

ABBOTT NUTRITION FOR DIABETES

2000 Calorie Diabetes Meal Plan



Day 1

Breakfast

1 fresh orange
Egg & Cheese on Toast
1 fried egg
1 slice swiss cheese
1 slice whole grain bread, toasted
1 cup skim milk

Lunch

1 Glucerna® Shake
1 cup fresh cantaloupe cubes

Snack

1 cup red and green peppers slices
2 Tbsp light ranch dressing
1 Glucerna Shake

Dinner

4 oz baked chicken breast without the skin
1 small baked potato
2 Tbsp light sour cream
1 cup cooked broccoli
1 slice watermelon

Snack

4 whole wheat crackers
3 oz Colby Jack Cheese
6 oz light, reduced-sugar yogurt

Calories: 2000
Protein: 129 g
Carbohydrates: 211 g

Day 2

Breakfast

6 oz light, reduced sugar yogurt
with 1 Tbsp granola
1 small banana
1 cup skim milk

Lunch

Turkey Sandwich
2 slices whole grain bread
4 slices deli turkey
2 slices tomato
1 tsp light mayonnaise
1 small apple
1 cup skim milk

Snack

1 Glucerna Shake
4 graham cracker squares

Dinner

Beef Stir Fry
4 oz flank steak
1/3 cup brown rice
1 cup stir fry vegetables
1/4 cup low-sodium beef broth
1 tsp cooking oil
1 dinner roll with 1 tsp unsalted reduced fat margarine spread
1 cup mixed fresh berries

Snack

1 slice whole grain bread
2 Tbsp natural peanut butter
1 cup fresh pineapple

Calories: 1990
Protein: 118 g
Carbohydrates: 257 g

Day 3

Breakfast

1 whole-wheat english muffin
2 Tbsp natural peanut butter
1 small banana
1 cup skim milk

Lunch

1 bean, cheese and veggie burrito
1 6-inch flour tortilla
1/2 cup pinto beans
2 oz reduced fat shredded cheese
2 Tbsp salsa
1/4 cup chopped green pepper
1/4 cup chopped onion
1/2 cup cherries
1 cup skim milk

Snack

1 Glucerna Shake
1 small apple

Dinner

4 oz baked salmon
1/3 cup cooked brown rice
1 cup cooked red peppers and onions
1 cup salad with 1 Tbsp light Ranch dressing
1 cup skim milk

Snack

1 cup light, low-sodium cottage cheese
1 fresh peach
2 plain rice cakes

Calories: 1900
Protein: 130 g
Carbohydrates: 264 g

Day 4

Breakfast

1/2 Cinnamon raisin English muffin
1 tsp unsalted reduced-fat margarine spread
1 cup diced cantaloupe
1 cup skim milk

Lunch

1 hamburger (3 oz lean ground beef on a whole wheat bun)
1 cup carrot and celery sticks
1 Tbsp light ranch dressing
2 fresh plums
1 cup unsweetened iced tea with lemon

Snack

1 Glucerna Shake

Dinner

4 oz pork chop with 1 Tbsp low-sodium BBQ sauce
1 cup fresh green beans
1 cup spinach salad with 5 cherry tomatoes and 1 Tbsp light Italian dressing
1 dinner roll with 1 tsp unsalted reduced-fat margarine spread
1 cup skim milk
1/2 cup grapes

Snack

1 Glucerna Shake

Calories: 1980
Protein: 112 g
Carbohydrates: 222 g

Day 5

Breakfast

2 scrambled eggs
1 slice of whole grain toast with unsalted reduced-fat margarine spread
1/2 fresh grapefruit
2 slices low-sodium bacon
1 cup skim milk

Lunch

1 Glucerna Shake
1 fresh apple

Snack

1 6 oz light, reduced sugar yogurt
1 slice whole wheat bread with 1 Tbsp natural peanut butter

Dinner

Spaghetti with zucchini and meatballs
1 cup cooked spaghetti
1/2 cup low-sodium marinara sauce
1 cup cooked zucchini slices
4 homemade pork and beef meatballs
1 cup salad with 1 Tbsp light Italian dressing
1 cup skim milk

Snack

6 butter flavored crackers
2 oz Colby cheese
1 fresh kiwi fruit

Calories: 1990
Protein: 116 g
Carbohydrates: 221 g



2000 Calorie Meal Plan Shopping List



well nourished is well prepared

One 6-pack of Glucerna Shakes

Fresh Fruits and Vegetables

- 1 small orange
- 1 small cantaloupe
- 1 container of strawberries
- 2 small bananas
- 3 small apples
- 1 pineapple
- 1 container blackberries
- 1 container blueberries
- 1 peach
- ½ lb seedless grapes
- ½ pound cherries
- ¼ or ½ watermelon
- 1 small grapefruit
- 2 plums
- 1 kiwi
- 1 small onion
- 1 tomato
- 1 red pepper
- 1 green pepper
- 1 small baking potato
- 1 head of broccoli
- ½ lb green beans
- ½ pound spinach

- 1 container of cherry tomatoes
- 1 zucchini
- 1 head of lettuce
- 1 bag of baby carrots

Dairy

- 1 6-pack carton of large eggs
- 1 gallon skim milk
- 1 small container of light sour cream
- 1 tub of unsalted, reduced fat margarine spread
- 1 oz Swiss cheese
- 2 oz Colby cheese
- 5 oz Colby Jack cheese
- 3 containers of light, reduced-sugar yogurt (any flavor)
- 1 small container of light, low-sodium cottage cheese

Meat

- 1 3-oz boneless, skinless chicken breast
- 4 slices of deli turkey
- 4 oz flank steak
- 1 4-oz salmon fillet
- 7 oz lean ground beef
- 1 4-oz pork chop
- 3 oz lean ground pork

Beverages

- Unsweetened iced tea with lemon

Grains, Canned Goods, and Prepacked Foods

- 1 box graham crackers
- 1 box whole-grain crackers
- 1 box butter-flavored crackers
- 1 small bag of brown rice
- 1 box spaghetti
- 1 bag of 6-inch flour tortillas
- 1 box of plain rice cakes
- 1 small bottle of light ranch salad dressing
- 1 small bottle of light Italian salad dressing
- 1 small bottle of light mayonnaise
- 1 small can of low-sodium beef broth
- 1 small bottle of cooking oil (ie. Canola, olive)
- 1 small jar of natural peanut butter
- 1 small can of pinto beans
- 1 jar of low sodium marinara spaghetti sauce
- 1 jar of salsa
- 1 small bottle of BBQ sauce
- 1 small box/bag of plain granola

Bread

- 1 loaf whole-grain bread
- 1 small package of dinner rolls
- 1 small package of whole-wheat hamburger buns
- 1 small package of whole-wheat English muffins
- 1 small package of Cinnamon Raisin English muffins

Frozen Foods

- 1 bag of stir-fry vegetables



Under medical supervision

*Shopping lists are based on estimates for meals to serve 1 person. Amounts may vary.

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