

NutriFit® Diabetic Friendly 7- Day Menu & Shopping List



DAY 1 Menu

Breakfast

½ cup liquid egg substitute or egg whites
½ toasted English Muffin
1 piece of fruit
1 tsp. margarine

Snack

1 piece of fruit
1 light string cheese
5 Kashi TKC 7 grain crackers

Lunch

Tuna fish sandwich
2 slices whole wheat bread (Oroweat)
3 oz. tuna fish mixed w/ 2 tsp. lowfat or nonfat mayo
lettuce, tomato, onion, celery
1 orange or other fruit
handful baby carrots

Snack

1 cup Dannon Light n' Fit Yogurt
10 raw almonds

Dinner

4 oz. grilled or baked skinless chicken breast
1 baked potato or ½ small baked sweet potato
1 cup steamed vegetables
2 tsp. margarine

DAY 1 (1550 calories)

BREAKFAST

230 cal
45 cal fat
5 g fat
1.5 g sat fat
0 g trans fat
0 mg cholesterol
310 mg sodium
32 g carbs
5 g fiber
14 g sugar
17 g protein

SNACK

180 cal

LUNCH

350 cal
30 cal fat
3.5 g fat
0.5 g sat fat
0 g trans fat
25 mg cholesterol
410 mg sodium
47 g carbs
10 g fiber
20 g sugar
33 g protein

SNACK

180 calories

DINNER

610 cal
190 cal fat
21 g fat
7 g sat fat
0 g trans fat
70 mg cholesterol
140 mg sodium
76 g carbs
9 g fiber
9 g sugar
30 g protein

DAY 2 Menu

Breakfast

¾ cup nonfat of lowfat cottage cheese
½ toasted English Muffin
1 piece of fruit or 1 cup mixed fruit
1 tsp. margarine

Snack

½ cup grapes
1 light string cheese

Lunch

Chicken Wrap
1 (6") whole wheat tortilla
3 oz. grilled skinless chicken breast
2 tsp. lowfat or nonfat mayo
1 slice light cheese
lettuce, tomato, onion
handful baby carrots
1 piece of fruit

Snack

½ cup fat free pudding

Dinner

4 oz. grilled pork chop or loin
½ cup mashed potatoes
1 cup steamed vegetables
2 tsp. margarine

DAY 2 (1600 calories)

BREAKFAST

340 cal
40 cal fat
4.5 g fat
 0.5 g sat fat
 0 g trans fat
0 mg cholesterol
710 mg sodium
44 g carbs
1 g fiber
33 g sugar
24 g protein

SNACK

140 cal

LUNCH

470 cal
160 cal fat
18 g fat
 7 g sat fat
 0 g trans fat
70 mg cholesterol
600 mg sodium
51 g carbs
9 g fiber
21 g sugar
30 g protein

SNACK

50 cal

DINNER

600 cal
310 cal fat
34 g fat
 14 g sat fat
 0 g trans fat
115 mg cholesterol
630 mg sodium
39 g carbs
5 g fiber
7 g sugar
32 g protein

DAY 3 Menu

Breakfast

2 slices whole wheat toast (Oroweat Light Bread)
1 tbsp. natural peanut butter
6 oz. Dannon Light n' Fit Yogurt
1 banana

Snack

1 piece of fruit
2 Ryvita whole grain crackers

Lunch

Ham or turkey sandwich
2 oz. deli ham or turkey
2 slices whole wheat bread (Oroweat)
lettuce, tomato, onion, mustard
10 Kashi TKC 7 grain crackers
1 piece of fruit

Snack

10 Genisoy Soy Crisps
½ cup nonfat or lowfat cottage cheese

Dinner

Grilled Lean Turkey Burger
1 hamburger roll
1 slice light cheese
1 cup corn
½ cup green beans

DAY 3 (1229 calories)

BREAKFAST

420 cal
70 cal fat
8 g fat
1.5 g sat fat
0 g trans fat
5 mg cholesterol
410 mg sodium
72 g carbs
8 g fiber
30 g sugar
18 g protein

SNACK

2 Ryvita whole grain crackers
80 cal (apple)

LUNCH

310 cal
30 cal fat
5 g fat
1 g sat fat
0 g trans fat
40 mg cholesterol
940 mg sodium
55 g carbs
12 g fiber
22 g sugar
18 g protein

SNACK

190 cal

DINNER

229 cal
100 cal fat
11 g fat
10.4 g sat fat
0 g trans fat
79 cholesterol
122 mg sodium
4 g carb
1 g fiber
0 g sugar
27 g protein

DAY 4 Menu

Breakfast

1 cup Kashi Go Lean cereal
½ cup nonfat or 1 % milk
1 hard boiled egg
½ banana

Snack

10 raw almonds
½ cup dried fruit

Lunch

Large Grilled Chicken Salad
3 oz. skinless chicken breast
2 tsp. lowfat salad dressing
1 small dinner roll
1 cup melon

Snack

½ cup Dannon Light n' Fit Yogurt
3 Health Valley Apple Spice cookies

Dinner

Pasta with Meat Sauce
3 oz. very lean ground beef or turkey
1 cup cooked pasta
½ cup spaghetti sauce
1 cup steamed broccoli

DAY 4 (1255 calories)

BREAKFAST

360 cal
50 cal fat
5 g fat
1.5 g sat fat
0 g trans fat
165 mg cholesterol
270 mg sodium
60 g carbs
12 g fiber
30 g sugar
28 g protein

SNACK

240 cal

LUNCH

240 cal
40 cal fat
4.5 g fat
1 g sat fat
0 g trans fat
55 mg cholesterol
280 mg sodium
29 g carbs
3 g fiber
15 g sugar
22 g protein

SNACK

3 health valley apple spice cookies
55 calories

DINNER

360 cal
60 cal fat
7 g fat
2 g sat fat
0 g trans fat
80 mg cholesterol
480 mg sodium
49 g carbs
10 g fiber
10 g sugar
26 g protein

DAY 5 Menu

Breakfast

1 cup cooked oatmeal
1 tbsp. chopped almonds
½ cup nonfat or 1 % milk
1 tbsp. raisins

Snack

1 piece of fruit
10 Genisoy Soy Crisps

Lunch

Grilled Cheese Sandwich
2 slices whole wheat bread (Oroweat)
1 slice light cheese
2 tsp. margarine
1 cup lowfat chicken noodle soup or other lowfat soup

Snack

1 small apple
¼ cup soy nuts

Dinner

5 oz. piece of grilled, broiled or baked fish
¾ cup cooked brown rice
1 cup vegetables

DAY 5 (1598 calories)

BREAKFAST

430 cal
45 cal fat
5 g fat
0.5 g sat fat
0 g trans fat
0 mg cholesterol
125 mg sodium
84 g carbs
11 g fiber
24 g sugar
19 g protein

SNACK

190 cal

LUNCH

198 cal
51 cal fat
6 g fat
1 g sat fat
0 g trans fat
5 mg cholesterol
662 mg sodium
29 g carbs
6 g fiber
3 g sugar
10 g protein

SNACK

110

DINNER

670 cal
60 cal fat
6 g fat
1.5 g sat fat
0 g trans fat
70 mg cholesterol
100 mg sodium
113 g carbs
7 g fiber
3 g sugar
41 g protein

DAY 6 Menu

Breakfast

1 bagel
1 tbsp. cream cheese
2 oz. smoked salmon or ham
½ cup grapes

Snack

15 peanut butter filled pretzels

Lunch

1 (6") whole wheat pita
3 oz. deli turkey
Lettuce, tomato, mustard
Piece of fruit
handful baby carrots

Snack

½ banana
½ cup fat free pudding

Dinner

1 ½ cups turkey chili (Hormel 99% fat free)
1 small dinner roll
1 cup steamed vegetables
Tossed salad w/ 1 tbsp. lowfat salad dressing

DAY 6 (1420 calories)

BREAKFAST

350 cal
80 cal fat
9 g fat
 3.5 g sat fat
 0 g trans fat
30 mg cholesterol
700 mg sodium
53 g carbs
7 g fiber
18 g sugar
17 g protein

SNACK

150 cal

LUNCH

320 cal
45 cal fat
5 g fat
 1 g sat fat
 0 g trans fat
55 mg cholesterol
1190 mg sodium
47 g carbs
10 g fiber
13 g sugar
27 g protein

SNACK

110 cal

DINNER

490 cal
50 cal fat
6 g fat
 1.5 g sat fat
 0 g trans fat
45 mg cholesterol
880 mg sodium
83 g carbs
17 g fiber
20 g sugar
29 g protein
**Tossed salad w/ 1 tbsp
Lowfat salad dressing**

DAY 7 Menu

Breakfast

Cheese Omelet

- ½ cup liquid egg substitute or egg whites
- ¼ cup shredded part-skim mozzarella cheese
- ½ toasted English Muffin
- 1 tsp. margarine

Snack

- 1 oz. walnuts

Lunch

Grilled Chicken Sandwich (avoid special sauces, try mustard)

- 2 slices whole wheat bread (Oroweat)
- ½ romaine lettuce outer leaf
- 0.1 lb. chicken breast
- 1 slice tomato
- 1 tsp. margarine
- 1 piece of fruit

Snack

- 1 light string cheese
- 10 Genisoy Soy Crisps

Dinner

- 4 oz. grilled or broiled filet of beef
- ½ small baked potato
- 2 tsp. margarine
- ½ cup steamed green beans

DAY 7 (1395 calories)

BREAKFAST

- 240 cal
- 80 cal fat
- 9 g fat
 - 3.5 g sat fat
 - 0 g trans fat
- 10 mg cholesterol
- 560 mg sodium
- 15 g carbs
- 2 g fiber
- 4 g sugar
- 23 g protein

SNACK

- 185 cal

LUNCH

- 210 cal
- 45 cal fat
- 5 g fat
 - 1 g sat fat
 - 0 g trans fat
- 60 mg cholesterol
- 350 mg sodium
- 20 g carb
- 8 g fiber
- 4 g sugar
- 24 g protein
- 1 piece of fruit** (80 cal for apple)

SNACK

- 180 cal

DINNER

- 500 cal
- 310 cal fat
- 34 g fat
 - 13 g sat fat
 - 0 g trans fat
- 100 mg cholesterol
- 160 mg sodium
- 16 g carbs
- 2 g fiber
- 2 g sugar
- 30 g protein

Shopping List

- Lowfat egg substitute
- Bagel
- English Muffins
- Morning Star Breakfast Patties
- Grapes
- Bananas
- Dannon Light n' Fit Yogurt
- Lowfat or nonfat cream cheese
- 10 pieces of fruit
- Oroweat light bread
- Eggs
- Cooked oatmeal
- Almonds
- Nonfat or 1% milk
- Raisins
- Dried fruit
- Fat free pudding
- Pasta
- Spaghetti sauce
- Broccoli
- Brown rice
- Corn, green beans
- Lettuce, tomato, onion
- Mustard
- Kashi TLC 7 grain crackers
- Genisoy Soy Crisps
- Light cheese slices
- Margarine
- Lowfat chicken noodle soup
- Fish
- 6 oz ground turkey
- Turkey chili
- Hamburger rolls & dinner rolls
- Chicken breasts
- Lowfat salad dressing
- Lean deli ham or turkey
- Whole wheat tortillas
- Light mayonnaise
- Baby carrots
- Potatoes