

1800 KCAL MEAL PLANNER

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast	Microwave mug: apple and cinnamon fruity porridge ● 212 kcal • 36.2g carbs • 5.5g fibre 5.6g protein • 1 Fruit & Veg (F&V)	30g oat flakes, 125g Greek yogurt, 80g raspberries and a medium 85g banana 367.2 kcal • 45g carbs • 6.7g fibre 12.3g protein • 2 F&V	Wholemeal spinach and cheddar pancakes ● 219 kcal • 24g carbs • 5.3g fibre 13g protein • 1 F&V	2 wheat biscuits with 200ml semi-skimmed milk and an 85g banana 287 kcal • 55g carbs • 5g fibre 13g protein • 1 F&V
Snack	30g plain almonds 184 kcal • 2g carbs • 2g fibre 6g protein • 0 F&V	2 85g satsumas 44 kcal • 10g carbs • 2g fibre 2g protein • 2 F&V	80g mango and 125g Greek yogurt with 10g pumpkin seeds 269 kcal • 19g carbs • 4g fibre 10g protein • 1 F&V	85g apple and 30g almonds 221 kcal • 11g carbs • 3g fibre 6g protein • 1 F&V
Lunch	Cheese omelette made with 2 eggs, and 20g cheese, paired with salad made of 4 cherry tomatoes, 20g rocket leaves, 80g cucumber, and 30g pumpkin seeds 527 kcal • 9g carbs • 4g fibre 30g protein • 2 F&V	Tuna and sweetcorn pitta made with a 60g wholemeal pitta, 70g tinned tuna in water, 40g sweetcorn and 1tbsp light mayo 223 kcal • 21g carbs • 3g fibre 21g protein • 0.5 F&V	Chilli bean soup with avocado salsa and 25g grated cheddar cheese ● 285 kcal • 19.3g carbs • 9.5g fibre 13.6g protein • 2 F&V	190g chicken salad sandwich on wholemeal bread with Lemon and chilli savoury popcorn ● 385 kcal • 50.7g carbs • 3.5g fibre 22g protein • 0.5 F&V
Snack	80g mango 46 kcal • 11g carbs • 3g fibre 1g protein • 1 F&V	Fruit and nut bar ● 124 kcal • 16.3g carbs • 1g fibre 2.9g protein • 0 F&V	2 oatcakes and 1tbsp smooth peanut butter 181 kcal • 14g carbs • 3g fibre 5g protein • 0 F&V	2 85g satsumas and 1 slice of malt loaf 136 kcal • 28g carbs • 3g fibre 4g protein • 2 F&V
Dinner	Tray baked salmon and vegetables with 95g cooked brown rice ● 482 kcal • 38.8g carbs • 7.5g fibre 33.5g protein • 2 F&V	Cod with roasted winter veggies with 80g peas ● 446 kcal • 60.6g carbs • 14.4g fibre 35.3g protein • 5 F&V	Chicken and lentil curry ● 349 kcal • 36.2g carbs • 6.6g fibre 35.8g protein • 3 F&V	Bubble and squeak and 80g peas ● 391 kcal • 44.8g carbs • 12.8g fibre 18g protein • 2 F&V
Pudding	125g plain Greek-style yogurt and 80g raspberries 186 kcal • 10g carbs • 3g fibre 8g protein • 1 F&V	Coconut rice pudding and 80g blackberries ● 226 kcal • 35g carbs • 4.9g fibre 6.9g protein • 1 F&V	Apple, blackberry, oat and seed crumble with 1 scoop of vanilla ice cream ● 262 kcal • 40.8g carbs • 5.2g fibre 6.8g protein • 1 F&V	125g plain Greek-style yogurt and 80g raspberries 186 kcal • 10g carbs • 3g fibre 8g protein • 1 F&V
Snack	50g Spicy roasted chickpeas ● 79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0.5 F&V	30g plain almonds 184 kcal • 2g carbs • 2g fibre 6g protein • 0 F&V	10g plain walnuts and a 85g banana 138 kcal • 17g carbs • 1g fibre 1g protein • 1 F&V	3 squares of dark chocolate 82 kcal • 10g carbs • 1g fibre 1g protein • 0 F&V
Milk	225ml whole milk 142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&V	225ml whole milk 142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml whole milk 142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&V
Totals	1858 kcal • 125.4g carbs • 27.9g fibre 95.5g protein • 7.5 F&V	1756.2 kcal • 200.2g carbs • 34g fibre 93.9g protein • 10.5 F&V	1806.5 kcal • 181g carbs • 34.6g fibre 93.2g protein • 9 F&V	1830 kcal • 219.8g carbs • 31.3g fibre 79.5g protein • 7.5 F&V

