

YOUR LOW CARB MEAL PLANNER

All recipes marked ● are available at diabetes.org.uk/recipes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast	Baked eggs with two slices of 30g rye bread ● 240 kcal • 29.5g carbs • 5.5g fibre 16.2g protein • 0.5 Fruit & Veg (F&V)	Porridge – 30g porridge oats, 200ml almond milk*, 40g blueberries and 10g pumpkin seeds 235 kcal • 34g carbs • 4.4g fibre 6.6g protein • 0.5 F&V	Mushroom and spring onion omelette ● 251 kcal • 2.7g carbs • 1.7g fibre 22.2g protein • 2 F&V	Summerberry smoothie ● 100 kcal • 14.4g carbs • 2.6g fibre 7.8g protein • 1 F&V
Snack	125g Greek yogurt and 2 x 80g satsuma (weight including skin) 210 kcal • 16g carbs • 2g fibre 9g protein • 1 F&V	140g avocado 266 kcal • 3g carbs • 6g fibre 3g protein • 1 F&V	131g apple and 30g peanut butter 237 kcal • 17g carbs • 3g fibre 8g protein • 1 F&V	125g Greek yogurt and 2 x 80g satsuma (weight including skin) 210 kcal • 16g carbs • 2g fibre 9g protein • 1 F&V
Lunch	Chilli bean soup with avocado salsa ● 181 kcal • 19.3g carbs • 9.5g fibre 7.6g protein • 2 F&V	Bang bang chicken salad ● 317 kcal • 24.6g carbs • 7.7g fibre 29.7g protein • 3 F&V	Butter bean paté with 40g carrots, 40g tomatoes and 30g mini wholemeal pitta bread ● 213.2 kcal • 31.3g carbs • 10.4g fibre 8.3g protein • 3 F&V	Chickpea and tuna salad ● 355 kcal • 22.7g carbs • 12.4g fibre 32.1g protein • 4 F&V
Snack	40g plain almonds 247 kcal • 1g carbs • 2g fibre 4g protein • 0 F&V	30g brazil nuts 205 kcal • 1g carbs • 2g fibre 4g protein • 0 F&V	1 small 104g pear and 30g plain almonds 229 kcal • 13g carbs • 5g fibre 6g protein • 1 F&V	1 medium 140g orange and 30g almonds 222 kcal • 11g carbs • 4g fibre 7g protein • 1 F&V
Dinner	Mackerel tomatoes served with 80g leeks and 80g broccoli ● 316 kcal • 7g carbs • 5.2g fibre 22.8g protein • 3 F&V	Minced beef and vegetable filo pie ● 316 kcal • 39.6g carbs • 6.4g fibre 20.7g protein • 2 F&V	Aubergine and courgette parmesan bake with 40g rocket, 80g tomato and 80g tinned kidney beans ● 313 kcal • 28.1g carbs • 17.3g fibre 22.9g protein • 5.5 F&V	Chicken tikka masala and cauliflower pilaf ●● 301 kcal • 24.6g carbs • 10g fibre 28.4g protein • 4 F&V
Pudding	Apple strudel ● 118 kcal • 23.8g carbs • 1.8g fibre 2.3g protein • 0 F&V	80g strawberries 24 kcal • 5g carbs • 3g fibre 0g protein • 1 F&V	80g honeydew melon 22 kcal • 5g carbs • 1g fibre 0g protein • 1 F&V	Summer berry posset ● 113 kcal • 12.3g carbs • 1.4g fibre 4.8g protein • 0 F&V
Snack	131g apple 56 kcal • 13g carbs • 1g fibre 1g protein • 1 F&V	80g celery and 30g peanut butter 188 kcal • 5g carbs • 2g fibre 8g protein • 1 F&V	125g natural yogurt and 20g pumpkin seeds 210 kcal • 12g carbs • 2g fibre 13g protein • 0 F&V	2 oatcakes topped with 30g smooth peanut butter 272 kcal • 16g carbs • 4g fibre 9g protein • 0 F&V
Milk	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V
Totals	1491.5 kcal • 121.3g carbs • 28g fibre 70.9g protein • 5.5 F&V	1654.5 kcal • 121.6g carbs • 30.5g fibre 79.9g protein • 7.5 F&V	1578.7 kcal • 119.8g carbs • 40.4g fibre 88.4g protein • 15.5 F&V	1676.5 kcal • 127.5g carbs • 36.4g fibre 106g protein • 11 F&V

* use one fortified with calcium

YOUR LOW CARB MEAL PLANNER

All recipes marked ● are available at diabetes.org.uk/recipes

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

	FRIDAY	SATURDAY	SUNDAY
Breakfast	Baked eggs with two slices of 30g rye bread ● 240 kcal • 29.5g carbs • 5.5g fibre 16.2g protein • 0.5 F&V	Welsh leek rarebit ● 235 kcal • 18.3g carbs • 5g fibre 13.1g protein • 1 F&V	Omelette – 2 eggs mixed with milk, 80g spinach, 80g mushrooms, 1 tsp vegetable oil and 25g grated cheddar. Slice of rye bread and 1 tsp unsaturated margarine 490 kcal • 14g carbs • 5g fibre 37g protein • 2 F&V
Snack	80g raspberries and 80g honeydew melon 42 kcal • 9g carbs • 4g fibre 1g protein • 2 F&V	131g apple and 30g plain almonds 222 kcal • 12g carbs • 4g fibre 8g protein • 1 F&V	125g low fat Greek yogurt, 30g plain almonds and 10g pumpkin seeds 338 kcal • 13g carbs • 4g fibre 18g protein • 0 F&V
Lunch	2 slices medium cut wholemeal bread, 25g cheddar cheese, 10g veg oil-based spread, 130g tomato and 80g cucumber 331 kcal • 33g carbs • 6g fibre 13g protein • 2 F&V	Cauliflower and leek soup with 25g cheddar cheese ● 258 kcal • 18.1g carbs • 7.7g fibre 15.1g protein • 3 F&V	70g smoked mackerel, on 33g granary toast, 1 tsp veg oil-based spread, 40g rocket, 80g tomato and 80g cucumber 354 kcal • 18g carbs • 5g fibre 21g protein • 2.5 F&V
Snack	140g avocado 266 kcal • 3g carbs • 6g fibre 3g protein • 1 F&V	125g Greek yogurt, 1 small 104g pear and 30g plain almonds 396 kcal • 20g carbs 6g fibre • 14g protein • 1 F&V	50g Spicy roasted chickpeas ● 79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0.5 F&V
Dinner	130g salmon steak grilled, 110g baked sweet potato, 120g broccoli and 80g cabbage 453 kcal • 36g carbs • 10g fibre 41g protein • 3 F&V	Butternut and borlotti bean stew ● 242 kcal • 31g carbs 22.3g fibre • 13.4g protein • 5 F&V	Greek homestyle chicken with 80g broccoli and 80g leeks ● 351 kcal • 28.6g carbs • 7g fibre 45.4g protein • 2 F&V
Pudding	170g sugar free jelly 10 kcal • 0g carbs • 0g fibre 3g protein • 0 F&V	80g tinned peaches in juice 31 kcal • 8g carbs 1g fibre • 0g protein • 1 F&V	80g raspberries and 80g honeydew melon 42 kcal • 9g carbs • 4g fibre 1g protein • 2 F&V
Snack	30g plain almonds 185 kcal • 2g carbs • 3g fibre 7g protein • 0 F&V	60g pistachios with shells 180 kcal • 2g carbs 2g fibre • 5g protein • 0 F&V	1 small 104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V
Milk	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V
Totals	1630.5 kcal • 123.2g carbs • 34.5g fibre 92.2g protein • 8.5 F&V	1667.5 kcal • 121.4g carbs • 47.5g fibre 77g protein • 13 F&V	1802.5 kcal • 112.4g carbs • 30.9g fibre 134.4g protein • 10 F&V

SHOPPING LIST

