

DIABETES PLAN
(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Blueberries pancakes	Shrimps with freekeh	Chicken teriyaki with roasted veggies	Flaxseed crackers
TUESDAY	Spanish tortilla	Chicken alfredo with pasta	Stir fry beef with sauteed veggies	Immunity booster balls
WEDNESDAY	Mocha overnight oats	Chicken moussaka with rice	Black bean fish with green salad	Seasoned cauliflower florets
THURSDAY	Egg burrito	Chinese style chicken noodles	Grilled chicken with lentil & green beans	Lemon tart
FRIDAY	Mango chia pudding	Chicken with russian salad	Pesto salmon with roasted veggies	Brownie
SATURDAY	Egg muffins with brown bread	Chicken spaghetti carbonara	Beef shawarma with brown flat bread	Sliders
SUNDAY	Green crepes	Lemon coriander chicken with bulgur	Chicken garlic herbs with beetroot mashed potato	Fruit parfait