

1800 Calorie Diabetic Diet

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<p>2 4½-in waffles 4 Tbsp light syrup 2 tsp margarine 1 cup yogurt ¾ cup blackberries Coffee or tea</p>	<p>8 oz Lowfat/Skim Milk 1 c cooked Oatmeal (add cinnamon) 4 Tbsp Raisins 1 fried Egg (no oil) 1 slice crisp Bacon Coffee/Sweetener/Creamer</p>	<p>2 slices wheat toast 4 tsp sugar-free jelly 2 tsp margarine 1 cup low-fat yogurt ½ cup orange juice Coffee or tea</p>	<p>1 c Sugar Free Fruit-Flavor Yogurt 2 small Biscuits 2 Tablespoons Sugar Free Jelly 2 slices low-fat Cheese 1/2 Grapefruit (sweetener Ok) Coffee/Sweetener/Creamer</p>	<p>1 cup wheat cereal 8 fl oz skim milk ½ cup apple juice</p>
Lunch	<p>1 cup chili with beans 12 crackers ½ cup broccoli ½ cup cauliflower 2 Tbsp dip 1 apple Diet soda</p>	<p>1 cup Spaghetti Noodles (cooked without salt) 1/2 Spaghetti Sauce 6 small Meatballs 1 c canned Asparagus (drain liquid & rinse) Water 1/2 cup Sugar Free Jel lo 2 Tablespoons Whipped Topping</p>	<p>2 cups mix salad greens 4 oz grilled chicken 2 oz low-fat cheese 1 Tbsp dressing ½ cup croutons 2 dinner rolls 1 tsp margarine 1 peach 8 fl oz skim milk</p>	<p>2 oz sliced Turkey 2 slices whole wheat bread Mustard (as desired) 2 Tbsp Low Fat Mayonnaise Lettuce, Tomato (on sandwich) 1/2 cup raw or cooked Carrots 1 cup whole Strawberries 3 cup low-fat popped Popcorn Diet Beverage</p>	<p>2 slices whole meal bread 3 oz turkey 4 tsp mayo 2 lettuce leaves 3 tomato slices 1 apple 6 gingersnaps 1 cup carrot sticks 2 Tbsp dip 10 peanuts Diet soda</p>
Dinner	<p>4 oz hamburger 1 hamburger bun 2 lettuce leaves 2 tomato slices 1 Tbsp ketchup 1¼ cup watermelon 1 oz chips 1 cup celery sticks 2 tsp peanut butter 8 fl oz skim milk</p>	<p>3 oz baked Chicken Breast 1 small baked Potato 1 tsp Margarine 3-4 stalks steam Broccoli 1 wheat Dinner Roll 1 tsp Margarine 1 cup Canteloupe Melon (cubed) 8oz Lowfat / Skim Milk</p>	<p>2/3 cup pasta noodles ¼ cup zucchini ¼ cup eggplant ½ cup pasta sauce 1 breadstick ½ cup unsweetened applesauce Water</p>	<p>3 oz Oven Fried Fish 1 cup Oven Baked Fries 1/2 cup Smothered Okra / Tomato 1/2 cup Green Beans 1 Sugar Free Popsicle 2 Chocolate Kisses+Candy Unsweet Iced Tea</p>	<p>3 oz sirloin steak 1 small baked potato 1 tsp margarine 2 Tbsp sour cream 1 cup green beans 2 dinner rolls 2 tsp margarine ½ cup unsweetened applesauce 8 fl oz milk</p>
Snack	<p>1c Sugar Free IceCream 1/2 cup diced Peaches (water packed)</p>	<p>10 Vanilla Wafers 1/2 cup Orange Juice</p>	<p>3 Graham Cracker Squares 1 cup Apple Juice</p>	<p>6 small Sugar Free Cookies 8 oz Lowfat/Skim Milk</p>	<p>1 medium Banana 8 oz lowfat / Skim Milk</p>