

## GESTATIONAL DIABETES MEAL PLAN - 2000 CALORIES

*215 grams Carbohydrates (43%), 84 grams protein (17%)*

Meal	Number of Servings/Choices	Menu Ideas	Menu Ideas	Menu Ideas
Breakfast	2 Carbohydrates (starch/fruit/milk/other) 2 Lean meat (ounces) 0-2 Fats **No fruit juice at breakfast.			
Morning Snack	2 Carbohydrate (starch/fruit/milk/other) 1 Lean Meat (ounces)			
Lunch	3 Carbohydrates (starch/fruit/milk/other) 2 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 3 Lean meat (ounces) 0-2 Fats			
Evening Snack	1 Carbohydrate (starch/fruit/milk/other) 2 Lean Meat (ounces) 0-2 Fats			