

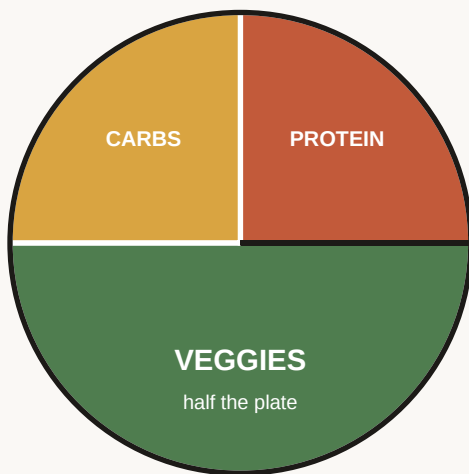
REAL FOOD FOR REAL LIFE

# Your 7-Day Type 2 Diabetes Meal Plan

A week you can actually follow, built on one simple plate, not calorie math or a forbidden-foods list. Swap any meal you like. The pattern is the point.

## THE ONLY RULE

**Half your plate veggies. A quarter protein. A quarter quality carbs. Then pair every carb with protein, fat, or fiber so blood sugar rises gently.**



- Half plate, non-starchy vegetables.** Broccoli, greens, peppers, zucchini. Fiber-rich, almost no impact on blood sugar.
- Quarter plate, lean protein.** Chicken, fish, tofu, eggs, Greek yogurt, beans. Fills you up, barely moves glucose.
- Quarter plate, quality carbs.** Quinoa, brown rice, sweet potato, oats, fruit. Portioned, not eliminated.

*Miss a day, eat the pizza, come back to the pattern. Consistency over months beats perfection over a weekend.*

This plan is educational and does not replace advice from your doctor or diabetes care team. If you take insulin or a sulfonylurea, confirm carb targets with them.

## YOUR WEEK

# The 7-Day Plan

Every dinner is half a plate of vegetables, a palm of protein, and a fist of quality carbs. Nothing here is sacred: swap any protein or carb you like and keep the ratio.

| DAY | BREAKFAST                                              | LUNCH                                                 | DINNER                                                       |
|-----|--------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------------|
| Mon | Greek yogurt, berries, chia, walnuts                   | Chicken + big salad, olive oil, chickpeas             | Salmon, roasted broccoli, quarter-plate quinoa               |
| Tue | Veggie omelet, half avocado, 1 slice whole-grain toast | Turkey + hummus lettuce wraps, cherry tomatoes        | Stir-fry: tofu, mixed veg, quarter-plate brown rice          |
| Wed | Steel-cut oats, protein powder, cinnamon, flax         | Lentil soup + side salad, olive oil                   | Grilled chicken, green beans, quarter-plate sweet potato     |
| Thu | Cottage cheese, sliced pear, pumpkin seeds             | Tuna-stuffed avocado, cucumber, whole-grain crackers  | Lean beef + peppers, cauliflower rice, black beans           |
| Fri | Eggs, sauteed spinach, half avocado                    | Greek salad, grilled chicken, olives, feta            | Baked cod, roasted Brussels sprouts, quarter-plate wild rice |
| Sat | Smoothie: protein, spinach, nut butter, berries        | Leftover cod + large slaw, olive oil                  | Turkey chili (beans as the carb quarter), side salad         |
| Sun | Veggie frittata, tomatoes, 1 slice rye                 | Chicken + roasted-veg grain bowl, quarter-plate farro | Shrimp + zucchini noodles, small side of lentils             |

### SNACK ANYTIME (OPTIONAL)

Pair a protein with fiber: apple + almond butter · veggies + hummus · Greek yogurt + berries · hard-boiled egg + cherry tomatoes.

MAKE IT YOURS

## Build Your Own Week

Now that you can see the pattern, fill in your own. Two questions per plate: where is the protein or fat, and where is the fiber? If you can point to both, you are good.

| DAY | BREAKFAST | LUNCH | DINNER |
|-----|-----------|-------|--------|
| Mon |           |       |        |
| Tue |           |       |        |
| Wed |           |       |        |
| Thu |           |       |        |
| Fri |           |       |        |
| Sat |           |       |        |
| Sun |           |       |        |

**Don't want to fill it in yourself?**

Tell WizeMeals your condition and preferences and it builds the whole week, grocery list included, in about 30 seconds.

**[wizemeals.com/foodai](https://wizemeals.com/foodai)**