

Your 7-Day Diabetes Meal Plan

For diabetics, making nutritious food choices is essential to managing your blood sugar levels. Choosing healthy whole grains, vegetables, fruits, and lowfat protein is one way to help control your diabetes.

It's also important to space out your carbohydrate intake throughout the day. Carbohydrates, which are found in starches, fruit, milk, and vegetables, convert to sugar in the bloodstream. And so, ingesting too many carbohydrates at one time can elevate blood sugar levels. But by enjoying healthy carbohydrate sources with each meal and eating small frequent meals throughout the day, you can begin to better manage your levels.

This week-long set of menus will get you on the path to eating healthy, well-balanced meals for improved blood sugar control.



By Erin Palinski, RD, LDN, CDN, CPT

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Breakfast

Yogurt Parfait

¼ cup granola, ready-to-eat

149 Cals, 7.34(g) Fat, 1.23(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 16.24(g) Carbs, 2.7(g) Fiber, 4.53(g) Pro

⅔ cup yogurt, vanilla, lowfat

140 Cals, 2.05(g) Fat, 1.32(g) Sat Fat, 0(g) Trans Fat, 8(mg) Chol, 22.65(g) Carbs, 0(g) Fiber, 8.09(g) Pro

1 cup raspberries, fresh

105.47 Cals, 0.8(g) Fat, 0.02(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 14.69(g) Carbs, 8(g) Fiber, 1.48(g) Pro

Breakfast Total:

Calories 394.47
Total Fat 10.19(g)
Saturated Fat 2.57(g)
Trans Fat 0(g)
Cholesterol 8(mg)
Carbohydrates 53.58(g)
Fiber 10.7(g)
Protein 14.1(g)

Morning Snack

Crackers & Peanut Butter

2 brown rice crackers, multigrain

70 Cals, 0.63(g) Fat, 0.101(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 14.42(g) Carbs, 0.5(g) Fiber, 1.53(g) Pro

1 tbsp peanut butter, natural, smooth

94 Cals, 8.06(g) Fat, 1.647(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 3.13(g) Carbs, 1(g) Fiber, 4.01(g) Pro

Morning Snack Total:

Calories 164
Total Fat 8.69(g)
Saturated Fat 1.748(g)
Trans Fat 0(g)
Cholesterol 0(mg)
Carbohydrates 17.55(g)
Fiber 1.5(g)
Protein 5.54(g)

Lunch

Roast Beef Sandwich & Garden Salad

2 slices bread, 100% rye

165 Cals, 2.11(g) Fat, 0.401(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 30.91(g) Carbs, 3.7(g) Fiber, 5.44(g) Pro

2 oz roast beef, round, deli sliced

93 Cals, 2.65(g) Fat, 0.912(g) Sat Fat, 0(g) Trans Fat, 35(mg) Chol, 0(g) Carbs, 0(g) Fiber, 16.13(g) Pro

1 oz cheese, Swiss, lowfat, sliced

48 Cals, 1.43(g) Fat, 0.925(g) Sat Fat, 0(g) Trans Fat, 10(mg) Chol, 0.95(g) Carbs, 0(g) Fiber, 7.95(g) Pro

2 cups lettuce, fresh, tossed

16 Cals, 0.61(g) Fat, 0.02(g) Sat Fat, 0.0(g) Trans Fat, 0(mg) Chol, 3.01(g) Carbs, 1.4(g) Fiber, 1.47(g) Pro

¼ cup carrots, fresh, shredded

13 Cals, 0.8(g) Fat, 0.01(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 3.07(g) Carbs, 0.9(g) Fiber, .3(g) Pro

½ cup tomatoes, fresh, chopped

16 Cals, 0.18(g) Fat, 0.025(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 3.53(g) Carbs, 1.1(g) Fiber, 0.79(g) Pro

4 tbsp salad dressing, Italian, reduced fat

106 Cals, 8.92(g) Fat, 0.8(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 4.96(g) Carbs, 0.8(g) Fiber, 0.68(g) Pro

Lunch Total:

Calories 457
Total Fat 16.7(g)
Saturated Fat 3.083(g)
Trans Fat 0(g)
Cholesterol 45(mg)
Carbohydrates 46.43(g)
Fiber 7.9(g)
Protein 33.76(g)

Dinner

Pork Chops with Asparagus and Potatoes

6 oz pork loin, sirloin (chops), broiled

328 Cals, 11.34(g) Fat, 3.774(g) Sat Fat, 0(g) Trans Fat, 156(mg) Chol, 0(g) Carbs, 0(g) Fiber 52.92(g) Pro

8 spears asparagus, steamed

26 Cals, 0.26(g) Fat, 0.05(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 4.93(g) Carbs, 2.4(g) Fiber, 2.88(g) Pro

1 small potato, baked

115 Cals, 0.06(g) Fat, 0.01(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 26.71(g) Carbs, 4.6(g) Fiber, 2.6(g) Pro

1 tbsp olive-oil-based spread

82 Cals, 9.02(g) Fat, 2.337(g) Sat Fat, 0.06(g) Trans Fat, 0(mg) Chol, 0.02(g) Carbs, 0(g) Fiber, 0.02(g) Pro

Dinner Total:

Calories 551
Total Fat 20.68(g)
Saturated Fat 6.171(g)
Trans Fat 0.06(g)
Cholesterol 156(mg)
Carbohydrates 31.66(g)
Fiber 7(g)
Protein 58.42(g)

Evening Snack

Cereal & Milk

¾ cup cereal, wheat, ready to eat

106 Cals, 0.84(g) Fat, 0.174(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 23.64(g) Carbs, 2.6(g) Fiber, 2.9(g) Pro

1 cup milk, 1%, with added vitamins A & D

102 Cals, 2.37(g) fat, 1.54(g) Sat Fat, 0(g) Trans Fat, 12(mg) Chol, 12.18(g) Carbs, 0(g)Fiber, 8.22(g) Pro

Evening Snack Total:

Calories 208
Total Fat 3.21(g)
Saturated Fat 1.714(g)
Trans Fat 0(g)
Cholesterol 12(mg)
Carbohydrates 35.82(g)
Fiber 2.6(g)
Protein 11.12(g)

Day 1 Totals:

Calories 1774.47	Total Fat 59.47(g) Saturated Fat 15.296(g), Trans Fat 0.06(g)	Cholesterol 221(mg)	Carbohydrates 185.04(g)	Fiber 29.7(g)	Protein 122.94(g)
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Breakfast

Cereal with Bananas

¾ cup cereal, bran flakes
96 Cals, 0.66(g) Fat, 0.12(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 24.12(g) Carbs, 5.3(g) Fiber, 2.82(g) Pro

½ cup milk, 1%, with added vitamins A & D
51 Cals, 1.18(g) fat, 0.77 (g) Sat Fat, 0(g) Trans Fat, 6(mg) Chol, 6.09(g) Carbs, 0(g)Fiber, 4.11(g) Pro

1 small banana (6" to 6⅞" long), fresh
90 Cals, 0.33(g) Fat, 0.113(g) Sat fat, 0(g) Trans Fat, 0(mg) Chol, 23.07(g) Carbs, 2.6(g) Fiber, 1.1(g) Pro

Breakfast Total:

Calories 237
Total Fat 2.17(g)
Saturated Fat 1.003(g)
Trans Fat 0(g)
Cholesterol 6(mg)
Carbohydrates 53.28(g)
Fiber 7.9(g)
Protein 8.03(g)

Morning Snack

Yogurt & Almonds

⅔ cup yogurt, vanilla, lowfat
140 Cals, 2.05(g) Fat, 1.32(g) Sat Fat, 0(g) Trans Fat, 8(mg) Chol, 22.65(g) Carbs, 0(g) Fiber, 8.09(g) Pro

1 oz almonds, dry-roasted
163 Cals, 14.01(g) Fat, 1.015(g) Sat Fat, 0.005(g) Trans Fat, 0(mg) Chol, 6.14(g) Carbs, 3.5(g) Fiber, 6.02(g) Pro

Morning Snack Total:

Calories 303
Total Fat 16.06(g)
Saturated Fat 2.335(g)
Trans Fat 0.005(g)
Cholesterol 8(mg)
Carbohydrates 28.79(g)
Fiber 3.5(g)
Protein 14.11(g)

Lunch

Tuna Salad on Pita

3 oz tuna, canned in water
109 Cals, 2.52(g) Fat, 0.673(g) Sat Fat, 0(g) Trans Fat, 36(mg) Chol, 0(g) Carbs, 0(g) Fiber, 20.08(g) Pro

1 tbsp mayonnaise, light
49 Cals, 4.96(g) Fat, 0.781(g) Sat Fat, 0(g) Trans Fat, 5(mg) Chol, 1.23(g) Carbs, 0(g) Fiber, 0.13(g) Pro

1 pita, large (6½" diameter), whole wheat
170 Cals, 1.66(g) Fat, 0.262(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 35.2(g) Carbs, 4.7(g) Fiber, 6.27(g) Pro

5 celery stalks, cut into pieces
14 Cals, 0.14(g) Fat, 0.036(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 2.54(g) Carbs, 1.4(g) Fiber, 0.59(g) Pro

Lunch Total:

Total Fat 9.28(g)
Saturated Fat 1.771(g)
Trans Fat 0(g)
Cholesterol 45(mg)
Carbohydrates 39.97(g)
Fiber 6.1(g)
Protein 27.07(g)

Dinner

Turkey Chili & Veggies

1 cup turkey chili, canned
203 Cals, 2.77(g) Fat, 0.667(g) Sat Fat, 0(g) Trans Fat, 35(mg) Chol, 25.56(g) Carbs, 6.4(g) Fiber, 18.72(g) Pro

1 cup mixed vegetables, frozen
118 Cals, 0.27 (g) Fat, 0.056(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 23.82(g) Carbs, 8(g) Fiber, 5.21(g) Pro

Dinner Total:

Calories 321
Total Fat 3.04(g)
Saturated Fat 0.723(g)
Trans Fat 0(g)
Cholesterol 35(mg)
Carbohydrates 49.38(g)
Fiber 14.4(g)
Protein 23.93(g)

Evening Snack

Fruit & Cheese

1 medium orange, fresh
65 Cals, 0.3(g) Fat, 0.035(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 16.27(g) Carbs, 3.4(g) Fiber, 0.99(g) Pro

1 oz string cheese, mozzarella, part-skim
72 Cals, 4.51(g) Fat, 2.867(g) Sat Fat, 0(g) Trans Fat, 18(mg) Chol, 0.79(g) Carbs, 0(g) Fiber, 6.88(g) Pro

Evening Snack Total:

Calories 137
Total Fat 4.81(g)
Saturated Fat 2.902(g)
Trans Fat 0(g)
Cholesterol 18(mg)
Carbohydrates 17.06(g)
Fiber 3.4(g)
Protein 7.87(g)

Day 2 Totals:

Calories 1340	Total Fat 29.36(g) Saturated Fat 8.734(g), Trans Fat 0.005(g)	Cholesterol 108(mg)	Carbohydrates 188.48(g)	Fiber 35.3(g)	Protein 81.01(g)
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Breakfast

Eggs & Sausage
on English Muffin

4 egg whites, scrambled
63 Cals, 0.22(g) Fat, 0(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 0.96(g) Carbs, 0(g) Fiber, 14.39(g) Pro

2 links sausage, turkey,
reduced fat

132 Cals, 10.13(g) Fat, 2.15(g) Sat Fat, 0(g) Trans Fat, 90(mg) Chol, 0.87(g) Carbs, 0(g) Fiber, 8.64(g) Pro

1 English muffin, 100%
whole wheat, toasted

135 Cals, 1.4(g) Fat, 0.221(g) Sat fat, 0(g) Trans Fat, 0(mg) Chol, 26.90(g) Carbs, 4.5(g) Fiber, 5.86(g) Pro

1 tbsp olive-oil-based
spread

82 Cals, 9.02(g) Fat, 2.337(g) Sat fat, 0.06(g) Trans Fat, 0(mg) Chol, 0.02(g) Carbs, 0(g) Fiber, 0.02(g) Pro

Breakfast Total:

Calories 412
Total Fat 20.77(g)
Saturated Fat 4.708(g)
Trans Fat 0.06(g)
Cholesterol 90(mg)
Carbohydrates 28.75(g)
Fiber 4.5(g)
Protein 28.91(g)

Morning Snack

Cheese and Crackers

6 crackers, 100%
whole wheat
106 Cals, 4.13(g) Fat, 0.81(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 16.46(g) Carbs, 2.5(g) Fiber, 2.11(g) Pro

1 oz cheese, cheddar,
low fat, sliced

96 Cals, 5.64(g) Fat, 3.54(g) Sat Fat, 0(g) Trans Fat, 21(mg) Chol, 4.24(g) Carbs, 0(g) Fiber, 7.04(g) Pro

Morning Snack Total:

Calories 202
Total Fat 9.77(g)
Saturated Fat 4.35(g)
Trans Fat 0(g)
Cholesterol 21(mg)
Carbohydrated 20.07(g)
Fiber 2.5(g)
Protein 9.15(g)

Lunch

Grilled Chicken Salad

2 cups lettuce, fresh, tossed
16 Cals, 0.61(g) Fat, 0.02(g) Sat Fat, 0.0(g) Trans Fat, 0(mg) Chol, 3.01(g) Carbs, 1.4(g) Fiber, 1.47(g) Pro

¼ cup carrots, fresh, shredded

13 Cals, 0.8(g) Fat, 0.01(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 3.07(g) Carbs, 0.9(g) Fiber, .3(g) Pro

½ cup tomatoes, fresh, chopped

16 Cals, 0.18(g) Fat, 0.025(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 3.53(g) Carbs, 1.1(g) Fiber, 0.79(g) Pro

4 tbsp salad dressing, Italian, reduced fat

106 Cals, 8.92(g) Fat, 0.8(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 4.96(g) Carbs, 0.8(g) Fiber, 0.68(g) Pro

3 oz chicken, skinless breast, grilled

132 Cals, 2.86(g) Fat, 0.8(g) Sat Fat, 0(g) Trans Fat, 68(mg) Chol, 0(g) Carbs, 0(g) Fiber, 24.82(g) Pro

1 dinner roll, oat bran

78 Cals, 1.52(g) Fat, 0.204(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 13.27(g) Carbs, 1.4(g) Fiber, 3.13(g) Pro

1 tbsp olive-oil-based spread

82 Cals, 9.02(g) Fat, 2.337(g) Sat Fat, 0.06(g) Trans Fat, 0(mg) Chol, 0.02(g) Carbs, 0(g) Fiber, 0.02(g) Pro

Lunch Total:

Calories 443
Total Fat 23.91(g)
Saturated Fat 4.196(g)
Trans Fat 0.06(g)
Cholesterol 68(mg)
Carbohydrates 27.83(g)
Fiber 5.6(g)
Protein 31.21(g)

Dinner

Roast Beef with Cauliflower
& Sweet Potatoes

5 oz beef, top round, lean and
fat trimmed, braised

269 Cals, 11.45 (g) Fat, 4.273(g) Sat Fat, 0(g) Trans Fat, 102(mg) Chol, 0(g) Carbs, 0(g) Fiber, 38.82(g) Pro

1 cup cauliflower, fresh,
steamed

29 Cals, 0.56(g) Fat, 0.087(g) Sat Fat, 0(g) Trans Fat, 0(g) Chol, 5.1(g) Carbs, 2.9(g) Fiber, 2.28(g) Pro

1 medium sweet potato, baked

105 Cals, 0.17(g) Fat, 0.059(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 23.61(g) Carbs, 3.8(g) Fiber, 2.29(g) Pro

1 tbsp olive-oil-based spread

82 Cals, 9.02(g) Fat, 2.337(g) Sat Fat, 0.06(g) Trans Fat, 0(mg) Chol, 0.02(g) Carbs, 0(g) Fiber, 0.02(g) Pro

Dinner Total:

Calories 511
Total Fat 21.28(g)
Saturated Fat 6.792(g)
Trans Fat 0.06(g)
Cholesterol 102(mg)
Carbohydrates 34.81(g)
Fiber 8.9(g)
Protein 44.84(g)

Evening Snack

Apple Slices with
Peanut Butter

1 medium apple (3"
diameter), fresh, sliced
95 Cals, 0.31(g) Fat, 0.051(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 25.13(g) Carbs, 4.4(g) Fiber, 0.47(g) Pro

1 tbsp peanut butter,
natural, smooth

94 Cals, 8.06(g) Fat, 1.647(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 3.13(g) Carbs, 1(g) Fiber, 4.01(g) Pro

Evening Snack Total:

Calories 189
Total Fat 8.37(g)
Saturated Fat 1.698(g)
Trans Fat 0(g)
Cholesterol 0(mg)
Carbohydrates 28.26(g)
Fiber 5.4(g)
Protein 4.48(g)

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Day 3 Totals:

Calories 1757	Total Fat 84.1(g) Saturated Fat 21.774(g), Trans Fat 0.18(g)	Cholesterol 281(mg)	Carbohydrates 139.72(g)	Fiber 26.9(g)	Protein 118.59(g)
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Breakfast

Oatmeal with Walnuts

½ cup oatmeal, slow cooked
153 Cals, 2.64(g) Fat, 0.45(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 27.42(g) Carbs, 4.1(g) Fiber, 5.33(g) Pro

7 walnut halves, roasted
93 Cals, 9.24(g) Fat, 0.868(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 1.94(g) Carbs, 0.9(g) Fiber, 2.16(g) Pro

Breakfast Total:

Calories 246
Total Fat 11.88(g)
Saturated Fat 1.318(g)
Trans Fat 0(g)
Cholesterol 0(mg)
Carbohydrates 29.36(g)
Fiber 5(g)
Protein 7.49(g)

Morning Snack

Hummus & Pretzels

2 tbsp hummus
50 Cals, 2.88(g) Fat, 0.431(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 4.29(g) Carbs, 1.8(g) Fiber, 2.37(g) Pro

1 oz pretzels, hard, whole wheat
103 Cals, 0.74(g) Fat, 0.159(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 23.02(g) Carbs, 2.2(g) Fiber, 3.15(g) Pro

Morning Snack Total:

Calories 153
Total Fat 3.62(g)
Saturated Fat 0.59(g)
Trans Fat 0(g)
Cholesterol 0(mg)
Carbohydrates 27.31(g)
Fiber 4(g)
Protein 5.52(g)

Lunch

Shrimp & Veggie Stir Fry with Brown Rice

½ cup broccoli, fresh, stir-fried (in olive oil, see below)
27.5 Cals, 0.32(g) Fat, 0.0615(g) Sat Fat, 0(g) Trans Fat, 0(g) Chol, 5.6(g) Carbs, 2.55(g) Fiber, 1.85(g) Pro

½ cup red peppers, sweet, fresh, sliced, stir-fried (in olive oil, see below)
14 Cals, 0.14(g) Fat, 0.012(g) Sat Fat, 0(g) Trans Fat, 0(g) Chol, 2.77(g) Carbs, 1.0(g) Fiber, 0.46(g) Pro

½ cup onion, fresh, sliced, stir-fried (in olive oil, see below)
23 Cals, 0.06(g) Fat, 0.024(g) Sat Fat, 0(g) Trans Fat, 0(g) Chol, 5.37(g) Carbs, 1(g) Fiber, 0.63(g) Pro

3 oz shrimp, peeled, stir-fried (in olive oil, see below)
84 Cals, 0.92(g) Fat, 0.246(g) Sat Fat, 0(g) Trans Fat, 166(mg) Chol, 0(g) Carbs, 0(g) Fiber, 17.77(g) Pro

1 tbsp olive oil (for stir-fry)
119 Cals, 13.5(g) Fat, 1.864(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 0(g) Carbs, 0(g) Fiber, 0(g) Pro

½ cup brown rice, long grain, cooked
108 Cals, 0.88(g) Fat, 0.176(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 22.39(g) Carbs, 1.8(g) Fiber, 2.52(g) Pro

Lunch Total:

Calories 375.5
Total Fat 15.82(g)
Saturated Fat 2.383(g)
Trans Fat 0(g)
Cholesterol 166(mg)
Carbohydrates 36.13(g)
Fiber 6.35(g)
Protein 23.23(g)

Dinner

Turkey with Trimmings

4 oz turkey, breast, roasted
135 Cals, 0.74(g) Fat, 0.24(g) Sat Fat, 0(g) Trans Fat, 83(mg) Chol, 0(g) Carbs, 0(g) Fiber, 30.06(g) Pro

½ cup stuffing, bread, prepared
177 Cals, 8.6(g) Fat, 1.734(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 21.70(g) Carbs, 2.9(g) Fiber, 3.2(g) Pro

½ cup potato, mashed, home-prepared, whole milk added
87 Cals, 0.6 (g) Fat, 0.317(g) Sat Fat, 0(g) Trans Fat, 2(mg) Chol, 18.45(g) Carbs, 1.6(g) Fiber, 2.01(g) Pro

1 tbsp olive-oil-based spread
82 Cals, 9.02(g) Fat, 2.337(g) Sat Fat, 0.06(g) Trans Fat, 0(mg) Chol, 0.02(g) Carbs, 0(g) Fiber, 0.02(g) Pro

1 cup Brussels sprouts, boiled
65 Cals, 0.60(g) Fat, 0.126(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 12.90(g) Carbs, 6.4(g) Fiber, 5.64(g) Pro

Dinner Total:

Calories 546
Total Fat 19.56(g)
Saturated Fat 4.754(g)
Trans Fat 0.06(g)
Cholesterol 85(mg)
Carbohydrates 53.07(g)
Fiber 10.9(g)
Protein 40.95(g)

Evening Snack

Popcorn

3 cups popcorn, air popped
93 Cals, 1.09(g) Fat, 0.137(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 18.7(g) Carbs, 3.5(g) Fiber, 3.11(g) Pro

Evening Snack Total:

Calories 93
Total Fat 1.09(g)
Saturated Fat 0.137(g)
Trans Fat 0(g)
Cholesterol 0(mg)
Carbohydrates 18.7(g)
Fiber 3.5(g)
Protein 3.11(g)

Day 4 Totals:

Calories	Total Fat 51.97(g)	Cholesterol	Carbohydrates	Fiber	Protein
1413.5	Saturated Fat 9.182(g), Trans Fat 0.06(g)	251(mg)	182.42(g)	29.75(g)	80.3(g)

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Breakfast

Scrambled Eggs with Toast and Blueberries

2 eggs, scrambled
200 Cals, 14.9(g) Fat, 4.48 (g) Sat Fat, 0(g) Trans Fat, 429(mg) Chol, 2.68(g) Carbs, 0(g) Fiber, 13.53(g) Pro

1 slice bread, 100% whole wheat, toasted
83 Cals, 1.4(g) Fat, 0.3(g) Sat fat, 0(g) Trans Fat, 0(mg) Chol, 14.7(g) Carbs, 2.1(g) Fiber, 3.1(g) Pro

1 tbsp olive-oil-based spread
82 Cals, 9.02(g) Fat, 2.337(g) Sat fat, 0.06(g) Trans Fat, 0(mg) Chol, 0.02(g) Carbs, 0(g) Fiber, 0.02(g) Pro

1 cup blueberries, fresh
84 Cals, 0.49(g) Fat, 0.04(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 21.45(g) Carbs, 3.6(g) Fiber, 1.1(g) Pro

Breakfast Total:

Calories 449
Total Fat 25.81(g)
Saturated Fat 7.157(g)
Trans Fat 0.06(g)
Cholesterol 429(mg)
Carbohydrates 38.85(g)
Fiber 6.7(g)
Protein 17.75(g)

Morning Snack

Cottage Cheese & Peaches

½ cup cottage cheese, lowfat
80 Cals, 1.5(g) Fat, 1(g) Sat fat, 0(g) trans Fat, 10(mg) Chol, 6(g) Carb, 0(g) Fib, 12(g) Pro

½ cup peaches, canned, in juice
55 Cals, 0.4(g) Fat, 0(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 14.46(g) Carbs, 1.6(g) Fiber, 0.79(g) Pro

Morning Snack Total:

Calories 135
Total Fat 1.9(g)
Saturated Fat 1(g)
Trans Fat 0(g)
Cholesterol 10(mg)
Carbohydrates 20.46(g)
Fiber 1.6(g)
Protein 12.79(g)

Lunch

Turkey Burrito

1 tortilla, 10-inch, flour
218 Cals, 5.42(g) Fat, 1.32(g) Sat fat, 0(g) Trans Fat, 0(mg) Chol, 35.95(g) Carbs, 2.2(g) Fiber, 5.8(g) Pro

3 oz turkey breast, roasted, sliced
108 Cals, 0.59(g) Fat, 0.192(g) Sat Fat, 0(g) Trans Fat, 66(mg) Chol, 0(g) Carbs, 0(g) Fiber, 24.05(g) Pro

¼ cup lettuce, shredded
1 Cals, 0.01(g) Fat, 0(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 0.25(g) Carbs, 0.1(g) Fiber, 0.12(g) Pro

¼ cup tomato, diced
8 Cals, 0.09(g) Fat, 0(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 1.76(g) Carbs, 0.05(g) Fiber, 0.40(g) Pro

¼ cup cheddar cheese, part-skim
49 Cals, 1.98(g) Fat, 1.227(g) Sat Fat, 0(g) Trans Fat, 6(mg) Chol, 0.54(g) Carbs, 0(g) Fiber, 6.88(g) Pro

2 tbsp salad dressing, Italian, reduced fat
53 Cals, 4.46(g) Fat, 0.4(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 2.48(g) Carbs, 0.4(g) Fiber, 0.34(g) Pro

1 cup milk, 1%, with added vitamins A & D
102 Cals, 2.37(g) Fat, 1.54(g) Sat Fat, 0(g) Trans Fat, 12(mg) Chol, 12.18(g) Carbs, 0(g)Fiber, 8.22(g) Pro

Lunch Total:

Calories 539
Total Fat 14.92(g)
Saturated Fat 4.679(g)
Trans Fat 0(g)
Cholesterol 84(mg)
Carbohydrates 53.16(g)
Fiber 2.75(g)
Protein 45.81(g)

Dinner

Pasta, Grilled Chicken & Broccoli

3 oz chicken, skinless breast, grilled
132 Cals, 2.86(g) Fat, 0.8(g) Sat Fat, 0(g) Trans Fat, 68(mg) Chol, 0(g) Carbs, 0(g) Fiber, 24.82(g) Pro

1 cup broccoli, cooked from frozen, drained
52 Cals, 0.2(g) Fat, 0.03(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 9.84(g) Carbs, 5.5(g) Fiber, 5.7(g) Pro

1 cup spaghetti, whole wheat
174 Cals, 0.76 (g) Fat, 0.13(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 37.15(g) Carbs, 6.3(g) Fiber, 7.46(g) Pro

½ cup sauce, spaghetti/marinara
111 Cals, 3.44(g) Fat, 0.89(g) Sat Fat, 0(g) Trans Fat, 3(mg) Chol, 17.61(g) Carbs, 3.3(g) Fiber, 2.28(g) Pro

Dinner Total:

Calories 469
Total Fat 7.26(g)
Saturated Fat 1.85(g)
Trans Fat 0(g)
Cholesterol 71(mg)
Carbohydrates 66.45(g)
Fiber 15.1(g)
Protein 55.36(g)

Evening Snack

Yogurt & Strawberries

¾ cup yogurt, vanilla, lowfat
140 Cals, 2.05(g) Fat, 1.32(g) Sat Fat, 0(g) Trans Fat, 8(mg) Chol, 22.65(g) Carbs, 0(g) Fiber, 8.09(g) Pr

1 cup strawberries, fresh, sliced
53 Cals, 0.5(g) Fat, 0.025(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 12.75(g) Carbs, 3.3(g) Fiber, 1.11(g) Pro

Evening Snack Total:

Calories 193
Total Fat 2.55(g)
Saturated Fat 1.345(g)
Trans Fat 0(g)
Cholesterol 8(mg)
Carbohydrates 35.4(g)
Fiber 3.3(g)
Protein 9.2(g)

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Day 5 Totals:

Calories 1785	Total Fat 52.44(g) Saturated Fat 16.027(g), Trans Fat 0.06(g)	Cholesterol 602(mg)	Carbohydrates 214.32(g)	Fiber 26.35(g)	Protein 140.91(g)
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Breakfast

Whole Wheat Pancakes

2 pancakes (4 inch diameter), whole wheat
183 Cals, 5.72(g) Fat, 1.539(g) Sat Fat, 0(g) Trans Fat, 54(mg) Chol, 25.87(g) Carbs, 2.5(g) Fiber, 7.48(g) Pro

2 tbsp syrup, dietetic, low sugar

50 Cals, 0(g) Fat, 0(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 14.76(g) Carbs, 0.9(g) Fiber, 0.24(g) Pro

1 cup milk, 1%, with added vitamins A & D

102 Cals, 2.37(g) Fat, 1.54(g) Sat Fat, 0(g) Trans Fat, 12(mg) Chol, 12.18(g) Carbs, 0(g) Fiber, 8.22(g) Pro

Breakfast Total:

Calories 335
Total Fat 8.09(g)
Saturated Fat 3.079(g)
Trans Fat 0(g)
Cholesterol 66(mg)
Carbohydrates 52.81(g)
Fiber 3.4(g)
Protein 15.94(g)

Morning Snack

Strawberries & Brie

1 oz Brie cheese
95 Cals, 7.85(g) Fat, 4.936(g) Sat Fat, 0(g) Trans Fat, 28(mg) Chol, 0.13(g) Carbs, 0(g) Fiber, 5.88(g) Pro

1 cup strawberries, fresh, sliced

53 Cals, 0.5(g) Fat, 0.025(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 12.75(g) Carbs, 3.3(g) Fiber, 1.11(g) Pro

Morning Snack Total:

Calories 148
Total Fat 8.35(g)
Saturated Fat 4.961(g)
Trans Fat 0(g)
Cholesterol 28(mg)
Carbohydrates 12.88(g)
Fiber 3.3(g)
Protein 6.99(g)

Lunch

Italian Quesadilla

1 tortilla, 10-inch, flour
218 Cals, 5.42(g) Fat, 1.32(g) Sat fat, 0(g) Trans Fat, 0(mg) Chol, 35.95(g) Carbs, 2.2(g) Fiber, 5.8(g) Pro

2 oz mozzarella cheese, part skim, shredded

144 Cals, 9.03(g) Fat, 5.735(g) Sat Fat, 0(g) Trans Fat, 36(mg) Chol, 1.57(g) Carbs, 0(g) Fiber, 13.76(g) Pro

¼ cup sauce, spaghetti/marinara

55.5 Cals, 1.72(g) Fat, 0.445(g) Sat Fat, 0(g) Trans Fat, 1.5(mg) Chol, 8.805(g) Carbs, 1.65(g) Fiber, 1.14(g) Pro

Lunch Total:

Calories 417.5
Total Fat 16.17(g)
Saturated Fat 7.5(g)
Trans Fat 0(g)
Cholesterol 37.5(mg)
Carbohydrates 46.325(g)
Fiber 3.85(g)
Protein 20.7(g)

Dinner

Broiled Salmon with Veggies

5 oz salmon, broiled
315 Cals, 18.90(g) Fat, 3.831(g) Sat Fat, 0(g) Trans Fat, 96(mg) Chol, 0(g) Carbs, 0(g) Fiber, 33.81(g) Pro

1 cup succotash, corn and lima beans, frozen, boiled

221 Cals, 1.54(g) Fat, 0.284(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 46.81(g) Carbs, 8.6(g) Fiber, 9.73(g) Pro

½ cup zucchini, fresh, sliced, steamed

14 Cals, 0.32(g) Fat, 0.065(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 2.42(g) Carbs, 0.9(g) Fiber, 1.03(g) Pro

Dinner Total:

Calories 550
Total Fat 20.76(g)
Saturated Fat 4.18(g)
Trans Fat 0(g)
Cholesterol 96(mg)
Carbohydrates 49.23(g)
Fiber 9.5(g)
Protein 44.57(g)

Evening Snack

Hard-Boiled Egg & Melba Toast

1 egg, large, hard-boiled
78 Cals, 5.3(g) Fat, 1.633(g) Sat Fat, 0(g) Trans Fat, 212(g) Chol, 0.56(g) Carbs, 0(g) Fiber, 6.29(g) Pro

5 melba toast crackers, wheat

94 Cals, 0.57(g) Fat, 0.084(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 19.1(g) Carbs, 1.9(g) Fiber, 3.23(g) Pro

Evening Snack Total:

Calories 172
Total Fat 5.87(g)
Saturated Fat 1.717(g)
Trans Fat 0(g)
Cholesterol 212(mg)
Carbohydrates 19.66(g)
Fiber 1.9(g)
Protein 9.52(g)

Day 6 Totals:

Calories	Total Fat 59.25(g)	Cholesterol	Carbohydrates	Fiber	Protein
1622.5	Saturated Fat 21.437(g), Trans Fat 0(g)	439.5(mg)	180.905(g)	21.95(g)	97.72(g)



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Breakfast

Muffin with Honeydew

1 small muffin, oatbran
178 Cals, 4.88(g) Fat, 0.717(g) Sat fat, 0(g) Trans Fat, 0(mg) Chol, 31.88(g) Carbs, 3(g) Fiber, 4.62(g) Pro

1 tbsp olive-oil-based spread
82 Cals, 9.02(g) Fat, 2.337(g) Sat fat, 0.06(g) Trans Fat, 0(mg) Chol, 0.02(g) Carbs, 0(g) Fiber, 0.02(g) Pro

½ cup melon, honeydew, fresh, cubed
31 Cals, 0.12(g) Fat, 0.032(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 7.73(g) Carbs, 0.7(g) Fiber, 0.46(g) Pro

Breakfast Total:

Calories 291
Total Fat 14.02(g)
Saturated Fat 3.086(g)
Trans Fat 0.06(g)
Cholesterol 0(mg)
Carbohydrates 39.63(g)
Fiber 3.72(g)
Protein 5.1(g)

Morning Snack

Graham Crackers and Yogurt

4 small graham cracker squares
59 Cals, 1.41(g) Fat, 0.213(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 10.75(g) Carbs, 0.4(g) Fiber, 0.97(g) Pro

⅔ cup yogurt, vanilla, lowfat
140 Cals, 2.05(g) Fat, 1.32(g) Sat Fat, 0(g) Trans Fat, 8(mg) Chol, 22.65(g) Carbs, 0(g) Fiber, 8.09(g) Pro

Morning Snack Total:

Calories 199
Total Fat 3.46(g)
Saturated Fat 1.533(g)
Trans Fat 0(g)
Cholesterol 8(mg)
Carbohydrates 33.4(g)
Fiber 0.4(g)
Protein 9.06(g)

Lunch

California Turkey Burger

3 oz turkey burger, grilled
193 Cals, 10.78(g) Fat, 2.78(g) Sat Fat, 0(g) Trans Fat, 84(mg) Chol, 0(g) Carbs, 0(g) Fiber, 22.44(g) Pro

1 roll, hamburger, multigrain
113 Cals, 2.58(g) Fat, 0.598(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 19.18(g) Carbs, 1.6(g) Fiber, 4.13(g) Pro

¼ cup lettuce, shredded
1 Cals, 0.01(g) Fat, 0(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 0.25(g) Carbs, 0.1(g) Fiber, 0.12(g) Pro

1 small tomato, sliced
8 Cals, 0.09(g) Fat, 0(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 1.76(g) Carbs, 0.05(g) Fiber, 0.40(g) Pro

1 tbsp ketchup
15 Cals, 0.05(g) Fat, 0.006(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 3.77(g) Carbs, 0(g) Fiber, 0.26(g) Pro

1 cup carrots, baby, raw
52 Cals, 0.31(g) Fat, 0.047(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 12.26(g) Carbs, 3.6(g) Fiber, 1.19(g) Pro

2 tbsp ranch vegetable dip, lowfat
59 Cals, 3.73(g) Fat, 0.375(g) Sat Fat, 0.018(g) Trans Fat, 5(mg) Chol, 6.4(g) Carbs, 0.3(g) Fiber, 0.38(g) Pro

Lunch Total:

Calories 441
Total Fat 17.55(g)
Saturated Fat 3.806(g)
Trans Fat 0.018(g)
Cholesterol 89(mg)
Carbohydrates 43.62(g)
Fiber 5.65(g)
Protein 28.92(g)

Dinner

Spinach Lasagna

1 cup lasagna, part-skim mozzarella cheese, baked
316 Cals, 12.95(g) Fat, 5.127(g) Sat Fat, 0(g) Trans Fat, 32(mg) Chol, 33.63(g) Carbs, 4.1(g) Fiber, 15.89(g) Pro

1 cup spinach
41 Cals, 0.47(g) Fat, 0.077(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 6.75(g) Carbs, 4.3(g) Fiber, 5.35(g) Pro

1 tsp olive oil
40 Cals, 4.5(g) Fat, 0.621(g) Sat Fat, 0(g) Trans Fat, 0(mg) Chol, 0(g) Carbs, 0(g) Fiber, 0(g) Pro

Dinner Total:

Calories 397
Total Fat 17.92(g)
Saturated Fat 5.825(g)
Trans Fat 0(g)
Cholesterol 32(mg)
Carbohydrates 40.38(g)
Fiber 8.4(g)
Protein 21.24(g)

Evening Snack

Cookies and Milk

5 ginger snaps
136 Cals, 3.56(g) Fat, 0.832(g) Sat Fat, 1.059(g) Trans Fat, 0(mg) Chol, 24.39(g) Carbs, 0.4(g) Fiber, 1.49(g) Pro

1 cup milk, 1%, with added vitamins A & D
102 Cals, 2.37(g) fat, 1.54(g) Sat Fat, 0(g) Trans Fat, 12(mg) Chol, 12.18(g) Carbs, 0(g)Fiber, 8.22(g) Pro

Evening Snack Total:

Calories 238
Total Fat 5.93(g)
Saturated Fat 2.372(g)
Trans Fat 1.059(g)
Cholesterol 12(mg)
Carbohydrates 36.57(g)
Fiber 0.4(g)
Protein 9.71(g)

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Day 7 Totals:

Calories 1566	Total Fat 58.88(g) Saturated Fat 16.622(g), Trans Fat 1.137(g)	Cholesterol 141(mg)	Carbohydrates 193.6(g)	Fiber 18.57(g)	Protein 74.03(g)
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