### ABBOTT NUTRITION FOR DIABETES

#### 1800 Calorie Diabetes Meal Plan

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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</tr>
<tr>
<td>1 small orange</td>
<td>6 oz light, reduced-sugar yogurt with 1 Tbsp granola</td>
<td>1 whole wheat english muffin</td>
<td>½ cinnamon raisin english muffin</td>
<td>2 scrambled eggs</td>
</tr>
<tr>
<td>Egg &amp; cheese on toast</td>
<td>1 small banana</td>
<td>2 Tbsp natural peanut butter</td>
<td>1 tsp unsalted reduced-fat margarine spread</td>
<td>1 slice of whole grain toast with 1 tsp unsalted reduced-fat margarine spread</td>
</tr>
<tr>
<td>1 fried egg</td>
<td>1 cup skim milk</td>
<td>1 small banana</td>
<td>1 tsp unsalted reduced-fat margarine spread</td>
<td>½ fresh grapefruit</td>
</tr>
<tr>
<td>1 slice swiss cheese</td>
<td></td>
<td>1 cup skim milk</td>
<td>1 slice low-sodium bacon</td>
<td>1 cup skin milk</td>
</tr>
<tr>
<td>1 slice whole grain bread, toasted</td>
<td></td>
<td></td>
<td></td>
<td>1 fresh apple</td>
</tr>
<tr>
<td>1 cup skin milk</td>
<td></td>
<td></td>
<td></td>
<td>Snack</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
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</tr>
<tr>
<td>1 Glucerna® Shake</td>
<td>Turkey sandwich</td>
<td>Bean, cheese and veggie burrito</td>
<td>1 hamburger (3 oz lean ground beef on a whole wheat bun)</td>
<td>1 Glucerna Shake</td>
</tr>
<tr>
<td>1 cup fresh cantaloupe cubes</td>
<td>2 slices whole grain bread</td>
<td>1 6-inch flour tortilla</td>
<td>1 cup carrot and celery sticks</td>
<td>1 fresh apple</td>
</tr>
<tr>
<td>Snack</td>
<td>2 slices deli turkey</td>
<td>½ cup low-sodium pinto beans</td>
<td>1 Tbsp light ranch dressing</td>
<td>Snack</td>
</tr>
<tr>
<td>1 cup red and green pepper slices</td>
<td>2 slices tomato</td>
<td>1 oz reduced-fat shredded cheese</td>
<td>2 fresh plums</td>
<td>6 oz light, reduced-sugar yogurt</td>
</tr>
<tr>
<td>2 Tbsp light ranch dressing</td>
<td>1 tsp light mayonnaise</td>
<td>2 Tbsp salsa</td>
<td>1 cup unsweetened iced tea with lemon</td>
<td>1 slice whole grain bread</td>
</tr>
<tr>
<td>4 graham cracker squares</td>
<td>1 small apple</td>
<td>¼ cup chopped green pepper</td>
<td>Snack</td>
<td>1 Glucerna Shake</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
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</tr>
<tr>
<td>4 oz baked chicken breast without the skin</td>
<td>Beef stir-fry</td>
<td>4 oz pork chop with 1 Tbsp low-sodium BBQ sauce</td>
<td>Spaghetti with zucchini and meatballs</td>
<td>2 oz Colby-Jack cheese</td>
</tr>
<tr>
<td>1 small baked potato</td>
<td>4 oz flank steak</td>
<td>1 cup fresh green beans</td>
<td>1 cup cooked spaghetti</td>
<td>6 oz light, reduced-sugar yogurt</td>
</tr>
<tr>
<td>1 Tbsp light sour cream</td>
<td>½ cup brown rice</td>
<td>1 cup spinach salad with 5 cherry tomatoes and 1 Tbsp light Italian dressing</td>
<td>½ cup low-sodium marinara sauce</td>
<td>1 slice Colby cheese</td>
</tr>
<tr>
<td>1 cup cooked broccoli</td>
<td>¼ cup low-sodium beef broth</td>
<td>1 dinner roll with 1 tsp unsalted reduced-fat margarine spread</td>
<td>1 cup cooked zucchini slices</td>
<td>1 fresh kiwi fruit</td>
</tr>
<tr>
<td>1 slice watermelon</td>
<td>1 tsp cooking oil</td>
<td>1 cup salad with 1 Tbsp light ranch dressing</td>
<td>4 homemade pork and beef meatballs</td>
<td>Snack</td>
</tr>
<tr>
<td>Snack</td>
<td>1 dinner roll with 1 tsp unsalted reduced-fat margarine spread</td>
<td>1 cup skin milk</td>
<td>1 cup salad with 1 Tbsp light Italian dressing</td>
<td>6 butter-flavored crackers</td>
</tr>
<tr>
<td>1 Glucerna Shake</td>
<td>1 cup mixed fresh berries</td>
<td>½ cup grapes</td>
<td>1 cup skin milk</td>
<td>2 oz Colby cheese</td>
</tr>
<tr>
<td>1 apple cinnamon rice cake</td>
<td>1 cup mixed fresh berries</td>
<td></td>
<td></td>
<td>1 fresh kiwi fruit</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
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<td>1 apple cinnamon rice cake</td>
<td>1 small apple</td>
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1800 Calorie Meal Plan

Shopping List

well nourished is well prepared

- One 6-pack of Glucerna® Shakes

Fresh Fruits and Vegetables
- 1 small orange
- 1 small cantaloupe
- 1 container of strawberries
- 2 small bananas
- 3 small apples
- 1 pineapple
- 1 container blackberries
- 1 container blueberries
- 1 peach
- ½ lb seedless grapes
- ½ pound cherries
- ¼ or ½ watermelon
- 1 small grapefruit
- 2 plums
- 1 kiwi
- 1 small onion
- 1 tomato
- 1 red pepper
- 1 green pepper
- 1 small baking potato
- 1 head of broccoli
- ½ lb green beans
- ½ pound spinach
- 1 container of cherry tomatoes
- 1 zucchini
- 1 head of lettuce
- 1 bag of baby carrots

Dairy
- 1 6-pack carton of large eggs
- 1 gallon skim milk
- 1 small container of light sour cream
- 1 tub of unsalted, reduced-fat margarine spread
- 1 oz Swiss cheese
- 2 oz Colby cheese
- 4 oz Colby-Jack cheese
- 3 containers of light, reduced-sugar yogurt (any flavor)
- 1 small container of light, low-sodium cottage cheese
- 1 package of shredded cheese

Beverages
- Unsweetened iced tea with lemon

Grains, Canned Goods, and Prepacked Foods
- 1 box graham crackers
- 1 box whole-grain crackers
- 1 box butter-flavored crackers
- 1 small bag of brown rice
- 1 box spaghetti
- 1 bag of 6-inch flour tortillas
- 1 package of apple cinnamon rice cakes
- 1 small bottle of light ranch salad dressing
- 1 small bottle of light Italian salad dressing
- 1 small bottle of light mayonnaise
- 1 small can of low-sodium beef broth
- 1 small bottle of cooking oil (i.e. Canola, olive)
- 1 small jar of natural peanut butter
- 1 small can of low-sodium pinto beans
- 1 jar of low-sodium marinara spaghetti sauce
- 1 jar of salsa
- 1 small bottle of BBQ sauce
- 1 small box/bag of plain granola

Meat
- 1 3-oz boneless, skinless chicken breast
- 4 slices of deli turkey
- 4 oz flank steak
- 1 3-oz salmon fillet
- 7 oz lean ground beef
- 1 4-oz pork chop
- 3 oz lean ground pork

Bread
- 1 loaf whole grain bread
- 1 small package of dinner rolls
- 1 small package of whole wheat hamburger buns
- 1 small package of whole wheat English muffins
- 1 small package of cinnamon raisin English muffins

Frozen Foods
- 1 bag of stir-fry vegetables

Use under medical supervision.