

GESTATIONAL DIABETES MEAL PLAN

Meal	Number of Servings/Choices	Menu Ideas	Menu Ideas	Menu Ideas
1 st Meal	2 Carbohydrates (30g) <i>(starch/fruit/milk)</i> Lean meat/Protein Fats **No fruit juice at breakfast**	1/2 WW English muffin with 2 TBS of Peanut Butter, 1 cup of sliced strawberries, and 1 egg		
Snack (Optional)	1 Carbohydrate (15g) <i>(starch/fruit/milk)</i> Lean Meat/Protein	1 Greek Yogurt		
2nd Meal	3 Carbohydrates (45g) <i>(starch/fruit/milk)</i> Unlimited Vegetables (<i>non-starchy</i>) Lean meat/Protein Fats	8oz Milk, 2 slices of whole wheat bread, 3oz of grilled chicken breast, 1oz of reduced fat cheese, 1 TBS. mayo, and veggies		
Snack (Optional)	1 Carbohydrate (15g) <i>(starch/fruit/milk)</i> Lean Meat/Protein	1 small apple and 1 reduced fat string cheese		
3 rd meal	3 Carbohydrates (45g) <i>(starch/fruit/milk)</i> Unlimited Vegetables (<i>non-starchy</i>) Lean meat/Protein Fats	1/3 cup of brown rice, ½ cup of pinto beans, 1 corn tortilla, 4oz grilled chicken breast, 2 cups of salad with 2 TBS of dressing		
Snack (Optional)	1 Carbohydrate (15g) <i>(starch/fruit/milk)</i> Lean Meat/Protein Fat	1 small peach, ½ cup cottage cheese, and 1/8 cup raw almonds		