

# 2-WEEK DIABETIC DIET PLAN

A diabetic-friendly diet focuses on managing blood sugar levels through balanced nutrition. It emphasizes whole grains, lean proteins, healthy fats, and plenty of vegetables, while minimizing refined sugars and processed foods.



- CARBOHYDRATES:**  
Opt for whole grains, vegetables, legumes, and low-GI fruits
- PROTEINS:**  
Include lean meats, fish, eggs, and plant-based proteins
- FATS:**  
Focus on healthy fats from nuts, seeds, avocados, and olive oil
- AVOID:**  
Sugary foods, refined carbohydrates, and highly processed foods
- DRINK:**  
Water is the main beverage, with limited intake of sugar-free beverages

## WEEK 1



### BREAKFAST:



### LUNCH:



### DINNER:



### SNACKS:

DAY 01

Oatmeal with berries and a sprinkle of chia seeds (300 kcal)

Grilled chicken salad with mixed greens, tomatoes, cucumbers, and olive oil dressing (450 kcal)

Baked salmon with a side of quinoa and steamed broccoli (500 kcal)

Apple slices with almond butter (150 kcal), carrot sticks (50 kcal)

DAY 02

Greek yogurt with walnuts and a small handful of berries (300 kcal)

Lentil soup with a side of whole grain bread (400 kcal)

Stir-fried tofu with mixed vegetables over brown rice (450 kcal)

Celery sticks with hummus (100 kcal), a handful of almonds (100 kcal)

DAY 03

Whole grain toast with avocado and a poached egg (300 kcal)

Turkey and vegetable wrap with whole grain tortilla, lettuce, tomatoes, and mustard (400 kcal)

Grilled chicken breast with a side of roasted sweet potatoes and green beans (500 kcal)

Fresh pear slices (80 kcal), cherry tomatoes (50 kcal)

DAY 04

Smoothie with spinach, banana, unsweetened almond milk, and a scoop of protein powder (300 kcal)

Quinoa salad with black beans, corn, avocado, and lime dressing (400 kcal)

Baked cod with a side of wild rice and sautéed spinach (450 kcal)

Cucumber slices (50 kcal), a small handful of pistachios (100 kcal)

DAY 05

Greek yogurt with a sprinkle of granola and mixed berries (300 kcal)

Chickpea and vegetable stew with a side of whole grain bread (450 kcal)

Lean beef stir-fry with bell peppers and snap peas over brown rice (500 kcal)

Fresh apple (80 kcal), a few almonds (100 kcal)

DAY 06

Whole grain cereal with milk and a handful of blueberries (300 kcal)

Spinach salad with grilled chicken, walnuts, and balsamic vinaigrette (400 kcal)

Baked chicken thighs with roasted Brussels sprouts and a side of quinoa (500 kcal)

Carrot sticks (50 kcal), a small handful of cashews (100 kcal)

DAY 07

Scrambled eggs with spinach and tomatoes (300 kcal)

Tuna salad with mixed greens, tomatoes, cucumbers, and olive oil dressing (400 kcal)

Baked tofu with a side of brown rice and steamed broccoli (450 kcal)

Orange slices (80 kcal), a handful of sunflower seeds (100 kcal)



BREAKFAST:



LUNCH:



DINNER:



SNACKS:

DAY 08

Overnight oats with chia seeds, almond milk, and fresh fruit (300 kcal)

Lentil and vegetable soup with a side of whole grain bread (400 kcal)

Grilled shrimp with a side of quinoa and sautéed kale (450 kcal)

Apple slices with peanut butter (150 kcal), cherry tomatoes (50 kcal)

DAY 09

Whole grain toast with almond butter and banana slices (350 kcal)

Turkey and avocado wrap with whole grain tortilla, lettuce, and tomatoes (400 kcal)

Baked salmon with a side of wild rice and roasted Brussels sprouts (500 kcal)

Celery sticks with hummus (100 kcal), a handful of walnuts (100 kcal)

DAY 10

Greek yogurt with flaxseeds and a small handful of berries (300 kcal)

Chickpea salad with cucumbers, tomatoes, and feta (400 kcal)

Grilled chicken breast with a side of roasted sweet potatoes and green beans (500 kcal)

Fresh pear (80 kcal), a few almonds (100 kcal)

DAY 11

Smoothie with spinach, pineapple, unsweetened almond milk, and a scoop of protein powder (300 kcal)

Quinoa salad with black beans, corn, and avocado (400 kcal)

Baked cod with a side of brown rice and steamed broccoli (450 kcal)

Carrot sticks (50 kcal), a small handful of cashews (100 kcal)

DAY 12

Whole grain cereal with milk and a handful of blueberries (300 kcal)

Spinach salad with grilled chicken, walnuts, and balsamic vinaigrette (400 kcal)

Lean beef stir-fry with bell peppers and snap peas over brown rice (500 kcal)

Fresh apple (80 kcal), a few pistachios (100 kcal)

DAY 13

Scrambled eggs with spinach and tomatoes (300 kcal)

Tuna salad with mixed greens, tomatoes, cucumbers, and olive oil dressing (400 kcal)

Baked tofu with a side of brown rice and steamed broccoli (450 kcal)

Orange slices (80 kcal), a handful of sunflower seeds (100 kcal)

DAY 14

Overnight oats with chia seeds, almond milk, and fresh fruit (300 kcal)

Lentil and vegetable soup with a side of whole grain bread (400 kcal)

Grilled shrimp with a side of quinoa and sautéed kale (450 kcal)

Apple slices with peanut butter (150 kcal), cherry tomatoes (50 kcal)

TIPS FOR SUCCESS

HYDRATION:

Drink plenty of water throughout the day.

PORTION CONTROL:

Be mindful of portion sizes, especially for carbohydrate-rich foods.

VARIETY:

Check blood sugar levels regularly to see how different foods affect them.

BALANCED MEALS:

Aim to include a mix of protein, healthy fats, and fiber in each meal to help control blood sugar levels.

REFERENCES

● American Diabetes Association. (2018). Standards of Medical Care in Diabetes.

● Evert, A. B., et al. (2014). Nutrition therapy recommendations for the management of adults with diabetes. Diabetes Care, 37(Supplement 1), S120–S143.

● Franz, M. J., et al. (2010). Evidence-based nutrition principles and recommendations for the treatment and prevention of diabetes and related complications. Diabetes Care, 33(1), 12–22.