

1500 Calorie Diabetic Diet

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	2 4½-in waffles 4 Tbsp light syrup 2 tsp margarine 1 cup yogurt ¾ cup blackberries Coffee or tea	8 oz Lowfat/Skim Milk 1 cup cooked Oatmeal 2 Tablespoons Raisons 1 fried egg (no oil) 1 slice crisp bacon Coffee or tea	½ cup egg substitute ½ cup peppers 1 oz low-fat cheese 2 slices wheat toast 2 tsp margarine 2 small plums 8 fl oz skim milk	8 oz Lowfat/Skim Milk 1 cup Boiled Grits 2 tablespoons Margarine 1 slice Lean Ham 1/2 cup Pear Halves Coffee/Sweetener/Cream er	1cup low-fat yogurt ¾ cup gooseberries ¼ cup granola ½ cup pineapple juice Coffee or tea
Lunch	1 cup chili with beans 12 crackers ½ cup broccoli ½ cup cauliflower 2 Tbsp dip 1 apple Diet soda	1 cup Spagehetti noodles (cooked without salt) 1/2 cup Sauce 3 small meatballs 1/2 cup canned Asparagus (drain ligquid and rins e) Unsweetened Iced Tea 1 Sugar Free Popsicle	1 6-in pita bread 1/3 cup bulgur 2 lettuce leaves 3 tomato slices 1 cup melon Tea or Coffee	1/4 c Tuna (water pack) 1 boiled Egg 1 Tablespoon Pickle Relish 2 Tablespoon low-fat Mayonnaise 12 Unsalted Crackers 1 cup sliced Cucumber 2 small Plums Crystal Light Drink	¼ cup cottage cheese ½ cup mango slices ½ cup pear slices 2 dinner rolls 2 tsp margarine Tea or water
Dinner	4 oz hamburger 1 hamburger bun 2 lettuce leaves 2 tomato slices 1 Tbsp ketchup 1¼ cup watermelon 8 fl oz skim milk	3 oz baked Chicken Breast 1 small Baked Potato 1 teaspoon Margarine 2-3 stalks steamed Broccoli 1 Wheat Dinner Roll 1 teaspoon Margarine 1 cup Canteloupe Melon (Cube) 8 oz Lowfat/Skim Milk	½ cup veggie lasagna 1 breadstick 1 cup mix salad greens ¼ cup diced tomatoes 1 Tbsp dressing 17 small green grapes 8 fl oz skim milk	3 Oz Pot Roast 2 Tablespoons Gravy 2-4 small boiled potatoes 1/2 cup Green Beans 1/2 cup sliced Beets 1/2 cup Pineapple Chunks Water	3 oz roasted pork 1 cup rice 1 cup veggie stir-fry 2 tsp stir-fry sauce 2 tsp peanut oil 1 cup low-fat yogurt Tea or water
Snack	3 Graham Cracker Square 1/2 cup Apple Juice	1 medium Banana 8 oz Lowfat/Skim Miik	5 Vanilla Wafers 1/2 cup Orange Juice	1/2 cup Sugar Free Ice Cream 1/2 cup diced Peaches (water packed)	3 small Sugar Free Cookies 8 oz Lowfat / Skim Milk