

GESTATIONAL DIABETES MEAL PLAN - 2200 CALORIES

230 gms carbohydrates (42%), 98 gms protein (18%)

Meal	Number of Servings/Choices	Menu Ideas	Menu Ideas	Menu Ideas
Breakfast	2 Carbohydrates (starch/fruit/milk/other) 2 Lean meat (ounces) 2 Fats **No fruit juice at breakfast	-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	-1 slice of whole wheat toast with 1 tsp butter and sugar free jelly -½ cup of cottage cheese with ½ cup of peaches	
Morning Snack	2 Carbohydrates (starch/fruit/milk/other) 1 Lean Meat (ounces)	1 small apple with 2 Tbsp of peanut butter and 4oz of light yogurt	8oz of skim milk with slice of whole wheat toast and a boiled egg	
Lunch	3 Carbohydrates (starch/fruit/milk/other) 2 Vegetables (non starchy) 4 Lean meat/meat substitute (ounces) 2 Fats	6 inch whole wheat subway with 2 tsp of mayo, 3oz of grilled chicken breast, 1oz of cheese and veggies	Chick fil-A- chick-n-strips salad with 1 pkg of fat free honey mustard and small diet lemonade or water	
Afternoon Snack	2 Carbohydrates (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 (non starchy) 4 Lean meat (ounces) 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	"plate method"	
Evening Snack	2 Carbohydrates (starch/fruit/milk/other) 2 Lean Meat (ounces) 1 Fat	sandwich- 2 slices WW bread with 2oz of turkey breast (heated) and 1 Tbsp light mayo	Small McDonalds hamburger	