

Weekend meal plan for managing diabetes

Weekends are a wonderful time to rest, relax and reset. They are a break from our regular schedule, which means our routine healthy habits can fall off the radar once Friday evening rolls around. Putting in a little planning can set your weekend up for success. Enjoy a weekend's worth of simple, balanced meals and snacks to help support your health goals.

Note: Swapping ingredients in recipes can change the nutrition information.



Tips to help you stay on track

Keep a regular schedule.

Weekends may look a little different from weekdays. Stick to the healthy habits you have in place. This could include checking blood sugar, staying active and staying hydrated.

Think balanced. If you go out for a special meal, focus on a balanced plate as well as you can. Fill your plate with 50% non-starchy vegetables, 25% lean proteins and 25% carbohydrates. Look at the menu online before you go to the restaurant. This can help you make a better choice when ordering.

Add a fun activity. Take the weekend to enjoy an activity you do not have the time for during the week. Go out dancing with friends. Hike with a partner. Take a walk in the park with a loved one.



Breakfast:

Peanut butter banana yogurt bowl

Serving size 1 bowl

Calories 325

Total fat 13g

Saturated fat 3g

Cholesterol 15mg

Sodium 105mg

Total carbs 38g

Fiber 7g

Sugars 20g

Protein 19g

Potassium 432mg

Makes 1 serving

Preparation time 5 minutes

Cook time 0 minutes

Ingredients

1 cup low-fat Greek yogurt

1 medium banana, sliced

1 Tbsp unsweetened
peanut butter

Dash of cinnamon

Preparation

Add yogurt to a small bowl. Top with remaining ingredients.

Helpful hint: Swap out the banana for your favorite or seasonal fruit.



Lunch:

Mediterranean tuna wrap

Serving size 1 wrap

Calories 474

Total fat 18g

Saturated fat 3g

Cholesterol 15mg

Sodium 105mg

Total carbs 38g

Fiber 7g

Sugars 20g

Protein 19g

Potassium 432mg

Makes 1 serving

Preparation time 10 minutes

Cook time 0 minutes

Ingredients

1/2 avocado

1/2 tsp garlic powder

1/2 tsp Italian seasoning

1 can water-packed
tuna, drained

2 Tbsp chopped roasted
red peppers

1 Tbsp finely chopped
red onion

1 whole wheat tortilla

1/2 cup arugula

Preparation

In a small bowl, mash avocado until smooth. Stir in garlic powder, Italian seasoning, tuna, roasted red peppers and red onion. Mix until combined. Spread mixture onto tortilla. Top with arugula. Roll, and transfer to serving plate.

Vegetarian option: Use white beans instead of tuna.



Snack:

Dark chocolate trail mix

Serving size 1/2 cup

Calories 180

Total fat 14g

Saturated fat 3g

Cholesterol 15mg

Sodium 4mg

Total carbs 10g

Fiber 3g

Sugars 5g

Protein 6g

Potassium 189mg

Makes 1 serving

Preparation time 3 minutes

Cook time 0 minutes

Ingredients

2 Tbsp dry roasted peanuts

2 Tbsp dry roasted
sunflower seeds

2 Tbsp dried cranberries

1 Tbsp dark chocolate chips

Preparation

Combine ingredients in a small bowl.

Helpful hint: Swap the peanuts and sunflower seeds for any nuts or seeds you have on hand.



Dinner:

10-minute shrimp fried rice

Serving size 1/4 of recipe

Calories 336

Total fat 8g

Saturated fat 2g

Cholesterol 239mg

Sodium 600mg

Total carbs 34g

Fiber 4g

Sugars 3g

Protein 31g

Potassium 346mg

Makes 4 servings

Preparation time 8 minutes

Cook time 12 minutes

Ingredients

1 Tbsp canola oil

1 cup frozen peas and carrots

1 cup frozen chopped broccoli

1 lb frozen and thawed cooked shrimp, peeled and deveined

1 10-oz bag frozen brown rice

1 10-oz bag frozen
riced cauliflower

2 Tbsp reduced-sodium
soy sauce

1/2 Tbsp sesame oil

1 green onion, chopped

Preparation

Heat oil in large skillet set over medium-high heat. Add frozen vegetables and cook for 3 minutes. Add shrimp, frozen brown rice and frozen rice cauliflower. Cook for 3 minutes, stirring occasionally. Stir in soy sauce, sesame oil and green onion. Cook for an additional 1 to 2 minutes, or until heated through.

Vegetarian option: Use cubed tofu or shelled edamame instead of shrimp.



Breakfast: Smoked salmon on rye

Serving size

1 piece of toast with
1 cup blackberries

Calories 280

Total fat 9g

Saturated fat 5g

Cholesterol 46mg

Sodium 550mg

Total carbs 30g

Fiber 10g

Sugars 3g

Protein 19g

Potassium 288mg

Makes 1 serving

Preparation time 5 minutes

Cook time 0 minutes

Ingredients

1 piece rye bread, toasted

2 Tbsp reduced-fat cream
cheese, softened

1/2 tsp fresh
chopped chives

1 oz Nova lox (lower-
sodium smoked salmon)

1 cup fresh blackberries

Preparation

In a small bowl, mix
softened cream
cheese and chopped
chives until combined.
Spread on toasted rye
bread. Top with Nova
lox. Serve alongside
fresh blackberries.

*Helpful hint: Take it on
the go by swapping
the rye bread for a thin
bagel or whole wheat
English muffin.*



Lunch: Grown-up snack plate

Serving size 1 snack plate

Calories 368

Total fat 18g

Saturated fat 5g

Cholesterol 201mg

Sodium 682mg

Total carbs 38g

Fiber 7g

Sugars 12g

Protein 17g

Potassium 134mg

Makes 1 serving

Preparation time 7 minutes

Cook time 0 minutes

Ingredients

1 oz part-skim
mozzarella cheese

1 hard-boiled egg,
sliced in half

2 Tbsp guacamole

1 cup baby carrots

1/2 cup red grapes

6 low-sodium whole
grain crackers

Preparation

Arrange ingredients on
a plate.

*Helpful hint: Use any
combination of your
favorite cheese, fruit
and vegetable to switch
things up.*



Snack: Apple nachos

Serving size 1 plate

Calories 249

Total fat 8g

Saturated fat 2g

Cholesterol 0mg

Sodium 87mg

Total carbs 43g

Fiber 7g

Sugars 32g

Protein 6g

Potassium 286mg

Makes 1 serving

Preparation time 8 minutes

Cook time 0 minutes

Ingredients

1 large apple, cored and sliced

1/4 cup low-fat Greek yogurt

1/2 Tbsp unsweetened peanut butter

1-2 tsp water, as needed

1 Tbsp sliced almonds

1 tsp honey

Cinnamon

Preparation

Arrange apple slices on a large plate. In a small bowl, stir together yogurt and peanut butter until combined. Add water a teaspoon at a time as needed to thin out to a pourable consistency. Drizzle yogurt mixture over apple slices. Top with sliced almonds. Drizzle with honey. Sprinkle with cinnamon.

Helpful hint: Apple slices turning brown? Sprinkle them with fresh lemon juice before adding your toppings.



Dinner: Pressure Cooker Salsa Chicken Tacos

Serving size 2 tacos

Calories 347

Total fat 11g

Saturated fat 4g

Cholesterol 82mg

Sodium 650mg

Total carbs 38g

Fiber 5g

Sugars 8g

Protein 27g

Potassium 369mg

Makes 4 servings

Preparation time 5 minutes

Cook time 20 minutes

Ingredients

3/4 cup tomato salsa

1/4 cup low-sodium chicken broth

3 boneless, skinless chicken breasts

1 1/2 Tbsp low-sodium taco seasoning

8, 6-inch corn tortillas

2 cups shredded lettuce

1/2 cup chopped tomato

1/2 cup low-fat sour cream

1 lime, cut into 8 wedges

Preparation

In a 6-quart or larger electric pressure cooker, add salsa and chicken broth. Place chicken on top of salsa, and sprinkle with taco seasoning. Do not stir. Lock lid into place, and make sure release valve is in the seal position. Manually set cooking pressure to high for 10 minutes. When the cooking time is up, let the pressure release naturally for 5 minutes. After 5 minutes, carefully switch the release valve to venting position to release the rest of the pressure. You can use an oven mitt or kitchen towel when switching the release valve to protect against steam. Using two forks, shred the chicken. Stir together with salsa. Add chicken evenly to corn tortillas. Top with lettuce, tomatoes and sour cream. Serve with lime wedges.

Helpful hint: No pressure cooker? You can also make these in a slow cooker. Add ingredients to slow cooker and cook on high for 4 hours. Follow the remaining instructions for assembly.

Tip: Use any leftover chicken over a salad for a quick and easy lunch the next day.