

FODLIST

7-Day Diabetes-Friendly Meal Plan

Breakfast • Snack • Lunch • Dinner — with full recipes, nutrition facts & macros

28

Balanced Meals



Diabetes-Friendly

Grocery List
Included

Day 1 — Fresh Start

1220 kcal

C 100g • P 107g • F 42g • Fiber 19g

BREAKFAST

260 kcal

Veggie Egg White Scramble with Whole-Wheat Toast

INGREDIENTS

- 4 egg whites + 1 whole egg
- 1/2 cup diced bell pepper
- 1/4 cup diced onion
- 1/2 cup baby spinach
- 1 slice whole-wheat toast
- 1 tsp olive oil
- Salt, pepper, garlic powder

INSTRUCTIONS

Heat oil in a nonstick pan over medium heat. Sauté pepper and onion 3 minutes, add spinach until wilted. Whisk eggs and egg whites, pour into pan and scramble until just set. Season and serve with toast.

22g

CARBS

22g

PROTEIN

10g

FAT

4g

FIBER

SNACK

150 kcal

Greek Yogurt with Berries & Chia

INGREDIENTS

- 3/4 cup plain nonfat Greek yogurt
- 1/2 cup mixed berries
- 1 tsp chia seeds
- Dash of cinnamon

INSTRUCTIONS

Spoon yogurt into a bowl, top with berries, chia seeds, and cinnamon.

16g

CARBS

16g

PROTEIN

2g

FAT

4g

FIBER

LUNCH

390 kcal

Grilled Chicken & Quinoa Power Bowl

INGREDIENTS

- 4 oz grilled chicken breast, sliced
- 1/2 cup cooked quinoa
- 1 cup mixed greens
- 1/4 cup cherry tomatoes
- 1/4 cup cucumber
- 2 tbsp light vinaigrette

INSTRUCTIONS

Arrange greens, quinoa, tomatoes, and cucumber in a bowl. Top with sliced chicken and drizzle with vinaigrette.

30g

CARBS

35g

PROTEIN

13g

FAT

6g

FIBER

DINNER

420 kcal

Baked Salmon with Roasted Asparagus & Brown Rice

INGREDIENTS

- 5 oz salmon fillet
- 1 cup asparagus, trimmed
- 1/2 cup cooked brown rice
- 1 tsp olive oil
- 1/2 lemon
- Salt, pepper, dill

INSTRUCTIONS

Preheat oven to 400°F. Place salmon and asparagus on a sheet pan, drizzle with oil, season, and top with lemon slices. Bake 12-15 minutes. Serve with brown rice.

32g

CARBS

34g

PROTEIN

17g

FAT

5g

FIBER

Day 2 — Mediterranean Vibes

1130 kcal

C 96g • P 78g • F 49g • Fiber 26g

BREAKFAST

290 kcal

Overnight Chia Oats with Cinnamon & Almonds

INGREDIENTS

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 3/4 cup unsweetened almond milk
- 1/4 tsp cinnamon
- 1 tbsp sliced almonds
- 1/2 cup sliced strawberries

INSTRUCTIONS

Combine oats, chia seeds, almond milk, and cinnamon in a jar. Refrigerate overnight. Top with almonds and strawberries before serving.

38g

CARBS

9g

PROTEIN

11g

FAT

9g

FIBER

SNACK

160 kcal

Apple Slices with Almond Butter

INGREDIENTS

- 1 small apple, sliced
- 1 tbsp natural almond butter

INSTRUCTIONS

Slice the apple and serve with almond butter for dipping.

22g

CARBS

3g

PROTEIN

8g

FAT

4g

FIBER

LUNCH

320 kcal

Turkey & Avocado Lettuce Wraps

INGREDIENTS

- 4 oz sliced deli turkey (low sodium)
- 1/4 avocado, sliced
- 4 large romaine or butter lettuce leaves
- 1/4 cup shredded carrot
- 2 tbsp hummus

INSTRUCTIONS

Spread hummus on lettuce leaves, layer turkey, avocado, and carrot, then roll up and secure with a toothpick.

16g

CARBS

28g

PROTEIN

16g

FAT

7g

FIBER

DINNER

360 kcal

Chicken Fajita Bowl with Cauliflower Rice

INGREDIENTS

- 5 oz chicken breast, sliced
- 1 cup mixed bell peppers & onion
- 1 cup cauliflower rice
- 1 tsp olive oil
- Fajita seasoning (cumin, chili, paprika, garlic)
- 2 tbsp salsa

INSTRUCTIONS

Sauté chicken and vegetables with oil and fajita seasoning until cooked through, about 8-10 minutes. Serve over cauliflower rice with salsa.

20g

CARBS

38g

PROTEIN

14g

FAT

6g

FIBER

Day 3 — Garden Fresh

1110 kcal

C 91g • P 73g • F 49g • Fiber 22g

BREAKFAST

270 kcal

Veggie Omelet with Spinach & Feta

INGREDIENTS

- 2 whole eggs + 2 egg whites
- 1/2 cup baby spinach
- 2 tbsp crumbled feta
- 2 tbsp diced tomato
- 1 tsp olive oil

INSTRUCTIONS

Whisk eggs. Heat oil in a pan, wilt spinach, pour in eggs, add feta and tomato, fold when set.

6g

CARBS

22g

PROTEIN

18g

FAT

1g

FIBER

SNACK

140 kcal

Carrot & Cucumber Sticks with Hummus

INGREDIENTS

- 1 cup carrot and cucumber sticks
- 3 tbsp hummus

INSTRUCTIONS

Slice vegetables into sticks and serve with hummus for dipping.

17g

CARBS

5g

PROTEIN

6g

FAT

5g

FIBER

LUNCH

360 kcal

Mediterranean Chickpea Salad

INGREDIENTS

- 3/4 cup chickpeas, rinsed
- 1 cup chopped cucumber & tomato
- 2 tbsp crumbled feta
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Fresh parsley, oregano

INSTRUCTIONS

Combine all ingredients in a bowl, toss with olive oil and lemon juice, season with herbs.

38g

CARBS

14g

PROTEIN

16g

FAT

10g

FIBER

DINNER

340 kcal

Baked Cod with Steamed Broccoli & Sweet Potato

INGREDIENTS

- 5 oz cod fillet
- 1 cup broccoli florets
- 1/2 small sweet potato, cubed
- 1 tsp olive oil
- Lemon, garlic, paprika

INSTRUCTIONS

Roast sweet potato at 400°F for 15 minutes, add cod and broccoli, drizzle with oil and seasoning, bake 12 more minutes.

30g

CARBS

32g

PROTEIN

9g

FAT

6g

FIBER

Day 4 — Protein Power

1080 kcal

C 56g • P 99g • F 50g • Fiber 16g

BREAKFAST

230 kcal

Cottage Cheese Bowl with Walnuts & Berries

INGREDIENTS

- 3/4 cup low-fat cottage cheese
- 1/2 cup mixed berries
- 1 tbsp chopped walnuts
- Dash of cinnamon

INSTRUCTIONS

Spoon cottage cheese into a bowl, top with berries, walnuts, and cinnamon.

15g

CARBS

20g

PROTEIN

10g

FAT

3g

FIBER

SNACK

160 kcal

Hard-Boiled Eggs with Cherry Tomatoes

INGREDIENTS

- 2 hard-boiled eggs
- 1/2 cup cherry tomatoes
- Pinch of salt & pepper

INSTRUCTIONS

Peel eggs, slice in half, serve with tomatoes and a pinch of salt and pepper.

5g

CARBS

13g

PROTEIN

10g

FAT

1g

FIBER

LUNCH

350 kcal

Turkey Chili (Bean-Based)

INGREDIENTS

- 4 oz lean ground turkey
- 1/2 cup kidney beans
- 1/2 cup diced tomatoes
- 1/4 cup diced onion & pepper
- Chili powder, cumin, garlic

INSTRUCTIONS

Brown turkey with onion and pepper, add beans, tomatoes, and spices. Simmer 15-20 minutes.

28g

CARBS

32g

PROTEIN

11g

FAT

9g

FIBER

DINNER

340 kcal

Lemon Herb Chicken Thighs with Zucchini Noodles

INGREDIENTS

- 5 oz boneless skinless chicken thigh
- 2 cups zucchini noodles
- 1 tsp olive oil
- Lemon, garlic, oregano, thyme

INSTRUCTIONS

Marinate chicken in lemon, garlic, and herbs. Grill or pan-sear 6-7 minutes per side. Sauté zucchini noodles in oil 2-3 minutes. Serve together.

8g

CARBS

34g

PROTEIN

19g

FAT

3g

FIBER

Day 5 — Light & Bright

1060 kcal

C 58g • P 86g • F 53g • Fiber 16g

BREAKFAST

270 kcal

Whole-Wheat Avocado Toast with Poached Egg

INGREDIENTS

- 1 slice whole-wheat bread
- 1/4 avocado, mashed
- 1 egg, poached
- Red pepper flakes, salt

INSTRUCTIONS

Toast bread, spread mashed avocado on top, add poached egg, season to taste.

22g

CARBS

12g

PROTEIN

15g

FAT

6g

FIBER

SNACK

150 kcal

Celery Sticks with Peanut Butter

INGREDIENTS

- 4 celery stalks
- 1.5 tbsp natural peanut butter

INSTRUCTIONS

Cut celery into sticks, spread with peanut butter.

8g

CARBS

6g

PROTEIN

11g

FAT

3g

FIBER

LUNCH

260 kcal

Tuna Salad Lettuce Wraps

INGREDIENTS

- 5 oz canned tuna in water, drained
- 2 tbsp light mayo or Greek yogurt
- 1/4 cup diced celery
- 4 large lettuce leaves
- Lemon juice, pepper

INSTRUCTIONS

Mix tuna, mayo/yogurt, celery, lemon juice, and pepper. Spoon into lettuce leaves and wrap.

6g

CARBS

34g

PROTEIN

10g

FAT

2g

FIBER

DINNER

380 kcal

Turkey Meatballs with Marinara over Spaghetti Squash

INGREDIENTS

- 5 oz lean ground turkey
- 1 egg (for binding, shared across batch)
- 2 tbsp almond flour
- 1/2 cup no-sugar-added marinara
- 1.5 cups roasted spaghetti squash
- Italian herbs

INSTRUCTIONS

Mix turkey, almond flour, herbs, form meatballs, bake at 400°F for 18-20 minutes. Simmer in marinara. Serve over roasted spaghetti squash strands.

22g

CARBS

34g

PROTEIN

17g

FAT

5g

FIBER

Day 6 — Energize

1180 kcal

C 97g • P 100g • F 40g • Fiber 25g

BREAKFAST

260 kcal

Green Protein Smoothie

INGREDIENTS

- 1 scoop unflavored/vanilla protein powder
- 1 cup unsweetened almond milk
- 1 cup baby spinach
- 1/2 cup frozen berries
- 1 tbsp chia seeds
- Ice

INSTRUCTIONS

Blend all ingredients until smooth.

20g

CARBS

26g

PROTEIN

7g

FAT

8g

FIBER

SNACK

150 kcal

Roasted Chickpeas

INGREDIENTS

- 1/2 cup chickpeas, rinsed & dried
- 1 tsp olive oil
- Smoked paprika, garlic powder, salt

INSTRUCTIONS

Toss chickpeas with oil and seasoning, roast at 400°F for 20-25 minutes until crisp.

19g

CARBS

6g

PROTEIN

5g

FAT

5g

FIBER

LUNCH

370 kcal

Grilled Shrimp & Quinoa Salad

INGREDIENTS

- 5 oz grilled shrimp
- 1/2 cup cooked quinoa
- 1 cup arugula
- 1/4 cup diced cucumber & bell pepper
- 1 tbsp olive oil
- Lemon juice

INSTRUCTIONS

Toss quinoa, arugula, cucumber, and pepper with olive oil and lemon juice. Top with grilled shrimp.

28g

CARBS

32g

PROTEIN

14g

FAT

5g

FIBER

DINNER

400 kcal

Pork Tenderloin with Roasted Brussels Sprouts & Wild Rice

INGREDIENTS

- 5 oz pork tenderloin
- 1.5 cups Brussels sprouts, halved
- 1/2 cup cooked wild rice
- 1 tsp olive oil
- Garlic, rosemary, pepper

INSTRUCTIONS

Season pork and sear, then roast at 400°F for 15-18 minutes. Roast Brussels sprouts with oil and garlic 20 minutes. Serve with wild rice.

30g

CARBS

36g

PROTEIN

14g

FAT

7g

FIBER

BREAKFAST

240 kcal

Veggie Frittata Muffins (Make-Ahead)

INGREDIENTS

- 6 eggs
- 1/2 cup diced bell pepper
- 1/4 cup diced onion
- 1/2 cup chopped spinach
- 1/4 cup shredded low-fat cheese
- Salt, pepper

INSTRUCTIONS

Whisk eggs with veggies, cheese, and seasoning. Pour into a greased muffin tin (makes 6). Bake at 375°F for 18-20 minutes. Serve 2 muffins per portion.

6g

CARBS

18g

PROTEIN

16g

FAT

1g

FIBER

SNACK

170 kcal

Greek Yogurt with Cinnamon & Walnuts

INGREDIENTS

- 3/4 cup plain nonfat Greek yogurt
- 1 tbsp chopped walnuts
- Dash of cinnamon
- 1 tsp honey (optional)

INSTRUCTIONS

Combine yogurt with walnuts, cinnamon, and a light drizzle of honey if desired.

12g

CARBS

17g

PROTEIN

7g

FAT

1g

FIBER

LUNCH

340 kcal

Chicken Caesar Salad (Light Dressing)

INGREDIENTS

- 4 oz grilled chicken breast, sliced
- 2 cups chopped romaine
- 2 tbsp shaved parmesan
- 2 tbsp light Caesar dressing
- Whole-grain croutons (small handful)

INSTRUCTIONS

Toss romaine with dressing, top with chicken, parmesan, and croutons.

14g

CARBS

34g

PROTEIN

16g

FAT

4g

FIBER

DINNER

360 kcal

Baked Tilapia with Asparagus & Quinoa Pilaf

INGREDIENTS

- 5 oz tilapia fillet
- 1 cup asparagus
- 1/2 cup cooked quinoa
- 1 tsp olive oil
- Lemon, garlic, parsley

INSTRUCTIONS

Season tilapia and asparagus, bake at 400°F for 12-14 minutes. Fluff quinoa with parsley and lemon zest, serve alongside.

30g

CARBS

33g

PROTEIN

12g

FAT

5g

FIBER

BEFORE YOU GO SHOPPING

Make Every Day This Easy — On Your Counter, Not Just on Paper

Loved following along this week? Imagine having a full month of done-for-you diabetes-friendly meals without opening a PDF or planning a single recipe. The **Fodlist 5-Set, 28-Day Diabetes Meal Plan** takes everything you just experienced — balanced breakfasts, smart snacks, satisfying lunches, and wholesome dinners — and puts it on laminated, kitchen-ready charts you can prop up on your counter, stick to your fridge, or toss in your bag. No screens, no searching, no second-guessing what to eat next. Just glance, cook, and stay on track — every single day for a full 4 weeks.



Available on 

5 Sets – 28 Days Diabetes Meal Plan
Breakfast • Lunch • Dinner • Snacks

- 4 Complete Meals**
Breakfast, Lunch, Dinner and Snacks
- 28 Days of Balanced Meals**
Easy to follow every day
- Vitamins Chart**
Essential vitamins and nutrients
- Diabetes Tips**
Practical tips for better blood sugar control
- Laminated Sheets**
Durable • Long lasting
Water resistant



FEATURED PRODUCT

5 Sets – 28 Days Diabetes Meal Plan

Breakfast, lunch, dinner and snacks — laminated, durable, and ready to use every day.

- ✓ 28 days of balanced meals
- ✓ Laminated, water resistant
- ✓ Practical diabetes tips
- ✓ 4 complete meals per day
- ✓ Vitamins chart included
- ✓ Easy to follow, everyday use

[View on Amazon →](#)

amazon.com/dp/B0DC74YHRP

Perfect for everyday use — designed to support real, sustainable habits for people managing diabetes.

Everything You Need for the Week

Shop once, eat well all week — organized by aisle for a faster trip.

Produce

- ☐ Bell peppers (mixed colors)
- ☐ Onions
- ☐ Baby spinach
- ☐ Mixed berries (strawberries, blueberries)
- ☐ Cherry tomatoes
- ☐ Cucumbers
- ☐ Avocados (2)
- ☐ Asparagus
- ☐ Broccoli
- ☐ Sweet potato (1 small)
- ☐ Zucchini (2-3, or spiralized noodles)
- ☐ Celery
- ☐ Romaine & butter lettuce
- ☐ Arugula
- ☐ Brussels sprouts
- ☐ Spaghetti squash (1)
- ☐ Carrots
- ☐ Apples (1-2)
- ☐ Lemons
- ☐ Garlic
- ☐ Fresh herbs: dill, parsley, oregano, thyme, rosemary
- ☐ Salsa (small jar)

Pantry & Grains

- ☐ Rolled oats
- ☐ Quinoa
- ☐ Brown rice
- ☐ Wild rice
- ☐ Whole-wheat bread
- ☐ Chickpeas (2 cans)
- ☐ Kidney beans (1 can)
- ☐ Chia seeds
- ☐ Almond flour
- ☐ Sliced almonds
- ☐ Chopped walnuts
- ☐ Natural almond butter
- ☐ Natural peanut butter
- ☐ Hummus
- ☐ No-sugar-added marinara sauce
- ☐ Olive oil
- ☐ Light vinaigrette
- ☐ Light Caesar dressing
- ☐ Honey (optional)

Protein

- ☐ Eggs (2 dozen)
- ☐ Egg whites (1 carton)
- ☐ Chicken breast (1.5 lb)
- ☐ Chicken thighs, boneless skinless (1)
- ☐ Salmon fillets (1)
- ☐ Cod fillets (1)
- ☐ Tilapia fillets (1)
- ☐ Canned tuna in water (2 cans)
- ☐ Shrimp (1 lb)
- ☐ Lean ground turkey (1 lb)
- ☐ Deli turkey, low sodium (1 pack)
- ☐ Pork tenderloin (1)
- ☐ Protein powder (vanilla/unflavored)

Spices & Seasoning

- ☐ Cinnamon
- ☐ Garlic powder
- ☐ Smoked paprika
- ☐ Chili powder
- ☐ Cumin
- ☐ Fajita seasoning
- ☐ Italian herbs
- ☐ Red pepper flakes
- ☐ Salt & black pepper

Dairy & Alternatives

- ☐ Plain nonfat Greek yogurt (32 oz)
- ☐ Low-fat cottage cheese
- ☐ Feta cheese, crumbled
- ☐ Parmesan, shaved
- ☐ Shredded low-fat cheese
- ☐ Unsweetened almond milk (1/2 gallon)

Tip: Prep proteins and chop vegetables in advance on Sunday to save time during the week.