

YOUR MEDITERRANEAN 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)	30g oat flakes, 125g Greek yogurt, 80g raspberries and 85g banana 367.2 kcal • 45g carbs • 6.7g fibre 12.3g protein • 2 F&V	<u>Bircher muesli</u> ● 275 kcal • 39.6g carbs • 4.8g fibre 9g protein • 1 F&V	2 slices medium cut granary toast, 30g crunchy peanut butter and 85g banana 407 kcal • 51g carbs • 7g fibre 14g protein • 1 F&V
Snack	125g Greek yogurt and 138g peach 212 kcal • 16g carbs • 3g fibre 8g protein • 1 F&V	131g apple and 30g crunchy peanut butter 238 kcal • 17g carbs • 3g fibre 8g protein • 1 F&V	80g honeydew melon and 125g Greek yogurt 188 kcal • 11g carbs • 1g fibre 7g protein • 1 F&V	<u>Warm exotic fruit salad</u> with 125g Greek yogurt ● 278 kcal • 30.2g carbs • 3.9g fibre 7.9g protein • 2 F&V
Lunch	<u>Hearty minestrone soup</u> ● 305 kcal • 40.7g carbs • 8.1g fibre 10g protein • 2 F&V	<u>Salmon, red onion and sweet pepper wraps</u> ● 396 kcal • 39g carbs • 6g fibre 32.7g protein • 1 F&V	<u>Hearty spanish omelette</u> and 20g salad leaves with 1 tbsp caeser dressing ● 459 kcal • 47.3g carbs • 6.6g fibre 19.4g protein • 1 F&V	<u>Chickpea and tuna salad</u> ● 355 kcal • 22.7g carbs • 12.4g fibre 32.1g protein • 4 F&V
Snack	30g plain almonds, 40g carrot sticks and 30g houmous 289.6 kcal • 8.2g carbs • 4.6g fibre 8.4g protein • 0.5 F&V	2 oatcakes, 100g cottage cheese and 80g cucumber 204 kcal • 16g carbs • 3g fibre 12g protein • 1 F&V	30g plain almonds 184 kcal • 2g carbs • 2g fibre 6g protein • 0 F&V	50g cottage cheese, 80g cherry tomatoes and 30g pumpkin seeds 240 kcal • 10g carbs • 3g fibre 8g protein • 1 F&V
Dinner	<u>Grilled lemon and chilli chicken with cous cous</u> ● 346 kcal • 24.1g carbs • 3.7g fibre 41.1g protein • 1 F&V	<u>Cod Portugaise with boiled new potatoes and side salad</u> ● 342 kcal • 34.3g carbs • 6.3g fibre 32.5g protein • 3 F&V	<u>Galician stew with roasted butternut squash</u> ● 285 kcal • 41.1g carbs • 16.1g fibre 11.9g protein • 6 F&V	<u>Greek style chicken pittas</u> ● 396 kcal • 37.3g carbs • 6.9g fibre 43.5g protein • 1 F&V
Pudding	<u>Full of fruit sundaes</u> ● 137 kcal • 25.1g carbs • 3.4g fibre 6.7g protein • 1 F&V	<u>Apple, blackberry, oat and seed crumble</u> ● 194 kcal • 31.8g carbs • 5.2g fibre 5.8g protein • 1 F&V	1 medium 85g banana 69 kcal • 17g carbs • 1g fibre 1g protein • 1 F&V	<u>Blackcurrant and raspberry ice cream made with calcium fortified soya milk</u> ● 185 kcal • 17.5g carbs • 4.6g fibre 8g protein • 1 F&V
Snack	1 medium 85g banana 69 kcal • 17g carbs • 1g fibre 1g protein • 1 F&V	1 medium 140g orange 38 kcal • 8g carbs • 2g fibre 1g protein • 1 F&V	2 oatcakes and 60g houmous 274 kcal • 18g carbs • 5g fibre 6g protein • 0 F&V	1 medium 140g orange 38 kcal • 8g carbs • 2g fibre 1g protein • 1 F&V
Milk	225ml whole milk 142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml whole milk 142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V
Totals	1775.6 kcal • 181g carbs • 28.6g fibre 91.7g protein • 7.5 F&V	1882.7 kcal • 201.8g carbs • 32.2g fibre 112.3g protein • 10 F&V	1876 kcal • 186.3g carbs • 36.5g fibre 67.8g protein • 10 F&V	2002.5 kcal • 187.4g carbs • 39.8g fibre 122.5g protein • 11 F&V

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	FRIDAY	SATURDAY	SUNDAY
Breakfast	Very berry porridge ● 348 kcal • 46.7g carbs • 7.9g fibre 12.8g protein • 1 F&V	2 poached eggs 50g each, 55g rye bread and 10g veg oil-based spread 332 kcal • 25g carbs • 3g fibre 21g protein • 0 Fruit & Veg F&V	30g oat flakes, 125g Greek yogurt, 80g raspberries and 85g banana 367.2 kcal • 45g carbs • 6.7g fibre 12.3g protein • 2 F&V
Snack	138g peach 46 kcal • 10g carbs • 3g fibre 1g protein • 1 F&V	80g raspberries and 125g Greek yogurt 186 kcal • 10g carbs • 3g fibre 8g protein • 1 F&V	30g plain almonds 184 kcal • 2g carbs • 2g fibre 6g protein • 0 F&V
Lunch	Minted aubergine with spinach and pine nuts with 95g grilled chicken breast ● 328 kcal • 17.6g carbs • 10g fibre 38.9g protein • 4 F&V	Roast mackerel with a curried coriander crust with 130g/4 baby new potatoes and 80g broccoli ● 398 kcal • 29.4g carbs • 8.2g fibre 30g protein • 1 F&V	Hearty minestrone soup ● 305 kcal • 40.7g carbs • 8.1g fibre 10g protein • 2 F&V
Snack	125g Greek yogurt and 30g plain almonds 350 kcal • 8g carbs • 2g fibre 13g protein • 0 F&V	2 oatcake, 50g cottage cheese and 80g cucumber 153 kcal • 15g carbs 3g fibre • 8g protein • 1 F&V	2 x 80g satsuma (weight including skin) 44 kcal • 10g carbs • 2g fibre 2g protein • 1 F&V
Dinner	Crisp salmon salad ● 343 kcal • 23g carbs • 4.2g fibre 24.3g protein • 1 F&V	Aubergine and courgette parmesan bake and 80g peas ● 285 kcal • 21.1g carbs 12.3g fibre • 19.9g protein • 6 F&V	Greek homestyle chicken with Tomato, olive, asparagus and bean salad ● ● 453 kcal • 38.8g carbs • 10.6g fibre 48.2g protein • 2 F&V
Pudding	Apple, blackberry, oat & seed crumble ● 194 kcal • 31.8g carbs • 5.2g fibre 5.8g protein • 1 F&V	Fruity chocolate tray bake ● 93 kcal • 10.5g carbs 0.9g fibre • 1.1g protein • 0 F&V	Warm exotic fruit salad with 125g Greek yogurt ● 278 kcal • 30.2g carbs • 3.9g fibre 7.9g protein • 2 F&V
Snack	50g Spicy roasted chickpeas ● 79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0 F&V	30g plain almonds 184 kcal • 2g carbs 2g fibre • 6g protein • 0 F&V	50g Spicy roasted chickpeas ● 79 kcal • 8.1g carbs • 2.9g fibre 3.9g protein • 0 F&V
Milk	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V	225ml whole milk 142 kcal • 10.3g carbs • 0g fibre 7.5g protein • 0 F&V	225ml semi-skimmed milk 103.5 kcal • 10.7g carbs • 0g fibre 8g protein • 0 F&V
Totals	1791.5 kcal • 155.9g carbs • 35.2g fibre 107.7g protein • 8.5 F&V	1773 kcal • 123.3g carbs • 32.4g fibre 101.5g protein • 9 F&V	1813.7 kcal • 185.5g carbs • 36.2g fibre 98.3g protein • 9.5 F&V

SHOPPING LIST

