

Sample Breakfast Menu for Diabetic and Gluten-Free Diet

30 grams (**g**) or 2 carb choices (**CHO**)

<p><u>Breakfast Burrito:</u> 2 Mission Yellow Corn Tortillas (16 g) (1 CHO) 2 scrambled eggs 2 Tbsp. chopped onion 2 Tbsp. chopped gr. pepper 2 Tbsp. Ortega salsa ½ cup orange juice (15 g) (1 CHO)</p>	<p><u>Mini Bagel:</u> ½ Udi's Cinnamon Raisin Bagel (25 g) (1 ½ CHO) 1 ½ Tbsp. Philadelphia cream cheese Kraft Mozzarella 2% String cheese stick 1/2 cup skim milk (6g) (1/2 CHO)</p>	<p><u>Open- Faced English Muffin</u> ½ Glutino's Premium English Muffin (19 g) (1 CHO) 1 Tbsp. peanut butter ½ medium banana (15 g) (1 CHO) Small coffee</p>
<p><u>Toast and Egg</u> 1 slice Udi's Gluten Free Whole Grain Bread (11 g) (1 CHO) 1 Tbsp. Nutella (12 g) (1 CHO) 1 egg 1 cup Crystal Light Pure Fitness</p>	<p><u>Protein Bar</u> 1 Luna Protein Bar Chocolate Peanut Butter (19 g) (1 CHO) 2 Cutie's Clementines (18 g) (1) Small coffee</p>	<p><u>Cereal:</u> ¾ cup Cinnamon Chex (25 g) (1 ½ CHO) ½ cup skim milk (6 g) (1/2 CHO)</p>
<p><u>Cream of Rice Cereal:</u> ¾ cup cooked cream of rice (27 g) (2 CHO) 4 walnut halves, chopped 1 egg Small coffee</p>	<p><u>Boost Drink</u> 1 8 oz. bottle Boost Glucose Control (16 g) (1 CHO) ½ cup grapes (15 g) (1 CHO)</p>	<p><u>Pancake</u> 1 Bob's Red Mill G-F Buttermilk Pancake Mix (16 g) (1 CHO) 1 poached egg 1 cup berries (18 g) (1 CHO) Small coffee</p>
<p><u>Yogurt Parfait</u> 1 6oz. container Chobani Vanilla Fat-Free Flavor Greek Yogurt (13 g) (1 CHO) 1 cup berries (18 g) (1 CHO)</p>	<p><u>Waffle</u> 1 Nature's Path Homestyle Frozen Waffle (22 g) (1 ½ CHO) 1 Tbsp. Peanut Butter 1 cup melon (15 g) (1/2 CHO)</p>	<p><u>Mocha Banana Smoothie</u> 1 cup skim milk (12 g) (1 CHO) 1 scoop chocolate whey protein powder <u>OR</u> ½ medium banana (15 g) (1 CHO) Ice to fill</p>

Sample Breakfast Menu Continued...

45 grams (**g**) or 3 carb choices (**CHO**)

<p><u>Breakfast Burrito:</u> 2 Mission Yellow Corn Tortillas (16 g) (1 CHO) 2 scrambled eggs 2 Tbsp. chopped onion 2 Tbsp. chopped gr. pepper 2 Tbsp. salsa 1 kiwi fruit (11 g) (1 CHO) ½ cup apple juice (15 g) (1 CHO)</p>	<p><u>Mini Bagels:</u> ½ Udi's Cinnamon Raisin Bagel (25 g) (1 ½ CHO) 1 ½ Tbsp. light cream cheese Kraft Mozzarella 2% String cheese stick 1/2 cup skim milk (6g) (1/2 CHO) 1 small orange (12 g) (1 CHO)</p>	<p><u>Open- Faced English Muffin</u> ½ Glutino's Premium English Muffin (19 g) (1 CHO) 1 Tbsp. peanut butter 1 medium banana (30 g) (2 CHO) Small coffee</p>
<p><u>Toast and Egg</u> 2 slices Udi's Gluten Free Whole Grain Bread (22 g) (1 1/2 CHO) 1 Tbsp. Nutella (12 g) (1 CHO) 1/2 cup sliced banana (8 g) (1/2 CHO) 1 cup Crystal Light Pure Fitness</p>	<p><u>Protein Bar</u> 1 Luna Protein Bar Chocolate Peanut Butter (19 g) (1 CHO) 2 Cutie's Clementines (18 g) (1 CHO) 8 oz. unflavored latte (12 g CHO) (1 CHO)</p>	<p><u>Cereal:</u> 1 cup Cinnamon Chex (33 g) (2 CHO) ½ cup skim milk (6 g) (1/2 CHO) 1/2 cup berries (9 g) (1/2 CHO) 1 hard boiled egg</p>
<p><u>Cream of Rice Cereal:</u> 1 cup cooked cream of rice (36 g) (2 ½ CHO) 4 walnut halves, chopped 1 egg ½ cup cantaloupe (7 g CHO) (1/2 CHO) Small coffee</p>	<p><u>Boost Drink</u> 1 8 oz. bottle Boost Glucose Control (16 g) (1 CHO) 1 cup grapes (30 g) (2 CHO)</p>	<p><u>Pancake</u> 2 Bob's Red Mill Buttermilk Pancake Mix (32 g) (2 CHO) 1 poached egg 1 cup berries (18 g) (1 CHO) Small coffee</p>
<p><u>Yogurt Parfait</u> 1 6oz. Chobani Vanila Fat-Free Flavor Greek Yogurt (13 g) (1 CHO) 1 cup berries (18 g) (1 CHO) ¼ cup Bob's Red Mill Natural Granola (17 g) (1 CHO)</p>	<p><u>Waffle</u> 1 Nature's Path Homestyle Frozen Waffle (22 g) (1 ½ CHO) 1 Tbsp. Peanut Butter 1 cup melon (15 g) (1/2 CHO) 1/2 cup orange juice (15 g) (1 CHO)</p>	<p><u>Blue-Nana Smoothie</u> ½ cup skim milk (6 g) (1/2 CHO) 6 oz Chobani Blueberry Yogurt (21 g)(1 ½ CHO) Ice ½ ripe banana (15 g)(1 CHO)</p>

Sample Breakfast Menu Continued...

60 grams (g) or 4 carb choices (CHO)

<p><u>Breakfast Burrito:</u> 2 Mission Yellow Corn Tortillas (16 g) (1 CHO) 2 scrambled eggs 2 Tbsp. chopped onion 2 Tbsp. chopped gr. pepper 2 Tbsp. salsa 1 kiwi fruit (11 g) (1 CHO) 1 cup apple juice (30 g) (2 CHO)</p>	<p><u>Mini Bagels:</u> 1 Udi's Cinnamon Raisin Bagel (50 g) (3 CHO) 1 ½ Tbsp. light cream cheese String cheese stick 1/2 cup skim milk (6g) (1/2 CHO) 1/2 small orange (6g) (1/2 CHO)</p>	<p><u>English Muffin</u> 1 Glutino's Premium English Muffin (38 g) (2 ½ CHO) 1 Tbsp. peanut butter 1 medium banana (30 g) (2 CHO) Small coffee</p>
<p><u>Toast and Egg</u> 2 slices Udi's Gluten Free Whole Grain Bread (22 g) (1 ½ CHO) 1 Tbsp. Nutella (12 g) (1 CHO) 1/2 grapefruit (12 g) (1 CHO) 1 cup Crystal Light Pure Fitness</p>	<p><u>Protein Bar</u> 1 Luna Protein Bar Chocolate Peanut Butter (19 g) (1 CHO) 1 large pear (30 g) (2 CHO) 8 oz. unflavored latte (12 g CHO) (1 CHO)</p>	<p><u>Cereal:</u> 1 cup Honey Nut Chex (37 g) (2 ½ CHO) ½ cup skim milk (6 g) (1/2 CHO) 1 cup berries (18 g) (1 CHO) String cheese stick</p>
<p><u>Cream of Rice Cereal:</u> 1 ¼ cup cooked cream of rice (45 g) (3 CHO) 4 walnut halves, chopped 1 egg 1 cup cantaloupe (15 g CHO) (1 CHO) Small coffee</p>	<p><u>Boost Drink + ½ Bagel</u> 1 8 oz. bottle Boost Glucose Control (16 g) (1 CHO) ½ Udi's Plain Bagel (24 g) (1 ½ CHO) 1 tablespoon peanut butter ¾ cup grapes (23 g) (1 ½ CHO)</p>	<p><u>Pancake</u> 2 Bob's Red Mill Buttermilk Pancake Mix (32 g) (2 CHO) 1 poached egg 1 cup berries (18 g) (1 CHO) 1 cup orange juice (15 g) (1 CHO) Small coffee</p>
<p><u>Yogurt Parfait</u> 1 6oz. Chobani Vanila Fat-Free Yogurt (13 g) (1 CHO) 1 cup berries (18 g) (1 CHO) ½ cup Bob's Red Mill Natural Granola (34 g) (2 CHO)</p>	<p><u>Waffle</u> 2 Nature's Path Homestyle Frozen Waffle (44 g) (3 CHO) 1 Tbsp. Peanut Butter ½ cup melon (8 g) (1/2 CHO) 1/2 cup orange juice (8 g) (1/2 CHO)</p>	<p><u>Chocolate Peanut Butter Banana Breakfast Shake</u> 1cup chocolate skim milk (26 g) (2 CHO) ½ medium banana (15 g) (1 CHO) 1 Tbsp. peanut butter 6 oz. Chobani Vanilla Fat-Free Yogurt (13 g) (1 CHO)</p>

Sample Lunch and Supper Menus

45 grams (g) or 3 carb choices (CHO)

<p style="text-align: center;"><u>Amy's Kitchen TV Dinner</u></p> <p>Amy's Kitchen Asian Noodle Stir Fry (50 g) (3 CHO) 1 cup Crystal Light Pure Fitness</p>	<p style="text-align: center;"><u>Pizza Muffin</u></p> <p>1 Glutino's Premium English Muffin (38 g) (2 ½ CHO) ¼ cup Prego Pizzeria Style Pizza Sauce (6 g) (1/2 CHO) ¼ cup mozzarella cheese Hormel Turkey pepperoni Olives, mushrooms, green peppers, etc. Water</p>	<p style="text-align: center;"><u>Cheese and Crackers</u></p> <p>8 Glutino's Multi-Grain Gluten Free Crackers (22 g) (1 ½ CHO) 1 oz mozzarella cheese sliced 2 slices Hormel Natural Choice Cooked Deli Ham 10 baby carrots 6 oz. Chobani Flavored Yogurt (21 g) (1 ½ CHO) Water</p>
<p style="text-align: center;"><u>Turkey Wrap</u></p> <p>3 slices Hormel Natural Choice Deli Turkey LaTortilla Gluten-Free, Ivory Teff Tortilla (30 g) (2 CHO) 11 Lay's Baked! Original Potato Crisps (17 g) (1 CHO)</p>	<p style="text-align: center;"><u>Chicken Burrito</u></p> <p>Mission Super Size White Corn Tortilla (14 g) (1 CHO) 2 oz diced chicken ½ cup Old El Paso Traditional refried beans (16 g) (1 CHO) ¼ cup salsa Chopped onion, tomato, peppers, cilantro, etc. 2 Clementines (18 g) (1)</p>	<p style="text-align: center;"><u>Stuffed Baked Potato</u></p> <p>4" baked potato (30 g) (2 CHO) ¼ cup shredded low fat cheddar cheese ¼ cup broccoli 2 Tbsp. Daisy fat free sour cream 1 cup skim milk (12 g) (1 CHO)</p>
<p style="text-align: center;"><u>Soup and Salad</u></p> <p>2 cups Wolfgang Puck Free Range Chicken with White and Wild rice Soup (30 g) (2 CHO) 1 ½ cups Tossed Salad 1 Tbsp. Hidden Valley Fat Free Ranch 1 Udi's Snickerdoodle Cookie (16 g) (1 CHO)</p>	<p style="text-align: center;"><u>Tuna Sandwich and Soup</u></p> <p>2 slices Udi's Gluten Free Whole Grain Bread (22 g) (1 1/2 CHO) ½ cup canned tuna mixed with 1 Tbsp. Hellman's light mayo Lettuce, tomato 1 cup of Progresso Southwestern Style Chicken Soup (18 g) (1 CHO) ½ cup milk (6 g) (½ CHO)</p>	<p style="text-align: center;"><u>Veggie Burger and Coleslaw</u></p> <p>1 Amy's Kitchen Bistro Veggie Burger (15 g) (1 CHO) 1 Udi's Classic Hamburger Bun (35 g) (2 CHO) Tomatoes, Lettuce, Onion Coleslaw: Shredded Cabbage with Hidden Valley Coleslaw Dressing</p>
<p style="text-align: center;"><u>Brown Rice and Chicken</u></p> <p>3 ounce Gold n' Plump chicken breast, grilled 1 Tbsp. Jack Daniel's Honey Teriyaki Marinade (7 g) (1/2 CHO) 2/3 cup Minute Whole Grain Brown Rice (34 g CHO) (2 CHO) ½ cup steamed broccoli ½ cup berries (8 g CHO) (1/2 CHO) 1 cup crystal light Pure Fitness</p>	<p style="text-align: center;"><u>Xtreme Pizza (Fargo, ND)</u></p> <p>2 slices Gluten-Free Pizza (**Nutrition Info not available so using average of other brands for CHO count) (41 g) (3 CHO) 1 ½ cups Tossed Salad 1 Tbsp. Hidden Valley Fat Free Ranch 1 can Diet Coke</p>	<p style="text-align: center;"><u>Grilled Cheese Sandwich</u></p> <p>2 slices Udi's Gluten Free Whole Grain Bread (22 g) (1 ½ CHO) 1 slice Kraft provolone cheese 1 slice light cheddar cheese 2 slices tomato 1 cup Amy's Kitchen Cream of Tomato soup (19 g) (1 CHO) Raw carrots and celery 1 cup of milk</p>

Sample Lunch and Supper Menus

60 grams (g) or 4 carb choices (CHO)

<p style="text-align: center;"><u>Stuffed Baked Potato</u></p> <p>4" baked potato (30 g) (2 CHO) ¼ cup shredded low fat cheddar cheese ¼ cup broccoli 1 Tbsp. Daisy fat free sour cream 1 cup skim milk (12 g) (1 CHO) 1 small piece of fruit (15 g) (1 CHO)</p>	<p style="text-align: center;"><u>Pizza Muffin</u></p> <p>1 Glutino's Premium English Muffin (38 g) (2 ½ CHO) ¼ cup Prego Pizzeria Style Pizza Sauce (6 g) (1/2 CHO) ¼ cup mozzarella cheese Hormel Turkey pepperoni Olives, mushrooms, green peppers, etc. 1/2 cup Mott's applesauce (12 g) (1 CHO)</p>	<p style="text-align: center;"><u>Cheese and Crackers</u></p> <p>11 Glutino's Multi-Grain Gluten Free Crackers (30 g) (2 CHO) 1 oz mozzarella cheese sliced 2 slices Hormel Natural Choice Cooked Deli Ham 10 baby carrots 6 oz. Chobani Flavored Yogurt (21 g) (1 ½ CHO) ½ cup skim milk (6 g) (½ CHO)</p>
<p style="text-align: center;"><u>Veggie Burger and Coleslaw</u></p> <p>1 Amy's Kitchen Bistro Veggie Burger (15 g) (1 CHO) 1 Udi's Classic Hamburger Bun (35 g) (2 CHO) Tomatoes, Lettuce, Onion Coleslaw: Shredded Cabbage with Hidden Valley Coleslaw Dressing ½ cup Edy's Slow Churned No Sugar Added Mint Chocolate Chip Ice Cream (15 g) (1 CHO) 1 can Diet Coke</p>	<p style="text-align: center;"><u>Chicken Burrito</u></p> <p>Mission Super Size White Corn Tortilla (14 g) (1 CHO) 2 oz diced chicken ½ cup Old El Paso Traditional refried beans (16 g) (1 CHO) 1/3 cup Minute Whole Grain Brown Rice (17 g CHO) (1 CHO) ¼ cup salsa Chopped vegetables 2 Clementines (18 g) (1 CHO)</p>	<p style="text-align: center;"><u>Xtreme Pizza (Fargo, ND)</u></p> <p>2 slices Gluten-Free Pizza (*Nutrition Info not available so using average of other brands for CHO count) (41 g) (3 CHO) 1 ½ cups Tossed Salad 1 Tbsp. Hidden Valley Fat Free Ranch 1 small piece of fruit (15 g) (1 CHO)</p>
<p style="text-align: center;"><u>Soup and Salad</u></p> <p>2 cups Wolfgang Puck Free Range Chicken with White and Wild rice Soup (30 g) (2 CHO) 1 ½ cups Tossed Salad 1 Tbsp. Hidden Valley Fat Free Ranch 1 Udi's Snickerdoodle Cookie (16 g) (1 CHO) 1 cup skim milk (12 g) (1 CHO)</p>	<p style="text-align: center;"><u>Tuna Sandwich and Soup</u></p> <p>2 slices Udi's Gluten Free Whole Grain Bread (22 g) (1 ½ CHO) ½ cup canned tuna mixed with 1 Tbsp. Hellman's light mayo Lettuce, tomato 2 cup of Progresso Southwestern Style Chicken Soup (36 g) (2 ½ CHO)</p>	<p style="text-align: center;"><u>Turkey Wrap</u></p> <p>3 slices Hormel Natural Choice Deli Turkey LaTortilla Gluten-Free, Ivory Teff Tortilla (30 g) (2 CHO) 15 Lay's Baked! Original Potato Crisps (22 g) (1 ½ CHO) 1 Edy's No Sugar Added Fruit Bar (6 g) (½ CHO)</p>
<p style="text-align: center;"><u>Brown Rice and Chicken</u></p> <p>3 ounce Gold n' Plump chicken breast, grilled 1 Tbsp. Jack Daniel's Honey Teriyaki Marinade (7 g) (1/2 CHO) 1 cup Minute Whole Grain Brown Rice (51 g CHO) (3 ½ CHO) ½ cup steamed broccoli 1 cup crystal light Pure Fitness</p>	<p style="text-align: center;"><u>Amy's Kitchen TV Dinner</u></p> <p>Amy's Kitchen Asian Noodle Stir Fry (50 g) (3 CHO) 1 small piece of fruit (15 g) (1 CHO) 1 cup Crystal Light Pure Fitness</p>	<p style="text-align: center;"><u>Grilled Cheese Sandwich</u></p> <p>2 slices Udi's Gluten Free Whole Grain Bread (22 g) (2 CHO) 1 slice Kraft provolone cheese 1 slice light cheddar cheese 2 slices tomato 1 cup Amy's Kitchen Cream of Tomato soup (19 g) (1 CHO) Fresh carrots and celery 1 cup skim milk (12 g) (1 CHO)</p>