

## Easy Daily Meal Template

<b>Meal</b>	<b>Foods</b>	<b>Fluids</b> – No added sugars. Aim for 8-10 cups/day
<b><i>Breakfast</i></b>	<ul style="list-style-type: none"> <li>-1 Fruit servings</li> <li>- Whole grain bread (Max 2 slices) OR Cereal (max 1 cup)</li> <li>- 1-2 Proteins OR low-fat dairy</li> </ul>	<ul style="list-style-type: none"> <li>- Coffee/Tea</li> <li>- Juice*</li> <li><i>* if having be mindful of sugar/carb. 4oz portion ( Low cal cranberry etc)</i></li> </ul>
<b><i>Lunch</i></b>	<ul style="list-style-type: none"> <li>- 2 or More Vegetable servings</li> <li>- 1 Protein</li> <li>- 1-2 Carb servings</li> <li>- 1 fruit (optional)</li> </ul>	<ul style="list-style-type: none"> <li>- Water</li> <li>- Sugar free beverage</li> </ul>
<b><i>Dinner</i></b>	<ul style="list-style-type: none"> <li>- 2 or More Vegetable servings</li> <li>- 1-2 Protein serving</li> <li>- Healthy fat source</li> <li>- Grain product/Starch (~ 1 cup serving)</li> </ul>	<ul style="list-style-type: none"> <li>- Water</li> <li>- Sugar free beverage</li> <li>- Low fat milk/alternative</li> </ul>
<b><i>Snack</i></b> (Optional)	<ul style="list-style-type: none"> <li>- 1 Fruit or veg/Carb</li> <li>- 1 Protein</li> <li>OR see Snack Builder</li> </ul>	<ul style="list-style-type: none"> <li>- Water</li> <li>- Sugar free beverage</li> </ul>

Choose food from each bullet point at each meal to ensure adequate nutrition and a balanced meal. Customize this template with your registered dietitian for best results! If eating away from home, try to mirror this template as best possible. Choose healthy alternatives that are *Not fried or battered*. Be Cautious of portion/serving sizes and added salt when eating out. Don't be afraid to pack up half of what you are served at a restaurant to take home for another meal.

\*Use this template with the Diabetes Food Guide, see for portion references