



**DIABETES PLAN**  
(1300kcal - 1500kcal)

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Berries baked oatmeal	Healthy shrimp pasta	Chicken & potato salad	Pineapple cake
<b>TUESDAY</b>	Sausages with eggs	Creamy chicken mushroom With Rice	Beef Thai Curry with quinoa	Chicken sliders
<b>WEDNESDAY</b>	Healthy banana pancakes	Kung pao chicken noodles	Oven baked Fish & potato wedges	Peanut butter Nuts Bar
<b>THURSDAY</b>	Egg Frittata	Creamy Parmesan Orzo with Chicken	Chicken shawarma bowl	Orange muffin
<b>FRIDAY</b>	Berries - almonds chia pudding	Lemon Garlic Salmon with rice	Chicken cutlet with grilled sweet potato	Berries granola bar
<b>SATURDAY</b>	Scottish potato scones with beans and egg	Beef wrap	Mediterranean chicken with couscous	Tiramisu
<b>SUNDAY</b>	Banana oats porridge	Chicken balls with pasta	Lemon & black pepper chicken with mashed potatoes	Protein balls