**GESTATIONAL DIABETES MEAL PLAN - 1800 CALORIES**

*195 grams Carbohydrates (43%), 77 grams Protein (17%)*

<table>
<thead>
<tr>
<th>Meal</th>
<th>Number of Servings/Choices</th>
<th>Menu Ideas</th>
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</thead>
</table>
| Breakfast          | 2 Carbohydrates (starch/fruit/milk/other)  
2 Lean meat (ounces)  
0-2 Fats | **No fruit juice at breakfast.** |           |           |           |
| Morning Snack      | 1 Carbohydrate (starch/fruit/milk/other)  
1 Lean Meat (ounces) |           |           |           |
| Lunch              | 3 Carbohydrates (starch/fruit/milk/other)  
1 Vegetables (non starchy)  
3 Lean meat/meat substitute (ounces)  
0-2 Fats |           |           |           |
| Afternoon Snack    | 2 Carbohydrate (starch/fruit/milk/other)  
1 Lean Meat (ounces) |           |           |           |
| Dinner             | 3 Carbohydrates (starch/fruit/milk/other)  
2 Vegetables (non starchy)  
3 Lean meat (ounces)  
0-2 Fats |           |           |           |
| Evening Snack      | 1 Carbohydrate (starch/fruit/milk/other)  
1 Lean Meat (ounces)  
0-2 Fats |           |           |           |