

Day	Breakfast	Snack	Lunch	Snack	Dinner	Snack (optional)
S ~1400 cal 148 g carbs 70 g pro 60 g fat	1/2 cup oatmeal (not instant) with 1/2 cup berries (any kind) 1/4 cup walnut made with milk (if desired) 8 oz V8 juice (low sodium) 8 oz coffee with skim milk and Splenda/Stevia (or any non-calorie sweetener) 350 cal, 34 g carbs, 10 g pro, 20g fat	6 whole grain crackers (Triscuits) 1 tbsp peanut butter (natural) 8 oz Water 200 cal, 20 g carbs	3 oz tuna salad atop ≥ 1 cup garden salad with romaine/mixed greens, tomato, onion, cucumber, etc 1 plum 8 oz milk 305 cal, 33 g carbs, 26 g pro, 8 g fat	~1/2 cup homemade trail mix # 1 RECIPE: 1/4 cup Bran Chex 1/8 cup raisins 1/4 cup almonds 8 oz Water 190 cal, 25 g carbs	2 tacos made with 2 oz ground beef (90% lean) 2 tortillas (corn or whole wheat) 1/8 cup black beans 1/2 cup lettuce, tomato, salsa 1 small orange 8 oz water 265 cal, 26 g carbs, 21 g pro, 9g fat	2 pieces of dark chocolate with almonds 100 cal, 10 g carbs
M ~1400 cal 155 g carbs 80 g pro 65 g fat	1 whole wheat English muffin 2 tbsp peanut butter 1/2 medium banana 8 oz coffee with skim milk and optional Splenda/Stevia (or any non-calorie sweetener) 420 cal, 45 g carbs, 24 g pro, 17 g fat	1 mozzarella cheese stick 8 oz water 80 cal, 2 g carbs	3 oz grilled chicken on 2 slices of whole grain bread with ≥ 1/2 cup lettuce, tomato, onion 1 small peach 8 oz water 310 cal, 35 g carbs, 25 g pro, 9 g fat	≥ 1/2 cup sugar snap peas (or any raw vegetable) 1/4 cup of hummus (any flavor) 8 oz water 170 cal, 15 g carbs	2 small slices of veggie pizza 1 cup side garden salad with tomato, onion, cucumber, etc and 2 tbsp light Italian dressing 8 oz unsweetened ice tea (optional Splenda/Stevia) 420 cal, 54 g carbs, 15 g pro, 17 g fat	1/8 cup lightly salted peanuts 108 cal, 5 g carbs
T ~1400 cal 190 g carbs 80 g pro 38 g fat	1/2 cup scrambled eggs (Egg Beaters) with ~ 1/2 cup sautéed fresh spinach 1 slice of whole grain toast with 2 tbsp Smart Balance spread 8 oz V8 Juice 8 oz coffee with skim milk and optional Splenda/Stevia (or any non-calorie sweetener) 280 cal, 40 g carbs, 20 g pro, 5 g fat	6 oz Greek yogurt with 1/2 cup of fresh strawberries 125 cal, 13 g carbs	3 oz minestrone soup 1 cup side garden salad with tomato, onion, cucumber, etc and 2 tbsp light Italian dressing or Balsamic vinaigrette 1 small apple 8 oz water 325 cal, 52 g carbs, 10 g pro, 9 g fat	~1/2 cup homemade trail mix # 2 RECIPE: 1/4 cup granola 1/8 cup raisins 1/4 cup pistacios 8 oz Water 290 cal, 38 g carbs	3 oz lemon pepper grilled chicken 1/2 cup brown or wild rice 1 cup steamed broccoli 8 oz unsweetened iced tea (optional Splenda/Stevia) 275 cal, 35 g carbs, 25 g pro, 5 g fat	4 oz chocolate or vanilla pudding 120 cal, 25 g carbs



7 Day Low Glycemic Index Meal Plan

Created for NHRMC Wellness Programs

* cal = calories; carbs = carbohydrate; pro = protein; tbsp = tablespoon
** for additional nutrition resources see www.nhrmc.org/NutritionCounselingandPrograms

W ~1400 cal 170 g carbs 75 g pro 45 g fat	<p>¾ cup Fiber One Raisin Bran Cereal with</p> <p>4 oz milk (skim or unsweetened soy or almond)</p> <p>2 hard-boiled egg whites</p> <p>8 oz coffee with skim milk and optional Splenda/Stevia (or any non-calorie sweetener)</p> <p>220 cal, 30 g carbs, 14 g pro, 2 g fat</p>	<p>~ 6 raw veggie sticks with</p> <p>2 tbsp low fat ranch dip or dressing</p> <p>8 oz water</p> <p>130 cal, 15 g carbs</p>	<p>1 turkey-avocado BLT made from</p> <p>2 oz turkey</p> <p>1-2 slices of turkey bacon or low-sodium bacon</p> <p>2 slices of whole grain bread</p> <p>½ cup of mixed bean salad</p> <p>8 oz unsweetened iced tea (optional Splenda/Stevia)</p> <p>375 cal, 46 g carbs, 21 g pro, 12 g fat</p>	<p>½ cup cottage cheese with</p> <p>1/3 cup pineapple chunks</p> <p>8 oz water</p> <p>120 cal, 13 g carbs</p>	<p>¾ cup whole grain pasta</p> <p>3 meatballs made from ≥ 90% lean ground beef</p> <p>½ cup garden veggie marinara sauce</p> <p>1 cup spinach salad with Balsamic vinegar</p> <p>8 oz water</p> <p>395 cal, 47 g carbs, 25 g protein, 11 g fat</p>	<p>1 small apple cut into slices</p> <p>~ 1 tbsp peanut butter</p> <p>135 cal, 17 g carbs</p>
Th ~1400 cal 138 g carbs 100 g pro 60 g fat	<p>veggie omelet made from ¾ cup of Egg Beaters</p> <p>¾ cup mushrooms, peppers, onions</p> <p>2 tbsp low fat shredded cheese</p> <p>½ large grapefruit</p> <p>8 oz coffee with skim milk and optional Splenda/Stevia</p> <p>240 cal, 14 g carbs, 33 g pro, 6 g fat</p>	<p>6 oz plain Greek yogurt with</p> <p>½ cup raspberries</p> <p>8 oz water</p> <p>125 cal, 13 g carbs</p>	<p>3 oz chicken salad atop</p> <p>1 cup of garden salad made from romaine or mixed greens with tomato, onion and cucumber</p> <p>~ 15 Sun Chips</p> <p>8 oz water</p> <p>385 cal, 35 g carbs, 20 g pro, 19 g fat</p>	<p>~ 1/3 cup homemade trail mix # 3</p> <p>RECIPE:</p> <p>¼ cup walnuts/pecans (or a combination)</p> <p>1/8 cup dried cherries</p> <p>8 oz Water</p> <p>260 cal, 27 g carbs</p>	<p>3 oz herb grilled salmon</p> <p>3 oz baked sweet potato fries (ore Ida)</p> <p>8 oz sugar-free lemonade</p> <p>345 cal, 24 g carbs, 20 g pro, 18 g fat</p>	<p>1 Oatmeal raisin cookie</p> <p>8 oz milk</p> <p>130 cal, 21 g carbs</p>
F ~1400 cal 154 g carbs 70 g pro 60 g fat	<p>½ cup oatmeal (not instant) with</p> <p>½ blueberries (or any kind)</p> <p>2 slices turkey bacon or low-sodium bacon</p> <p>made with milk (if desired)</p> <p>8 oz V8 juice (low sodium)</p> <p>8 oz coffee with skim milk and Splenda/Stevia (or any non-calorie sweetener)</p> <p>225 cal, 36 g carbs, 12 g pro, 4 g fat</p>	<p>6 whole wheat pita chips</p> <p>¼ cup of hummus (any flavor)</p> <p>8 oz water</p> <p>280 cal, 27 g carbs</p>	<p>1 egg salad sandwich made with 3 oz of egg salad (made from 1 egg)</p> <p>lettuce, tomato, onion, cucumber</p> <p>2 slices of whole grain bread</p> <p>1 cup carrots with 2 tbsp of greek yogurt dip</p> <p>8 oz water</p> <p>360 cal, 40 g carbs, 12 g pro, 16 g fat</p>	<p>¼ cup cottage cheese with</p> <p>¼ cup canteloupe</p> <p>8 oz water</p> <p>110 cal, 10 g carbs</p>	<p>3 oz BBQ chicken breast</p> <p>½ cup kidney beans</p> <p>½ cup cole slaw (light on the mayo)</p> <p>8 oz unsweetened iced tea (optional Splenda/Stevia)</p> <p>340 cal, 27 g carbs, 20 g pro, 17 g fat</p>	<p>1/8 cup peanut M&M's</p> <p>8 oz water</p> <p>55 cal, 14 g carbs</p>
S ~1400 cal 170 g carbs 99 g pro 36 g fat	<p>¾ cup Meusli or All Bran Cereal with ½ cup milk (unsweetened soy or almond)</p> <p>2 hard-boiled egg whites</p> <p>8 oz coffee with skim milk and optional Splenda/Stevia</p> <p>240 cal, 14 g carbs, 33 g pro, 6 g fat</p>	<p>6 celery sticks</p> <p>2 tbsp peanut butter (natural)</p> <p>8 oz water</p> <p>120 cal, 6 g carbs</p>	<p>Quesadilla with ½ cup Chicken and mushroom and ½ cup low fat shredded cheese on 1 whole wheat wrap</p> <p>¼ cup baked tortilla chips with ≥ ½ cup salsa</p> <p>8 oz water</p> <p>360 cal, 40 g carbs, 12 g pro, 16 g fat</p>	<p>6 oz plain Greek yogurt with</p> <p>¼ cup peaches</p> <p>8 oz water</p> <p>125 cal, 13 g carbs</p>	<p>1 cup brown stir fry with ≥ 1 cup snow peas, squasm cauliflower, carrots, mushrooms, onions, garlic, olive oil</p> <p>2 oz diced chicken</p> <p>8 oz sugar-free lemonade</p> <p>390 cal, 56 g carbs, 20 g pro, 10 g fat</p>	<p>2-inch slice angel food cake</p> <p>¼ cup fresh strawberries</p> <p>100 cal, 120g carbs</p>