



MADE BY FODLIST



# HEALTHY SNACKS FOR DIABETICS





**AVOCADO TOAST WITH EGG**



**GREEK YOGURT WITH BERRIES & HONEY**



**QUINOA SALAD WITH CHICKPEAS**



**HUMMUS WITH CARROT STICKS**



**BAKED SALMON WITH STEAMED BROCCOLI & BROWN RICE**

## BREAKFAST

## SNACK

## LUNCH

## SNACK

## DINNER

**320** **26** **7** **11**  
Cal Carb Fiber Protein

- 🍴 1 slice whole grain bread, 1/2 avocado, 1 large egg

🍳 Toast bread, smash avocado on top, pan-fry egg in 1 tsp olive oil

♥ Great balance of healthy fats and protein. Add lemon water before breakfast.

**180** **17** **2** **13**  
Cal Carb Fiber Protein

- 🍴 1/4 cup plain Greek yogurt, 1/4 cup blueberries, 1 tsp honey

🍳 Mix all together in a bowl

♥ Probiotics + antioxidants. Helps digestion and energy.

**430** **38** **8** **13**  
Cal Carb Fiber Protein

- 🍴 1 cup cooked quinoa, 1/2 cup chickpeas, 1/4 cup chopped cucumber, tomato, 1 tsp olive oil

🍳 Toss all ingredients with olive oil and lemon juice

♥ Plant protein and fiber-rich. Add herbs like parsley for more freshness.

**120** **10** **3** **3**  
Cal Carb Fiber Protein

- 🍴 3 tbsp hummus, 1 medium carrot sliced

🍳 Slice carrot and dip in hummus

♥ Great balance of healthy fats and protein. Add lemon water before breakfast.

**520** **28** **6** **35**  
Cal Carb Fiber Protein

- 🍴 4 oz salmon, 1 cup steamed broccoli, 1/2 cup brown rice

🍳 Bake salmon at 375°F for 15–20 min with lemon and herbs. Steam broccoli

♥ Omega-3s support heart health. Eat slowly to enhance fullness.

### GROCERY LIST

- Almond butter
- Apple (1 medium)
- Banana (1/4)
- Bell pepper (2) (1 for tuna, 1 for dinner)
- Capers
- Chia seeds
- Chicken breast (4 oz)
- Cucumber (1)
- Feta cheese (1 oz)
- Greek yogurt, plain (3/4 cup)
- Honey
- Oats (2 tbsp)
- Olive oil
- Parsley (fresh or dried)
- Tuna (1 can in olive oil)
- Zucchini (1/2 cup)



### TIPS

- Avocado, egg, salmon, and quinoa offer fiber, protein, and healthy fats to support energy and reduce cravings.
- Drink lemon water before breakfast to stimulate digestion.
- Eat slowly and mindfully to promote satiety and reduce overeating.
- Herbal tea (peppermint or green) post-lunch can support digestion.



**GREEK YOGURT  
PARFAIT WITH CHIA**



**APPLE SLICES WITH  
ALMOND BUTTER**



**TUNA STUFFED  
BELL PEPPER**



**CUCUMBER &  
FETA STICKS**



**GRILLED CHICKEN WITH  
ROASTED VEGGIES**

## BREAKFAST

## SNACK

## LUNCH

## SNACK

## DINNER

**280** **25** **4** **14**  
Cal Carb Fiber Protein

3/4 cup plain Greek yogurt,  
1 tbsp chia seeds,  
1/4 banana, 2 tbsp oats,  
1 tsp honey

Layer in a bowl: yogurt,  
oats, chia, banana slices,  
drizzle honey

Great probiotic boost. Chia  
supports gut health and  
fullness.

**190** **21** **4** **3**  
Cal Carb Fiber Protein

1 medium apple,  
1 tbsp almond butter

Slice apple, dip into almond  
butter

Natural sugars + healthy fats  
= steady energy.

**320** **8** **2** **24**  
Cal Carb Fiber Protein

1 bell pepper,  
1 can tuna in olive oil (3 oz),  
1 tbsp capers,  
chopped parsley

Mix tuna with herbs and  
capers, stuff into raw or  
lightly roasted pepper

Low-carb & rich in lean  
protein. Add lemon zest  
for freshness.

**410** **18** **4** **36**  
Cal Carb Fiber Protein

1/2 cucumber,  
1 oz feta cheese

Slice cucumber, cube feta,  
serve as a bite snack

Hydrating and rich in  
calcium. Great pre-dinner  
option.

**410** **18** **4** **36**  
Cal Carb Fiber Protein

4 oz chicken breast,  
1/2 cup zucchini,  
1/2 cup bell pepper,  
1 tsp olive oil

Grill chicken with herbs,  
roast veggies at 400°F  
for 20 min with olive oil

Lean protein dinner.  
Add oregano and garlic  
for Mediterranean flavor.

### GROCERY LIST

- Almond butter
- Apple (1 medium)
- Banana (1/4)
- Bell pepper (2)  
(1 for tuna, 1 for dinner)
- Capers
- Chia seeds
- Chicken breast (4 oz)
- Cucumber (1)
- Feta cheese (1 oz)
- Greek yogurt, plain (3/4 cup)
- Honey
- Oats (2 tbsp)
- Olive oil
- Parsley (fresh or dried)
- Tuna (1 can in olive oil)
- Zucchini (1/2 cup)



### TIPS

- Probiotics from yogurt and fiber from chia support digestion.
- If you feel an energy dip, add an extra spoon of chia or drizzle olive oil over lunch.
- Herbal tea (like ginger or fennel) after meals can ease digestion.
- Eating raw veggies like cucumber and bell pepper keeps meals refreshing and hydrating.



**GREEN SMOOTHIE WITH SPINACH & PEANUT BUTTER**



**HANDFUL OF MIXED NUTS**



**LENTIL SOUP WITH WHOLE WHEAT PITA**



**ORANGE SLICES WITH DARK CHOCOLATE**



**STUFFED ZUCCHINI BOATS WITH QUINOA**

## BREAKFAST

250 Cal 20 Carb 4 Fiber 6 Protein

- 1 cup spinach, 1/2 banana, 1 tbsp peanut butter, 3/4 cup almond milk, 1 tsp flax seeds

Blend all ingredients until smooth

Plant-based and energizing. Add ice for a refreshing twist.

## SNACK

200 Cal 7 Carb 3 Fiber 6 Protein

- 1/4 cup (almonds, walnuts, pistachios)

Eat raw or lightly roasted

Healthy fats boost focus and fight cravings.

## LUNCH

430 Cal 42 Carb 8 Fiber 20 Protein

- 1 cup cooked lentils, 1/2 carrot, 1/4 onion, 1 tsp olive oil, 1 small pita

Simmer lentils, carrots, onions with olive oil and water for 30 mins

Fiber-rich & hearty. Add cumin and lemon for a classic Mediterranean flavor.

## SNACK

150 Cal 22 Carb 3 Fiber 2 Protein

- 1 medium orange, 1 square (0.5 oz) dark chocolate

Peel orange, serve with a piece of dark chocolate

Satisfies sweet cravings without spiking blood sugar.

## DINNER

420 Cal 30 Carb 5 Fiber 36 Protein

- 1 zucchini, 1/2 cup cooked quinoa, 1 tbsp tomato paste, 1 oz mozzarella cheese

Cut zucchini in half, scoop center, mix quinoa with tomato paste, bake 20 min

A light but satisfying meal. Add chili flakes for warmth.

## GROCERY LIST

- Almond milk (unsweetened)
- Banana (1/2)
- Carrot (1/2)
- Dark chocolate (1 small square)
- Flax seeds
- Lentils (dry or canned)
- Mixed nuts (almonds, walnuts, pistachios)
- Mozzarella cheese (1 oz)
- Olive oil
- Onion (1/4)
- Orange (1 medium)
- Peanut butter (1 tbsp)
- Quinoa
- Tomato paste
- Whole wheat pita (1 small)
- Zucchini (1 large)
- Spinach (1 cup)



## TIPS

- Lentils and quinoa provide complete protein and lasting energy.
- Smoothie in the morning helps alkalize the body and refresh digestion.
- Add 1 tsp peanut butter or remove half the banana if you're sensitive to carbs in the morning.
- A piece of dark chocolate helps curb sugar cravings in a controlled way.
- Peppermint or ginger tea after lunch helps digestion and reduces bloating.



**OATMEAL WITH ALMOND BUTTER & BERRIES**



**HARD-BOILED EGG WITH CHERRY TOMATOES**



**MEDITERRANEAN CHICKPEA BOWL**



**PEAR WITH CRUSHED WALNUTS**



**BAKED COD WITH SPINACH & SWEET POTATO**

## BREAKFAST

## SNACK

## LUNCH

## SNACK

## DINNER

**310** **32** **5** **7**  
Cal Carb Fiber Protein

**100** **2** **1** **6**  
Cal Carb Fiber Protein

**400** **35** **7** **14**  
Cal Carb Fiber Protein

**160** **22** **4** **2**  
Cal Carb Fiber Protein

**470** **28** **6** **35**  
Cal Carb Fiber Protein

- 1/2 cup rolled oats, 1 cup water, 1 tbsp almond butter, 1/4 cup mixed berries

- 1 hard-boiled egg, 5 cherry tomatoes

- 1/2 cup chickpeas, 1/4 avocado, 2 tbsp tzatziki, 1/4 cup cucumber, 1/4 cup tomato

- 1 small pear, 1 tbsp chopped walnuts

- 4 oz cod, 1 cup spinach, 1/2 medium sweet potato, 1 tsp olive oil

Cook oats with water, stir in almond butter, top with berries.

Boil egg, serve with fresh tomatoes

Combine all in a bowl and drizzle with lemon juice

Slice pear and sprinkle with walnuts

Bake cod with herbs at 375°F for 15–20 min. Sauté spinach, roast sweet potato

Energizing and satisfying. Add cinnamon for flavor without sugar.

Protein-packed snack that keeps you full longer.

Plant-powered and creamy. Add fresh herbs for flavor.

Natural sweetness + crunch = perfect slow snack.

Light but rich in nutrients. Perfect protein and complex carbs combo.

## GROCERY LIST

- Almond butter
- Avocado (1/4)
- Berries (mixed, 1/4 cup)
- Cherry tomatoes
- Chickpeas (canned or cooked)
- Cod fillet (4 oz)
- Cucumber (1/4 cup)
- Eggs (1)
- Lemon
- Olive oil
- Oats (rolled, 1/2 cup)
- Pear (1 small)
- Spinach (1 cup)
- Sweet potato (1/2 medium)
- Tzatziki (2 tbsp)
- Tomato (1/4 cup)
- Walnuts (chopped, 1 tbsp)



## TIPS

- Oats provide long-lasting fuel and stabilize morning energy levels.
- Almond butter adds protein and slows digestion of carbs.
- Dinner is light yet rich in essential nutrients and lean protein.
- Add protein powder to oatmeal if you need more morning energy.
- Chamomile or lavender tea after dinner promotes relaxation and curbs late-night cravings.



**SCRAMBLED EGGS WITH SAUTÉED SPINACH**



**GREEK YOGURT WITH PUMPKIN SEEDS**



**MEDITERRANEAN TURKEY WRAP**



**BABY CARROTS WITH OLIVE TAPENADE**



**ROASTED CHICKEN WITH SWEET POTATO & ARUGULA**

## BREAKFAST

250 Cal   2 Carb   1 Fiber   13 Protein

2 eggs, 1 tsp olive oil, 1 cup spinach

Scramble eggs in olive oil, add spinach and cook until wilted

Low-carb, protein-rich start. Keeps insulin stable and reduces cravings.

## SNACK

160 Cal   6 Carb   1 Fiber   10 Protein

1/2 cup plain Greek yogurt, 1 tbsp pumpkin seeds

Mix together in a bowl

Gut-friendly and energizing. Great omega-3 from seeds.

## LUNCH

340 Cal   24 Carb   4 Fiber   22 Protein

1 whole wheat tortilla, 3 oz turkey breast, 1 tbsp hummus, 1/2 cup lettuce, tomato

Spread hummus, layer turkey and veggies, roll up

Lean protein + fiber combo. Add olives for a salty boost if desired.

## SNACK

120 Cal   10 Carb   3 Fiber   2 Protein

1/2 cup baby carrots, 1 tbsp olive tapenade

Dip carrots into tapenade

Crunchy, hydrating snack with healthy fats. Great for afternoon munchies.

## DINNER

520 Cal   30 Carb   5 Fiber   34 Protein

4 oz chicken thigh, 1/2 medium sweet potato, 1 cup arugula, 1 tsp olive oil

Roast chicken and sweet potato at 400°F for 25 min, toss arugula in olive oil

Ideal post-activity meal. Add lemon juice and herbs for brightness.

## GROCERY LIST

- Arugula (1 cup)
- Baby carrots (1/2 cup)
- Chicken thigh (4 oz)
- Eggs (2)
- Greek yogurt (1/2 cup)
- Hummus (1 tbsp)
- Lettuce (1/4 cup)
- Olive oil
- Olive tapenade (1 tbsp)
- Pumpkin seeds (1 tbsp)
- Spinach (1 cup)
- Sweet potato (1/2 medium)
- Tomato (1/4 cup)
- Turkey breast (3 oz)
- Whole wheat tortilla (1)



## TIPS

- Oats provide long-lasting fuel and stabilize morning energy levels.
- Almond butter adds protein and slows digestion of carbs.
- Dinner is light yet rich in essential nutrients and lean protein.
- Add protein powder to oatmeal if you need more morning energy.
- Chamomile or lavender tea after dinner promotes relaxation and curbs late-night cravings.



**BERRY SPINACH SMOOTHIE WITH ALMOND BUTTER**



**BOILED EDAMAME WITH SEA SALT**



**VEGETABLE CURRY WITH BROWN RICE**



**2 MEDJOOl DATES & 10 ALMONDS**



**STUFFED EGGPLANT WITH FETA & QUINOA**

## BREAKFAST

## SNACK

## LUNCH

## SNACK

## DINNER

260 Cal 25 Carb 5 Fiber 5 Protein

140 Cal 10 Carb 4 Fiber 12 Protein

450 Cal 40 Carb 7 Fiber 12 Protein

180 Cal 20 Carb 3 Fiber 4 Protein

470 Cal 34 Carb 6 Fiber 14 Protein

- 3/4 cup almond milk, 1/2 banana, 1/2 cup berries, 1 cup spinach, 1 tsp almond butter

- 1/2 cup shelled edamame
- Boil for 5 min, sprinkle with sea salt

- 1/2 cup brown rice, 1 cup mixed vegetables (zucchini, carrots, bell pepper), curry paste

- 2 Medjool dates, 10 almonds
- Eat together or separate

- 1/2 medium eggplant, 1/2 cup cooked quinoa, 1 oz crumbled feta, herbs

Blend all ingredients until smooth

Fiber-rich and anti-inflammatory. Add cilantro for a fresh flavor finish.

Sauté vegetables in olive oil, add curry paste, simmer; serve over cooked rice

Balanced sweet snack. Satisfies cravings naturally.

Roast halved eggplant at 375°F for 25 min, top with quinoa & feta, bake 5 more min

Great plant-based breakfast. Add 1 tbsp flaxseed to boost fiber & omega-3.

Fiber-rich and anti-inflammatory. Add cilantro for a fresh flavor finish.

Balanced and hearty vegetarian dish. Add lemon zest or garlic for Mediterranean taste.

## GROCERY LIST

- Almond butter
- Almonds (10)
- Almond milk (3/4 cup)
- Banana (1/2)
- Bell pepper
- Berries (1/2 cup)
- Brown rice (1/2 cup)
- Carrots
- Curry paste
- Dates (2 Medjool)
- Edamame (shelled, 1/2 cup)
- Eggplant (1/2 medium)
- Feta cheese (1 oz)
- Olive oil
- Quinoa (1/2 cup cooked)
- Sea salt
- Spinach (1 cup)
- Zucchini



## TIPS

- The combination of curry and smoothie offers a great balance of healthy fats, fiber, and protein.
- Add 1 hard-boiled egg or more edamame to lunch if you feel hungry later in the day.
- Herbal teas like rooibos or mint post-lunch help soothe digestion.
- Prepare rice or quinoa in bulk ahead of time to save time during the week.



**CHIA PUDDING WITH BERRIES & HONEY**



**CUCUMBER SLICES WITH HUMMUS**



**QUINOA CHICKPEA SALAD WITH LEMON DRESSING**



**A HANDFUL OF PISTACHIOS**



**GRILLED COD WITH QUINOA & STEAMED BROCCOLI**

## BREAKFAST

## SNACK

## LUNCH

## SNACK

## DINNER

**300** **26** **7** **6**  
Cal Carb Fiber Protein

- 3 tbsp chia seeds, 3/4 cup almond milk, 3/4 cup berries, 1 tsp honey

Mix chia with almond milk, let sit overnight; top with berries & honey in morning

High in fiber and omega-3. Prepped in advance = time saver.

**110** **7** **2** **3**  
Cal Carb Fiber Protein

- 1/2 cucumber, 2 tbsp hummus

Slice cucumber, serve with hummus for dipping

Crunchy, hydrating, and rich in healthy fats.

**430** **38** **8** **13**  
Cal Carb Fiber Protein

- 1/2 cup cooked quinoa, 1/2 cup chickpeas, 1/4 avocado, parsley, lemon, 1 tsp olive oil

Toss all ingredients together with lemon juice and olive oil

Full of fiber, flavor, and plant protein. Add mint or basil for freshness.

**170** **8** **3** **6**  
Cal Carb Fiber Protein

- 1/4 cup pistachios

Eat as-is or lightly roasted

Rich in minerals and healthy fats. Supports satiety between meals.

**490** **30** **6** **34**  
Cal Carb Fiber Protein

- 4 oz cod, 1/2 cup cooked quinoa, 1 cup steamed broccoli, lemon, herbs

Grill cod with lemon & herbs, serve with quinoa and steamed broccoli

Excellent lean protein + complex carbs to finish strong.

## GROCERY LIST

- Almond milk (3/4 cup)
- Avocado (1/4)
- Berries (1/4 cup)
- Broccoli (1 cup)
- Chickpeas (1/2 cup)
- Chia seeds (3 tbsp)
- Cod fillet (4 oz)
- Cucumber (1/2)
- Herbs (parsley, mint, or basil)
- Hummus (2 tbsp)
- Honey (1 tsp)
- Lemon
- Olive oil
- Pistachios (1/4 cup)
- Quinoa (1 cup total: 1/2 for lunch, 1/2 for dinner)



## TIPS

- Chickpeas, quinoa, and cod provide a complete mix of fiber, complex carbs, and lean protein.
- Chia pudding is perfect for prepping the night before – saves time and boosts your gut health.
- Add lemon to your water throughout the day to support digestion and reduce bloating.
- Chew slowly during meals and avoid eating too late in the evening.