

# 7-day meal plan for gestational diabetes

This meal plan is flexible, so adjust portions and ingredients based on your healthcare provider's recommendations, preferences, and any food restrictions you have.

## Day 1

### Breakfast

Whole-grain toast with avocado and scrambled eggs.

### Snack

A small handful of almonds and some cucumber slices.

### Lunch

Grilled chicken salad with lettuce, cherry tomatoes, cucumber, grated carrot, and olive oil dressing.

### Snack

Greek yogurt (unsweetened) with a small handful of fresh or frozen berries.

### Dinner

Baked salmon, roasted Brussels sprouts, and quinoa.

## Day 2

### Breakfast

Plain oatmeal with a sprinkle of cinnamon and unsweetened almond milk.

### Snack

A hard-boiled egg.

### Lunch

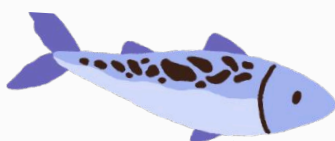
Turkey and avocado wraps with whole-grain tortilla.

### Snack

Two tablespoons of hummus with sliced bell peppers.

### Dinner

Lemon-herb baked chicken, roasted asparagus, and wild or brown rice.



## Day 3

### Breakfast

Greek yogurt with a sprinkle of flaxseeds and a few raspberries.

### Snack

Celery sticks with a tablespoon of unsweetened nut butter.

### Lunch

Stir-fried tofu with non-starchy vegetables (zucchini, mushrooms, peppers) over cauliflower or brown rice.

### Snack

Slices of cheese on a whole-grain crackers

### Dinner

Grilled turkey burger (lettuce bun), a side of roasted sweet potato wedges, and steamed broccoli.

## Day 4

### Breakfast

Omelet with bell peppers, onions, and a sprinkle of cheese.

### Snack

A palm-sized handful of mixed nuts and a small handful of cherry tomatoes.

### Lunch

Grilled shrimp salad with spinach, avocado, and a light vinaigrette dressing.

### Snack

Veggie sticks with guacamole.

### Dinner

Lean beef chili with a side of sautéed green beans.

## Day 5

### Breakfast

Poached egg with spinach, tomato, avocado, and mushrooms.

### Snack

Apple slices with a tablespoon of peanut butter.

### Lunch

Lentil burritos with whole-grain tortilla and a handful of raw veggies on the side.

### Snack

Plain Greek yogurt with a sprinkle of chia seeds.

### Dinner

Grilled cod, mashed cauliflower, and steamed green beans.

## Day 6

### Breakfast

One slice of whole-grain toast with two tablespoons of unsweetened nut butter and a handful of berries on the side.

### Snack

A small portion of mixed nuts and a few cucumber slices.

### Lunch

Turkey and cheese whole-grain pita with salad.

### Snack

28g of dark chocolate (70% or above).

### Dinner

Vegetable Dahl with a tablespoon of Greek yogurt.

## Day 7

### Breakfast

Avocado on one whole-grain bread slice with a sprinkle of chia seeds and a boiled egg on the side.

### Snack

A small handful of roasted nuts.

### Lunch

Roasted Mediterranean vegetables and chickpeas mixed with whole-grain pasta or quinoa.

### Snack

Cottage cheese with a few slices of fresh pear.

### Dinner

Grilled pork loin, roasted zucchini, and a small portion of brown rice.

