

YOUR FAMILY OF FOUR MEAL PLANNER

All recipes marked ● are available at diabetes.org.uk/recipes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast	Very berry porridge 348 kcal • 46.7g carbs • 7.9g fibre 12.8g protein • 1 Fruit & Veg (F&V)	2 wheat biscuits, 150ml semi-skimmed milk and 1 tbsp pumpkin seeds 333 kcal • 37g carbs • 5g fibre 11g protein • 0 F&V	2 shredded wheat pillows, 200ml semi-skimmed milk, 50g Greek yogurt and 40g blueberries 320 kcal • 48.5g carbs • 7g fibre 13g protein • 0.5 F&V	Summerberry smoothie ● 100 kcal • 14.4g carbs • 2.6g fibre 7.8g protein • 1 F&V
Snack	125g Greek yogurt and 2 x 80g satsuma (weight including skin) 210 kcal • 16g carbs • 2g fibre 9g protein • 1 F&V	2 oatcakes, 30g peanut butter and 80g cherry tomatoes 272 kcal • 17g carbs • 10g fibre 4g protein • 1 F&V	131g apple 55 kcal • 13g carbs • 1g fibre 1g protein • 1 F&V	125g Greek yogurt and 2 x 80g satsuma (weight including skin) 210 kcal • 16g carbs • 2g fibre 9g protein • 1 F&V
Lunch	Scrambled eggs – 2 eggs mixed with milk on 2 slices medium cut wholemeal toast with 10g veg oil-based spread and 80g sliced tomato 479 kcal • 32g carbs • 5g fibre 20g protein • 1 F&V	Stuffed pitta – 1 wholemeal pitta, 2 tbsp houmous, 4 cherry tomatoes, 20g rocket, 65g coleslaw ● 373 kcal • 37g carbs • 6g fibre 12g protein • 1 F&V	Tortillas stuffed with chicken and salad ● 484 kcal • 60.5g carbs • 17.5g fibre 33.7g protein • 3 F&V	Chickpea and tuna salad ● 355 kcal • 22.7g carbs • 12.4g fibre 32.1g protein • 4 F&V
Snack	Wholemeal fruit bar ● 117 kcal • 17.3g carbs • 1.8g fibre 2.3g protein • 0 F&V	1 slice medium cut wholemeal toast and 15g smooth peanut butter 163 kcal • 16g carbs • 3g fibre 6g protein • 0 F&V	1 small 104g pear and 30g plain almonds 229 kcal • 13g carbs • 5g fibre 6g protein • 1 F&V	1 medium 140g orange and 30g almonds 222 kcal • 11g carbs • 4g fibre 7g protein • 1 F&V
Dinner	Chicken and lentil curry ● 349 kcal • 36.2g carbs • 6.6g fibre 35.8g protein • 3 F&V	Speedy salmon pasta served with 80g mangetout ● 546 kcal • 61.6g carbs • 7.6g fibre 34.7g protein • 2 F&V	Beef chop suey ● 545 kcal • 60.9g carbs • 16.1g fibre 38.7g protein • 4 F&V	Jollof rice and chicken ● 377 kcal • 50.3g carbs • 7.1g fibre 29.7g protein • 3 F&V
Pudding	Apple strudel ● 118 kcal • 23.8g carbs • 1.8g fibre 2.3g protein • 1 F&V	230g tinned pears in juice 76 kcal • 20g carbs • 4g fibre 1g protein • 1 F&V	80g honeydew melon 22 kcal • 5g carbs • 1g fibre 0g protein • 1 F&V	160g tinned peaches in juice 62 kcal • 16g carbs • 2g fibre 1g protein • 1 F&V
Snack	1 slice 30g malt loaf with 10g veg oil-based spread 172 kcal • 18g carbs • 1g fibre 2g protein • 0 F&V	1 medium 140g orange 38 kcal • 8g carbs • 2g fibre 1g protein • 1 F&V	Wholemeal fruit bar ● 117 kcal • 17.3g carbs • 1.8g fibre 2.3g protein • 0 F&V	2 oatcakes topped with 2 tbsp smooth peanut butter 272 kcal • 16g carbs • 4g fibre 9g protein • 0 F&V
Milk	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V
Totals	1897 kcal • 198.7g carbs • 28.1g fibre 94.2g protein • 8 F&V	1904.5 kcal • 207.3g carbs • 37.6g fibre 77.7g protein • 5 F&V	1846 kcal • 210.7g carbs • 47.5g fibre 103.5g protein • 11.5 F&V	1702 kcal • 157.8g carbs • 37g fibre 98.3g protein and 12 F&V

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	FRIDAY	SATURDAY	SUNDAY
Breakfast	<u>Almond, apricot and pumpkin seed granola with 150ml semi-skimmed milk</u> ● 282 kcal • 31.8g carbs • 11.1g protein 0g fibre • 0g F&V	<u>Welsh leek rarebit</u> ● 235 kcal • 18.3g carbs • 5g fibre 13.1g protein • 1 F&V	<u>Omelette</u> – 2 eggs mixed with milk, 80g spinach, 80g mushrooms and 1 tsp vegetable oil and 25g cheddar. Slice of rye bread and 1 tsp veg oil-based spread 490 kcal • 14g carbs • 5g fibre 37g protein • 2 F&V
Snack	1 small 104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V	131g apple 56 kcal • 13g carbs • 1g fibre 1g protein • 1 F&V	125g Greek yogurt and 30g plain almonds 351 kcal • 9g carbs • 3g fibre 14g protein • 0 F&V
Lunch	2 slices medium cut wholemeal bread, 25g cheddar cheese, 10g veg oil-based spread, 130g tomato and 80g cucumber 331 kcal • 33g carbs • 6g fibre 13g protein • 2 F&V	2 slices medium cut wholemeal bread, with 85g canned salmon in water, drained and mixed with 1 tbsp light mayo and 80g canned sweetcorn 385 kcal • 40g carbs • 6g fibre 28g protein • 1 F&V	<u>Cauliflower and leek soup</u> ● 154 kcal • 18.1g carbs • 7.7g fibre 9.1g protein • 3 F&V
Snack	131g apple and a Wholemeal fruit bar ● 173 kcal • 30.3g carbs • 2.8g fibre 3.3g protein • 1 F&V	125g Greek yogurt, 1 small 104g pear and 30g plain almonds 396 kcal • 20g carbs 6g fibre • 14g protein • 1 F&V	50g spicy roasted chickpeas ● 79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0.5 F&V
Dinner	<u>Chicken and spinach burritos</u> ● 483 kcal • 61.1g carbs • 10.1g fibre 27.8g protein • 2 F&V	<u>Vegan stack burger</u> ● 391 kcal • 55.5g carbs 15.8g fibre • 16.7g protein • 4 F&V	200g chicken grilled with 110g baked sweet potato, 120g boiled broccoli and 80g boiled cabbage 476 kcal • 36g carbs • 10g fibre 71g protein • 3 F&V
Pudding	<u>Vermicelli pudding</u> ● 190 kcal • 23.8g carbs • 0.6g fibre 10.1g protein • 0 F&V	1 small 104g pear 45 kcal • 11g carbs 3g fibre • 0g protein • 1 F&V	<u>Chocolate orange soufflé topped with 2 tbsp creme fraiche</u> ● 214 kcal • 16.3g carbs • 0.7g fibre 4.7g protein • 0 F&V
Snack	30g plain almonds 185 kcal • 2g carbs • 3g fibre 7g protein • 0 F&V	1 slice malt loaf 30g with 10g veg oil-based spread 172 kcal • 18g carbs 1g fibre • 2g protein • 0 F&V	131g apple 56 kcal • 13g carbs • 1g fibre 1g protein • 1 F&V
Milk	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V
Totals	1793 kcal • 204.2g carbs • 28.9g fibre 80.3g protein • 6 F&V	1843 kcal • 187g carbs • 37.8g fibre 82.8g protein • 8 F&V	1924 kcal • 125.2g carbs • 30.3g fibre 148.7g protein • 8.5 F&V

SHOPPING LIST

