole wheat bread with ¼ cup hummus</li> <li>• ½ cup grapes</li> </ul>	<p>Grilled burger or 3oz tofu steak:</p> <ul style="list-style-type: none"> <li>• On whole grain bun with lettuce, tomato, pickle, and mustard</li> <li>• Side: 1oz chips</li> </ul>

<ul style="list-style-type: none"> <li>• Sprinkle of cinnamon</li> <li>• Calorie free sweetener of choice</li> </ul>		<ul style="list-style-type: none"> <li>• Side: 1 cup steamed broccoli or green beans with spritz of olive oil spray and pepper</li> </ul>
<ul style="list-style-type: none"> <li>• 3oz scrambled tofu or scrambled egg alternative with mushrooms and peppers</li> <li>• 2 slice of whole wheat toast with avocado + tomato</li> <li>• 2 small plums</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup bean chili or soup (low sodium canned vs homemade)</li> <li>• 1 slice of whole grain bread with avocado</li> <li>• 1 tangerine</li> </ul>	<p>Stir Fry:</p> <ul style="list-style-type: none"> <li>• 3oz tofu or tempeh</li> <li>• Mixed colorful vegetables</li> <li>• Cooked with garlic, 1/2 tbsp sesame oil, 1 tbsp rice vinegar, 1 tsp low sodium soy sauce</li> <li>• Side: 1 cup of brown rice</li> </ul>
<ul style="list-style-type: none"> <li>• 1 cup bran flakes cereal</li> <li>• 1 cup unsweetened soy milk</li> <li>• 1/2 cup mixed fruit</li> </ul>	<p>Whole grain wrap (10 inches):</p> <ul style="list-style-type: none"> <li>• 1 cup tofu salad: 1/3 block of tofu smashed with 1 diced celery stick, 2 TBSP diced onion, 2 TBSP minced fresh dill, 3 TBSP vegan mayo, and 1 tsp Dijon mustard</li> <li>• Topped with spinach and tomatoes</li> <li>• Side: 1/2 cup melon</li> </ul>	<p>Tacos on 6" corn tortillas</p> <ul style="list-style-type: none"> <li>• Lentil and mushroom filling (1 cup cooked lentils sautéed with 1 cup mushrooms, 1/4 onion, and tsp cumin)</li> <li>• Topped with shredded lettuce and salsa</li> <li>• Side: Carrot sticks</li> </ul>