

7 DAY MEAL PLANNER (1500kcal non-vegetarian)



MONDAY

Breakfast

Apricot porridge with toasted seeds 219kcal; 34.6g carbs
0.5 portion of fruit and veg
200ml semi-skimmed milk
100kcal; 9.6g carbs

Snack

Low-fat, low-sugar yogurt (125g)
74kcal; 12.6g carbs
Banana (100g weight without skin)
80kcal; 20g carbs
1 portion of fruit and veg

Lunch

Chickpea and tuna salad
334kcal; 26.6g carbs
4 portions of fruit and veg
1 apple 80kcal; 16g carbs
1 portion of fruit and veg

Snack

2 tbsp almonds (20g)
124kcal; 2g carbs

Dinner

Mixed vegetable and bean curry
189kcal; 26g carbs
1 portion of fruit and veg
Wholegrain rice (60g uncooked weight) 200kcal; 46.2g carbs

Snack/dessert

Low-fat, low-sugar yogurt (125g)
74kcal; 12.6g carbs
Mango (80g) 46kcal; 11g carbs
1 portion of fruit and veg
Semi-skimmed milk (120ml in tea/coffee) 55kcal; 6g carbs

Total

1575kcal; 223.2g carbs
8.5 portions of fruit and veg



TUESDAY

Breakfast

Almond, paricot and pumpkin seed granola
192kcal; 26g carbs
200ml semi-skimmed milk
100kcal; 9.6g carbs

Snack

1 large pear 80kcal; 20.5g carbs
1 portion of fruit and veg

Lunch

Chicken sandwich (2 medium slices wholemeal bread; 30g chicken; 1 tomato; 10g reduced-fat spread)
239kcal; 35.3g carbs
1 portion of fruit and veg
1 clementine
45kcal; 5g carbs
0.5 portion of fruit and veg

Spicy roasted chickpeas

62kcal; 0g carbs

Snack

Low-fat, low-sugar yogurt (125g)
74kcal; 12.6g carbs

Dinner

Crisp salmon salad
311kcal; 26.6g carbs
2.5 portions of fruit and veg

Dessert

Blackberry upside down pudding
253kcal; 28.8g carbs
Semi-skimmed milk (120ml in tea/coffee) 55kcal; 6g carbs

Total

1411kcal; 170.4g carbs
5 portions of fruit and veg



WEDNESDAY

Breakfast

Microwave mug: apple and cinnamon fruity porridge
202kcal; 34g carbs
1 portion of fruit and veg
Glass of semi-skimmed milk (200ml)
92kcal; 9g carbs

Snack 1 orange 30kcal; 7g carbs

Lunch

1 medium jacket potato (175g uncooked weight); ½ tin tuna in spring water (92g); 1 tbsp mayo (light) 349kcal; 41.59g carbs
Broccoli, carrots, cauliflower (80g)
19kcal; 2.3g carbs
1 portion of fruit and veg
1 apple 49kcal; 11.3g carbs
1 portion of fruit and veg

Snack

Low-fat, low-sugar yogurt (125g)
74kcal; 12.6g carbs
1 wholemeal fruit bar (or small shop-bought equivalent cereal bar)
131cal; 21.7g carbs

Dinner

Chicken and lentil curry 316kcal; 31g carbs; 3 portions of fruit and veg
Grapes (80g) 50kcal; 12.2g carbs
1 portion of fruit and veg

Snack/dessert

Banana bread 167kcal; 22.6g carbs
0.5 portion of fruit and veg
Semi-skimmed milk (120ml in tea/coffee) 55kcal; 6g carbs

Total

1534kcal; 211.9g carbs
8.5 portions of fruit and veg



THURSDAY

Breakfast

Apple and muesli smoothie
301kcal; 49.8g carbs
1 portion of fruit and veg

Snack

Banana (100g weight without skin)
80kcal; 20g carbs

1 portion of fruit and veg

Almonds, (10g)
62kcal; 2g carbs

Lunch

Tandoori chicken chapatti
330kcal; 37.9g carbs
1.5 portion of fruit and veg
1 apple
80kcal; 16g carbs
1 portion of fruit and veg

Snack

1 wholemeal fruit bar (or small shop-bought equivalent cereal bar)
131cal; 21.7g carbs

Dinner

Lamb tagine
304kcal; 28.5g carbs
4 portions of fruit and veg
Couscous (30g uncooked weight)
109kcal; 23.8g carbs

Snack/dessert

Low-fat, low-sugar yogurt (125g)
74kcal; 12.6g carbs
Semi-skimmed milk (120ml in tea/coffee) 55kcal; 6g carbs

Total

1526kcal; 218.3g carbs
9 portions of fruit and veg



FRIDAY

Breakfast

Branflakes (40g); 100ml semi-skimmed milk 180kcal; 34.2g carbs
Melon (80g)

19kcal; 4.5g carbs

1 portion of fruit and veg

Snack

Low-fat, low-sugar yogurt (125g)

74kcal; 12.6g carbs

2 oatcakes; 2tsp peanut butter

133kcal; 9.9g carbs

Lunch

Mediterranean pasta salad

382kcal; 57.5g carbs

1 portion of fruit and veg

1 orange

30kcal 7g carbs

1 portion of fruit and veg

Snack

Rice pudding pot (125g)

126kcal; 20.4g carbs

Dinner

Cod with tomato sauce

Cod with tomato sauce + 120g potatoes

375kcal; 44.4g carbs

3 portions of fruit and veg

Snack/dessert

Grapes (80g) 50kcal; 12.2g carbs

1 portion of fruit and veg

Low-fat, low-sugar yogurt (125g)

74kcal; 12.6g carbs

Semi-skimmed milk (120ml in tea/coffee) 55kcal; 6g carbs

Total

1498kcal; 221.3g carbs

7 portions of fruit and veg



SATURDAY

Breakfast

Almond, apricot and pumpkin seed granola 192kcal; 26g carbs

1 portion of fruit and veg

Low-fat, low-sugar yogurt (125g)

74kcal; 12.6g carbs

Snack

Banana bread

167kcal; 22.6g carbs

0.5 portion of fruit and veg

Lunch

Mackerel salsa wrap

434kcal; 39.3g carbs

1 portion of fruit and veg

Melon (80g)

45kcal; 11g carbs

1 portion of fruit and veg

Snack

1 apple 80kcal; 16g carbs

1 portion of fruit and veg

1 reduced-fat cheese triangle

32kcal; 0.9g carbs

Dinner

Chicken chow mein

317kcal; 24.5g carbs

2 portions of fruit and veg

Mango (80g) 46kcal; 11g carbs

1 portion of fruit and veg

Snack

2 rye crispbreads; 30g reduced-fat cheese spread

103kcal; 15.1g carbs

Semi-skimmed milk (120ml in tea/coffee) 55kcal; 6g carbs

Total

1545kcal; 185.1g carbs

7.5 portions of fruit and veg



SUNDAY

Breakfast

Avocado, banana and cashew toast 316kcal; 25g carbs

1 portion of fruit and veg

Snack

Low-fat, low-sugar yogurt (125g)

74kcal; 12.6g carbs

Banana (100g weight without skin)

80kcal; 20g carbs

1 portion of fruit and veg

Lunch

Spicy butternut squash soup

 (or shop-bought equivalent) 205kcal;

37.6g carbs; 4 portions of fruit and veg

1 slice medium wholemeal toast;

reduced-fat spread (10g)

97kcal; 13.58g carbs

Low-fat, low-sugar yogurt (125g)

74kcal; 12.6g carbs

1 reduced-fat cheese triangle

32kcal; 0.9g carbs

Snack

1 large pear 80kcal; 20.5g carbs

1 portion of fruit and veg

Dinner

Tortillas stuffed with chicken

salad 423kcal; 59.7g carbs

3 portions of fruit and veg

Snack/dessert

Sugar-free jelly (145g) 9kcal; 0g carbs

1 clementine 45kcal; 5g carbs

0.5 portion of fruit and veg

Semi-skimmed milk (120ml in tea/coffee) 55kcal; 6g carbs

Total

1491kcal; 213.8g carbs

10.5 portions of fruit and veg



SHOPPING LIST:

Planning is the key to success. Make sure you have all the ingredients for the week in your cupboards before you start.

KEY:

- Nutritional information
- All recipes in green are on our website at:

www.diabetes.org.uk/recipes

Sign up to the monthly Enjoy Food e-newsletter at: www.diabetes.org.uk/enjoyfood

or contact us at:

enjoyfood@diabetes.org.uk