

Prediabetes Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> Scrambled eggs w/ spinach & mushrooms Herbal tea 	<ul style="list-style-type: none"> Grilled chicken breast w/ a salad of mixed greens & cherry tomatoes Quinoa 	<ul style="list-style-type: none"> Baked salmon Steamed broccoli Brown rice 	<ul style="list-style-type: none"> Carrot sticks w/ mashed avocado Cucumber slices w/ hummus Apple slices w/ peanut butter
Tuesday	<ul style="list-style-type: none"> Greek yogurt w/ blueberries and a sprinkle of flaxseeds Black coffee 	<ul style="list-style-type: none"> Turkey wrap w/ whole grain tortilla Side of bell peppers 	<ul style="list-style-type: none"> Chicken stir-fry w/ vegetables Quinoa 	<ul style="list-style-type: none"> Banana w/ almond butter Raw snap peas Handful of almonds
Wednesday	<ul style="list-style-type: none"> Oatmeal w/ sliced strawberries & cinnamon Hard-boiled egg Green tea 	<ul style="list-style-type: none"> Turkey burger (no bun) Side salad Half a baked sweet potato 	<ul style="list-style-type: none"> Baked fish (like tilapia) Asparagus Brown rice 	<ul style="list-style-type: none"> Orange slices & pistachios Bell peppers w/ hummus Cottage cheese w/ sliced cucumber
Thursday	<ul style="list-style-type: none"> Smoothie w/ spinach, banana, protein powder, & almond milk Herbal tea 	<ul style="list-style-type: none"> Chicken salad w/ greens, avo, & olive oil dressing Quinoa 	<ul style="list-style-type: none"> Turkey meatballs w/ non-starchy vegetables Whole grain pasta 	<ul style="list-style-type: none"> Grapefruit slices w/ a small portion of cheese Carrot sticks A peach w/ Greek yogurt
Friday	<ul style="list-style-type: none"> Egg white omelet w/ mushrooms & spinach Black coffee 	<ul style="list-style-type: none"> Baked chicken Roasted Brussels sprouts Farro 	<ul style="list-style-type: none"> Grilled fish (like salmon) Green salad Half a baked sweet potato 	<ul style="list-style-type: none"> Kiwi fruit Sliced apple w/ a few walnuts Greek yogurt
Saturday	<ul style="list-style-type: none"> Greek yogurt w/ sliced bananas & a handful of walnuts Green tea 	<ul style="list-style-type: none"> Quinoa salad w/ grilled chicken & avocado Olive oil & lemon juice dressing 	<ul style="list-style-type: none"> Turkey stir-fry w/ vegetables (like broccoli & carrots) Brown rice 	<ul style="list-style-type: none"> Raw snap peas w/ light cream cheese Carrot & cucumber sticks w/ hummus A few almonds
Sunday	<ul style="list-style-type: none"> Oatmeal w/ blueberries & flax seeds Herbal tea 	<ul style="list-style-type: none"> Grilled salmon w/ a large salad Quinoa 	<ul style="list-style-type: none"> Chicken breast Steamed green beans Farro 	<ul style="list-style-type: none"> Orange & almonds Greek yogurt w/ strawberries Cottage cheese w/ pineapple slices

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Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.