

Diabetic-friendly adjusted Week 1 menu based on the provided original meal plan. I've restructured it with **lunch as the main/largest meal** (boosted portions of protein, non-starchy veggies, and moderate quality carbs for better satiety and blood sugar control during the day). Breakfast is moderate (protein-focused with limited carbs), and dinner is the lightest (emphasizing veggies + lean protein, minimal carbs).

This follows the **Diabetes Plate Method** ($\frac{1}{2}$ non-starchy veggies, $\frac{1}{4}$ lean protein, $\frac{1}{4}$ carbs like whole grains/legumes/starchy veggies in moderation). Aim for ~30-45g carbs at breakfast, ~45-55g at lunch (largest), and ~15-25g at dinner (smallest) to align with chrononutrition benefits—better insulin sensitivity earlier in the day reduces spikes. Total daily carbs ~100-150g (moderate; adjustable lower if needed).

Swaps and tweaks for diabetes management:

- Use **whole-grain** versions where possible (e.g., toast, rolls).
- Limit high-carb items (e.g., smaller portions of mashed potatoes, rice, pasta, fries, dinner rolls, garlic bread; swap where practical for cauliflower rice, extra veggies, or zucchini noodles).
- Prioritize **non-starchy veggies** (broccoli, green beans, salad, carrots, asparagus, etc.) to fill half the plate.
- Choose **lean proteins** (eggs, grilled chicken, turkey, fish, tuna).
- Beverages: Stick to water, unsweetened tea/coffee, herbal; limit milk/juice (use unsweetened almond milk if needed); avoid sugary ones.
- Desserts: Sugar-free or fruit-based only; small portions.
- Portions: Use a 9-inch plate for guidance; monitor blood sugar to personalize.

Monday

- **Breakfast** (moderate): Oatmeal (small portion, plain oats $\sim\frac{1}{3}$ cup cooked) + scrambled eggs + small piece of whole-grain toast + fresh fruit (e.g., berries or small apple). Beverages: Coffee/tea, limited milk (unsweetened).
- **Lunch** (main, largest): Grilled chicken sandwich (on whole-grain bread, lean chicken, lots of veggies/lettuce/tomato) + large side salad + small tomato soup. (Boost salad/veggies for volume; moderate bread.)
- **Dinner** (light): Baked cod + extra green beans + light broth. Beverages: Water, decaf.

Tuesday

- **Breakfast** (moderate): Yogurt parfait (plain Greek yogurt, low-sugar) + whole-grain toast (1 slice) + banana ($\frac{1}{2}$ or small). Beverages: Coffee/tea, limited milk/juice.
- **Lunch** (main, largest): Turkey & cheese wrap (whole-grain or low-carb tortilla/lettuce wrap, extra turkey/veggies) + carrot sticks + veggie soup + small dinner roll (or swap for extra veggies).
- **Dinner** (light): Light beef stew (smaller portion, veggie-heavy, minimal potatoes if any) + extra broccoli. Beverages: Herbal tea, water.

Wednesday

- **Breakfast** (moderate): Pancakes (small portion, whole-grain or low-carb mix if possible) + fruit topping + sausage (lean). Beverages: Coffee/tea, limited milk/juice.

- **Lunch** (main, largest): Veggie stir fry (lots of non-starchy veggies) + moderate rice (brown or cauliflower rice swap) + salad + small sweet potato (or halve/swap for more veggies).
- **Dinner** (light): Roast pork slice (lean) + extra peas (or swap peas for lower-carb greens like spinach). Beverages: Milk (limited), water.

Thursday

- **Breakfast** (moderate): Cereal (whole-grain, high-fiber, low-sugar portion) + milk (unsweetened/low-fat) + eggs + orange. Beverages: Coffee/tea, limited juice.
- **Lunch** (main, largest): Tuna salad sandwich (whole-grain bread, extra veggies/tuna) + fruit + small chips (or swap for carrot sticks/nuts) + side salad.
- **Dinner** (light): Pasta with marinara + small meatball (use whole-grain or veggie noodles like zucchini; smaller portion pasta, extra sauce/veggies). Garlic bread (small or skip; swap for garlic-roasted veggies). Beverages: Tea, water.

Friday

- **Breakfast** (moderate): French toast (whole-grain bread, small portion) + berries + bacon (lean/turkey). Beverages: Coffee/tea, limited milk/juice.
- **Lunch** (main, largest): Cheeseburger (lean patty, whole-grain bun or lettuce wrap, extra salad) + small fries (or swap for baked veggie fries/cauliflower) + corn (small or extra non-starchy veggies).
- **Dinner** (light): Chicken pot pie (smaller portion, veggie-heavy crust if possible or open-faced) + extra mixed veggies. Beverages: Herbal tea, water.

Saturday

- **Breakfast** (moderate): Omelet (eggs + veggies) + toast (whole-grain, 1 slice) + fruit. Beverages: Coffee/tea, limited milk/juice.
- **Lunch** (main, largest): Pizza slice (thin whole-grain or veggie crust if possible, load with veggies/toppings) + large salad + soup.
- **Dinner** (light): Ham slice (lean) + extra asparagus. Beverages: Milk (limited), water.

Sunday

- **Breakfast** (moderate): Waffles (whole-grain or low-carb, small portion) + fruit + eggs. Beverages: Coffee/tea, limited milk/juice.
- **Lunch** (main, largest): Soup & half sandwich (whole-grain, lean protein) + potatoes (small or swap for cauliflower mash) + carrots (extra).
- **Dinner** (light): Roast beef slice (lean) + light veggies (extra non-starchy like zucchini/broccoli). Beverages: Tea, water.

Tips for better control:

- Add healthy fats (e.g., avocado, olive oil, nuts) to meals to slow carb absorption.
- If a meal feels too light at dinner, add a small protein snack (e.g., Greek yogurt, nuts).
- Track portions and blood sugar—many see steadier levels with bigger midday meals.
- Flavor with herbs, spices, lemon, garlic (no added sugar/salt excess).