## GESTATIONAL DIABETES MEA PLAN - 2400 CALORIES

**260 carbohydrates (43%), 105 gms protein (18%)**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Number of Servings/Choices</th>
<th>Menu Ideas</th>
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</tr>
</thead>
</table>
| Breakfast     | 2  Carbohydrates (starch/fruit/milk/other)  
2  Lean meat (ounces)  
2  Fats | | | |
|               | **No fruit juice at breakfast.** | | | |
| Morning Snack | 2  Carbohydrates (starch/fruit/milk/other)  
2  Lean Meat (ounces) | | | |
| Lunch         | 4  Carbohydrates (starch/fruit/milk/other)  
2  Vegetables (non starchy)  
4  Lean meat/meat substitute (ounces)  
2  Fats | | | |
| Afternoon Snack | 2  Carbohydrates (starch/fruit/milk/other)  
1  Lean Meat (ounces)  
1  Fat | | | |
| Dinner        | 4  Carbohydrates (starch/fruit/milk/other)  
2  Vegetables (non starchy)  
4  Lean meat (ounces)  
2  Fats | | | |
<p>| Evening Snack | 2  Carbohydrates | | | |</p>
<table>
<thead>
<tr>
<th>(starch/fruit/milk/other)</th>
<th>2 Lean Meat (ounces)</th>
<th>1 Fat</th>
</tr>
</thead>
</table>