

Lunch/Dinner Ideas with 45 g of carbs

**items in italics contain carbohydrates*

Anytime

These meal options contain good amounts of fiber, protein, and vitamins and minerals.

5 oz Grilled Chicken Breast

- + 1 cup brown rice
- + 1 cup roasted or steamed broccoli

Tacos

- + 1 (6-inch) whole wheat/high fiber tortillas
- + ½ cup ground turkey
- + 1 oz low-fat cheese
- + 2 tbsp salsa
- + 1/2 cup black beans

3 oz Lean Pork Chop

- + 1 medium sweet potato
- + 1 cup asparagus
- + 1 piece cornbread (2 inch cube)

Vegetarian Chili

- + ¾ cup tomato juice (and spices of your choice)
- + ½ cup corn
- + ½ cup beans

7 saltine crackers

Turkey Sandwich

- + 2 slices whole-wheat bread
- + 3 oz low-sodium turkey breast

Fruit with 15 g of carbs (examples below)

Tomato and Spinach Shrimp Pasta

- + 1 cup whole wheat pasta
- + ½ cup zucchini
- + 5 shrimp (optional)
- + ½ cup crushed tomatoes
- + ½ cup spinach

(Cooked with any spices you like)

Fruit: each choice contains 15 g of carbs

- 1 small apple
- ½ large banana
- 17 small grapes
- 1 cup raspberries
- ¾ cup blueberries
- 1 ¼ cup strawberries
- 1 cup melon (cantaloupe honeydew watermelon)
- ½ grapefruit
- 2 small orange (cutie's, halo's)
- 1 fresh peach
- ¾ cup fresh pineapple
- ½ cup fresh pears
- 2 tbsp dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)

Sometimes

Try to eat these less often, 1-2 times per week or save for weekend meals

Grilled Cheese Sandwich

1 cup tomato soup (made with water)

3 oz Grilled Honey Ham

- + ¾ cup macaroni and cheese
- + Side garden salad w/ 1-2 tbsp dressing

1 cup milk

3 oz Meatloaf

- + 1 cup mashed potatoes
- + ½ cup corn

Meat and Cheese Lasagna (1 cup)

- + 1 garden salad with 1-2 tbsp dressing
- + 1 small breadstick

McDonalds Grilled Chicken Sandwich

+ Side Garden Salad

Subway 6" Sandwich

1 medium slice Papa Johns Pizza

- + Small garden salad with 1-2 tbsp dressing
- + 15 g of fruit (examples at bottom of sheet)

The list below is carb- "free" breakfast foods that can be incorporated into any of the breakfast options. Keep in mind to limit saturated fats and sodium (foods denoted with an (!) when possible, as diabetes puts you at higher risk for developing heart disease).

- Mustard
- Mayo (!)
- String Cheese (!)
- Cottage Cheese
- Deli Ham, Turkey, Chicken (!)
- Peanut/Almond/Nut Butter
- Nuts/Seeds
- Margarine
- Avocado
- Cheese (!)
- Non-starchy vegetables (spinach, mushrooms, asparagus, bell peppers, broccoli, cauliflower, carrots, cucumbers, celery, onions, spinach, tomatoes, Brussels sprouts, cabbage, zucchini, squash)