

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

