

Weekly Prediabetes Meal Plan Summarized:

A 7- day meal plan mentioned below includes whole grains, low GI fruits, and lean protein. Daily calories range from 1300-1400 kcal.

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Calories
Monday	Oatmeal (1 cup) with added 1 tbsp sliced almonds & 1 tbsp ground flaxseed Calories: 220	Raw veggies and dip Tomato with low-fat cottage cheese Calories: 180	Turkey sandwich on 2 slices whole wheat bread + Raw veggies and Hummus dip Calories: 470	12 almonds Calories: 100	3 oz grilled salmon ½ cup baked potato Spinach salad 1 cup skim milk Calories: 390	1360
Tuesday	Scrambled egg beaters on a whole wheat English muffin + 1 apple Calories: 250	Celery sticks with peanut butter Calories: 110	Bean soup (1 cup) + whole wheat garlic bread + Green salad (1 cup) Calories: 410	Sugar-free/light ice cream (½ cup) Calories: 120	Chicken stir-fry with roasted Honey glazed vegetables + Brown rice Calories: 490	1380
Wednesday	Oatmeal (1 cup) with added 1 tbsp sliced almonds & 1 tbsp ground flaxseed Calories: 220	Balsamic and olive oil Hard cooked egg Calories: 120	½ cup tuna fish salad on 1 whole tomato + 6 oz light yogurt Calories: 380	½ cup mixed nuts Calories: 150	3 oz grilled chicken breast + 1 cup baked acorn squash + 1 cup steamed broccoli Calories: 470	1340
Thursday	Whole grain cereal (¾ cup) or Glucerna cereal + Skim milk (1 cup) Calories: 310	1 cup strawberries Calories: 120	1 cup vegetable soup ½ turkey sandwich on 1 whole wheat bread Calories: 390	light yogurt with 2 tbsp ground flax seed 1 Calories: 150	Whole wheat spaghetti (1 cup) + cucumber & beets salad (1/2cup) + Apple juice (1/2 cup) Calories: 410	1380
Friday	2 slices French toast made from whole wheat bread + Sugar-free maple syrup Calories: 250	orange + banana + apple sauce (½ cup) Calories: 120	Whole wheat Zucchini pasta with spinach and peas 1 cup pomegranate juice Calories: 450	Pretzels (¾ ounce) Calories: 150	2 slices thin crust veg pizza Romaine lettuce salad Calories: 430	1400
Saturday	Scrambled Egg Beaters omelet with vegetables + 2 slices whole wheat toast Calories: 230	3 bean salad (1 cup) Calories: 150	Large green salad with grilled chicken breast +tarragon sauce Calories: 410	1 cups light popcorn Calories: 140	3 oz pan-seared trout + 1 cup stir-fried vegetables + brown rice (1/2 cup) Calories: 430	1360
Sunday	1 cup bran flakes cereal + 2 Bananas Calories: 250	Steamed Corn with lemon (1 cob) Calories: 120	Black bean corn soup + cucumber and apple salad + 1 cup orange juice Calories: 390	Roasted chickpeas (1/2 cup) Calories: 110	Chicken and bean burrito with a whole wheat tortilla + Green salad Calories: 440	1310