# GESTATIONAL DIABETES MEAL PLAN - 2000 CALORIES

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

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<th>Meal</th>
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| Breakfast      | 2 Carbohydrates (starch/fruit/milk/other)  
                 2 Lean meat (ounces)  
                 0-2 Fats              | -¼ cup of dry oatmeal and 8oz of skim milk  
                                                                                  -½ cup of egg beaters with 1tsp of butter  
                                                                                  -2 Tbsp half and half in decaf coffee |                                                            |            |
|                | **No fruit juice at breakfast.** |                                                                               |                                                                               |            |
| Morning Snack  | 2 Carbohydrate (starch/fruit/milk/other)  
                 1 Lean Meat (ounces)             | 1 small apple with 2 Tbsp of peanut butter and 4oz of light yogurt             |                                                                               |            |
| Lunch          | 3 Carbohydrates (starch/fruit/milk/other)  
                 2 Vegetables (non starchy)  
                 3 Lean meat/meat substitute (ounces)  
                 0-2 Fats                   | 6 inch whole wheat subway with 2 tsp of mayo, 3oz of grilled chicken breast, 1oz of cheese and veggies |                                                                               |            |
| Afternoon Snack| 2 Carbohydrate (starch/fruit/milk/other)  
                 1 Lean Meat (ounces)             | 1 medium banana and 1 reduced fat string cheese                                |                                                                               |            |
| Dinner         | 3 Carbohydrates (starch/fruit/milk/other)  
                 2 Vegetables  
                 3 Lean meat (ounces)  
                 0-2 Fats                   | ½ cup of brown rice, ½ cup of pinto beans, 4oz grilled chicken breast, 2 cups of salad with 2 Tbsp of dressing and 8oz of skim milk |                                                                               |            |
| Evening Snack  | 1 Carbohydrate (starch/fruit/milk/other)  
                 2 Lean Meat (ounces)            | Sandwich- 1 slice Whole wheat bread with 2oz of turkey breast (heated) and 1 Tbsp light mayo |                                                                               |            |