

GESTATIONAL DIABETES MEAL PLAN - 2600 CALORIES

275 gms carbohydrates (42%), 119 gms protein (18%)

Meal	Number of Servings/Choices	Menu Ideas	Menu Ideas
Breakfast	2 Carbohydrates (starch/fruit/milk/other) (30 grams) 3 Lean meat (ounces) 2 Fats <div style="text-align: right;">**No fruit juice at breakfast.</div>		
Morning Snack	2 Carbohydrates (starch/fruit/milk/other) (30 grams) 2 Lean Meat (ounces)		
Lunch	4 Carbohydrates (starch/fruit/milk/other) (60 grams) 2 Vegetables (non starchy) 4 Lean meat/meat substitute (ounces) 3 Fats		
Afternoon Snack	3 Carbohydrates (starch/fruit/milk/other) (45 grams) 2 Lean Meat (ounces) 1 Fat		
Dinner	4 Carbohydrates (starch/fruit/milk/other) (60 grams) 2 Vegetables (non starchy) 4 Lean meat (ounces) 2 Fats		
Evening Snack	2 Carbohydrates (starch/fruit/milk/other) (30 grams) 2 Lean Meat (ounces) 1 Fat		