

1500KCAL MEAL PLANNER

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|------------------|---|---|--|--|
| Breakfast | <u>Bircher muesli</u> ● 275 kcal • 39.6g carbs • 4.8g fibre 9g protein • 1 Fruit & Veg (F&V) | 2 medium slices of wholemeal bread with 10g vegetable-oil-based spread and 15g peanut butter 319 kcal • 32g carbs • 5g fibre 9g protein • 0 F&V | <u>Very berry porridge</u> ● 348 kcal • 46.7g carbs • 7.9g fibre 12.8g protein • 1 F&V | 2 wheat pillows and 150ml semi-skimmed milk 241 kcal • 39g carbs • 6g fibre 9g protein • 0 F&V |
| Snack | 1 small 104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V | 2 x 80g clementines 44 kcal • 10g carbs • 2g fibre 2g protein • 1 F&V | 131g apple 56 kcal • 13g carbs • 1g fibre 1g protein • 1 F&V | 1 small 104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V |
| Lunch | 2 slices medium cut wholemeal bread, 25g grated cheddar, 130g tomato and 10g vegetable-oil-based spread 331 kcal • 33g carbs • 6g fibre 13g protein • 1 F&V | <u>Butternut squash and borlotti bean stew</u> ● 242 kcal • 31g carbs • 22.3g fibre 13.4g protein • 5 F&V | <u>Tortillas stuffed with chicken and salad</u> ● 484 kcal • 60.5g carbs • 17.5g fibre 33.7g protein • 3 F&V | 2 slices medium cut wholemeal bread, with 25g grated cheddar, 10g vegetable-oil-based spread, 130g tomato and 80g cucumber 342 kcal • 34g carbs • 7g fibre 14g protein • 2 F&V |
| Snack | <u>Muesli energy bar</u> ● 101 kcal • 15.2g carbs • 2.4g fibre 3g protein • 0 F&V | 30g slice malt loaf spread with 10g vegetable-oil-based spread 172 kcal • 18g carbs • 1g fibre 2g protein • 0 F&V | 10g plain almonds 62 kcal • 1g carbs • 1g fibre 2g protein • 0 F&V | 30g plain almonds 185 kcal • 3g carbs • 3g fibre 7g protein • 0 F&V |
| Dinner | <u>Chilli con carne served with cauliflower pilaf</u> ● 360 kcal • 33.1g carbs • 13.1g fibre 28.4g protein • 5 F&V | <u>Mackerel with tomatoes served with 2 mini wholemeal pitta breads</u> ● 423 kcal • 31g carbs • 5.2g fibre 24.8g protein • 1 F&V | 160g baked sweet potato with 120g boiled broccoli topped with 25g crumbled feta 281 kcal • 48g carbs • 10g fibre 11g protein • 2 F&V | <u>Grilled lemon and chilli chicken with couscous served with 80g sweetcorn</u> ● 408 kcal • 35.1g carbs • 5.7g fibre 43.1g protein • 2 F&V |
| Pudding | <u>Apple, blackberry, oat and seed crumble</u> ● 194 kcal • 31.8g carbs • 5.2g fibre 5.8g protein • 1 F&V | <u>Cherry and chocolate pot</u> ● 115 kcal • 17.6g carbs • 1.3g fibre 5.3g protein • 0 F&V | 125g Greek yogurt 166 kcal • 6g carbs • 0g fibre 7g protein • 0 F&V | <u>Apple, blackberry, oat and seed crumble</u> ● 194 kcal • 31.8g carbs • 5.2g fibre 5.8g protein • 1 F&V |
| Snack | 85g medium banana 69 kcal • 17g carbs • 1g fibre 1g protein • 1 F&V | 1 medium 104g orange 38 kcal • 8g carbs • 2g fibre 1g protein • 1 F&V | 2 x 80g clementines 44 kcal • 10g carbs • 2g fibre 2g protein • 1 F&V | 2 x 80g clementines 44 kcal • 10g carbs • 2g fibre 2g 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 | 225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V |
| Totals | 1478.5kcal • 191.4g carbs • 35.5g fibre 68.2g protein • 10 F&V | 1456.5 kcal • 158.3g carbs • 38.8g fibre 65.5g protein • 8 F&V | 1544.5 kcal • 195.9g carbs • 39.4g fibre 77.5g protein • 8 F&V | 1562 kcal • 174.6g carbs • 31.7g fibre 89.3g protein • 7 F&V |

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| | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|--|---|
| Breakfast | 2 wheat pillows and 150ml semi-skimmed milk 241 kcal • 39g carbs • 6g fibre 9g protein • 0 F&V | 2 medium slices of wholemeal bread with 10g vegetable-oil-based spread and 2 boiled eggs 386 kcal • 30g carbs • 4g fibre 22g protein • 0 F&V | Wholemeal spinach and cheddar pancakes ● 219 kcal • 24g carbs • 5.3g fibre 13g protein • 1 F&V |
| Snack | 1 small 104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V | 190g banana 104 kcal • 26g carbs • 2g fibre 2g protein • 1 F&V | Spicy roasted chickpeas ● 79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0.5 F&V |
| Lunch | Scrambled eggs (made with 2 eggs and milk) on 2 slices medium cut wholemeal toast with 10g vegetable-oil-based spread and 80g sliced tomato 479 kcal • 32g carbs • 5g fibre 20g protein • 1 F&V | Cauliflower and leek soup topped with 25g grated cheddar cheese ● 258 kcal • 18.1g carbs • 7.7g fibre 15.1g protein • 3 F&V | Mediterranean pasta salad ● 422 kcal • 58.7g carbs • 5.3g fibre 13.4g protein • 1 F&V |
| Snack | 30g plain almonds 185 kcal • 3g carbs • 3g fibre 7g protein • 0 F&V | 125g Greek yogurt 166 kcal • 6g carbs • 0g fibre 7g protein • 0 F&V | 2 x 80g clementines 44 kcal • 10g carbs • 2g fibre 2g protein • 1 F&V |
| Dinner | Cod and salmon burgers served with 80g tomato, 40g rocket and 80g kidney beans ● 435 kcal • 43.7g carbs • 15.2g fibre 36g protein • 3.5 F&V | Mixed vegetable and bean curry served with 30g mini wholemeal pitta bread ● 325 kcal • 54.4g carbs 14g fibre • 14.2g protein • 2 F&V | 200g grilled roast chicken with 110g baked sweet potato, 120g boiled broccoli and 80g boiled cabbage 476 kcal • 36g carbs • 10g fibre 71g protein • 3 F&V |
| Pudding | 125g natural yogurt 99 kcal • 10g carbs • 0g fibre 7g protein • 0 F&V | 30g plain almonds 185 kcal • 3g carbs • 3g fibre 7g protein • 0 F&V | 1 small 104g pear 45 kcal • 11g carbs • 3g fibre 0g protein • 1 F&V |
| Snack | 80g raspberries 20 kcal • 4g carbs • 3g fibre 1g protein • 1 F&V | 4 cherry tomatoes 9 kcal • 1g carbs • 1g fibre 0g protein • 1 F&V | 10g plain almonds 62 kcal • 1g carbs • 1g fibre 2g 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 |
| Totals | 1607.5 kcal • 153.4g carbs • 35.2g fibre 88g protein • 6.5 F&V | 1536.5 kcal • 149.2g carbs • 31.7g fibre 75.3g protein • 7 F&V | 1450.5 kcal • 159.5g carbs • 29.5g fibre 113.3g protein • 7.5 F&V |

SHOPPING LIST

