

Diabetic Friendly Diet

Larock
healthcare
Academy

Plan



By **Tonya L. Roland**

Diabetic Friendly Diet

- ✓ **Balanced carbs** – Fiber-rich carbs to prevent sugar spikes
- ✓ **Healthy fats** – Avocados, nuts, olive oil for stable blood sugar
- ✓ **Lean proteins** – Chicken, fish, tofu, and legumes for satiety
- ✓ **High fiber** – Whole grains, vegetables, and legumes for digestion

Diet Plan 1 week



Day 1

Breakfast: Scrambled eggs with spinach and whole-grain toast

Snack: Handful of almonds and a few raspberries

Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, cucumbers, and olive oil dressing

Snack: Cucumber slices with hummus

Dinner: Baked salmon with roasted Brussels sprouts and quinoa



Day 2

Breakfast: Oatmeal with chia seeds, walnuts, and sliced strawberries

Snack: Cottage cheese with a few blueberries

Lunch: Turkey and avocado wrap (whole-wheat tortilla) with a side of mixed greens

Snack: Baby carrots with almond butter

Dinner: Grilled shrimp with brown rice and steamed asparagus



Day 3

Breakfast: Greek yogurt with flaxseeds, unsweetened granola, and a handful of berries

Snack: Hard-boiled egg with a handful of walnuts

Lunch: Lentil soup with a whole-grain roll and mixed greens

Snack: Apple slices with peanut butter

Dinner: Grilled chicken with roasted sweet potatoes and sautéed spinach



Day 4

Breakfast: Whole-grain toast with avocado and a boiled egg

Snack: Celery sticks with guacamole

Lunch: Quinoa and black bean salad with olive oil dressing

Snack: String cheese with a handful of almonds

Dinner: Baked tilapia with wild rice and roasted cauliflower



Day 5

Breakfast: Chia seed pudding with almond milk, flaxseeds, and raspberries

Snack: A handful of pistachios and a pear

Lunch: Grilled salmon with steamed broccoli and quinoa

Snack: Hummus with red bell pepper slices

Dinner: Baked chicken with mashed cauliflower and green bean



Day 6

Breakfast: Scrambled eggs with mushrooms and whole-grain toast

Snack: Handful of walnuts and a few dark chocolate pieces (85% or higher)

Lunch: Chickpea and avocado wrap with a side of Greek yogurt

Snack: Apple slices with almond butter

Dinner: Stir-fried tofu with brown rice and mixed vegetables



Day 7

Breakfast: Whole-wheat pancakes with almond butter and sliced banana

Snack: Greek yogurt with a sprinkle of chia seeds

Lunch: Tuna salad lettuce wraps with a side of quinoa

Snack: Cucumber slices with tzatziki

Dinner: Baked cod with roasted zucchini and wild rice

Diabetic-Friendly Grocery List

Lean Proteins

(Essential for Blood Sugar Control & Satiety)

- Skinless chicken breast & thighs Turkey breast
- Lean cuts of beef (sirloin, tenderloin)
- Fish (salmon, cod, tilapia, sardines, tuna)
- Shellfish (shrimp, scallops)
- Eggs
- Tofu & tempeh (for plant-based diets)
- Low-sodium canned tuna or salmon
- Beans & legumes (in moderation for fiber)

Non-Starchy Vegetables

(High in Fiber, Low in Carbs)

- Spinach, kale, arugula, Swiss chard
- Broccoli, cauliflower, Brussels sprouts
- Bell peppers, zucchini, cucumbers
- Mushrooms, onions, garlic
- Asparagus, green beans, celery
- Tomatoes (in moderation)
- Cabbage, radishes, eggplant

SpWhole Grains & High-Fiber Carbs

(Slow Digesting, Low Glycemic Index)

- Quinoa
- Brown rice
- Whole oats (steel-cut or rolled)
- Whole wheat bread (sprouted grain if possible)
- Whole wheat pasta (or chickpea/lentil pasta)
- Barley
- Lentils & black beans (moderate portions)
- Sweet potatoes (small portions)

Fruits

(Low Glycemic Index - Eaten in Moderation)

- Berries (strawberries, blueberries, raspberries)
- Apples (small portions)
- Oranges & grapefruit
- Pears & peaches
- Cherries
- Kiwi
- Avocado (great for healthy fats)

Healthy Fats

(Heart-Healthy & Blood Sugar Friendly)

- Avocados
- Nuts (almonds, walnuts, pecans, cashews)
- Seeds (chia, flaxseeds, pumpkin, sunflower)
- Extra virgin olive oil
- Coconut oil (in moderation)
- Peanut & almond butter (unsweetened)

Pantry Staples & Condiments

(Low Sodium & Sugar-Free Options)

- Olive oil & balsamic vinegar
- Mustard (no added sugar)
- Low-sodium salsa
- Apple cider vinegar
- Herbs & spices (cinnamon, turmeric, garlic powder, basil)
- Unsweetened cocoa powder
- Sugar-free peanut butter

Dairy & Dairy Alternatives

(Low Sugar & High Protein Options)

- Greek yogurt (unsweetened, full-fat or low-fat)
- Cottage cheese (low-sodium, unsweetened)
- Unsweetened almond or coconut milk
- Hard cheeses (cheddar, mozzarella, Parmesan)



Diabetic-Friendly Meal Prep *Guide*

STEP 1

Plan Your Meals for the Week

- Choose 2-3 breakfast options, 3-4 lunch/dinner recipes, and snacks
- Keep meals balanced with fiber, protein, and healthy fats

STEP 2

Meal Prep Ideas

Breakfast Options (Quick & Low-Sugar)

- Oatmeal with chia seeds, walnuts, and berries
- Greek yogurt with flaxseeds & almonds
- Scrambled eggs with spinach & whole-grain toast
- Avocado toast on whole wheat bread with poached eggs

Lunch/Dinner (Batch Cook & Store in Containers)

- Grilled chicken with roasted Brussels sprouts & quinoa
- Salmon with brown rice & steamed green beans
- Lentil soup with whole-grain bread
- Turkey & avocado lettuce wraps
- Tofu stir-fry with bell peppers & cauliflower rice
- Cobb salad (grilled chicken, eggs, avocado, mixed greens, balsamic dressing)

Snack Ideas (Blood Sugar-Friendly & Easy to Pack)

- Hummus with raw veggies (carrots, bell peppers, celery)
- Apple slices with peanut butter (no sugar added)
- Handful of nuts & dark chocolate (85% cocoa or higher)
- Cheese cubes with cucumber slices
- Greek yogurt with cinnamon & walnuts

STEP 3

Prep & Store for the Week

Pre-cook proteins (grill/bake chicken, salmon, or turkey)

Chop veggies (store in containers for easy grab-and-go salads)

Make grain portions (batch-cook quinoa, brown rice, or oats)

Prepare dressings & sauces (olive oil-based dressings, hummus)

Use portioned containers for meal planning

