

# Glucerna®

## 2-DAY MEAL PLAN

Each meal plan provides approximately:

- 43-53% of calories from carbohydrates
- 25-31% of calories from protein
- 18-30% of calories from fats

Experts agree that there is no one optimal distribution of macronutrients for people with diabetes.<sup>1</sup> These meal plans are guides and can be modified by health care professionals for individual requirements and goals.

This plan was created by our team of registered dietitians to help people just like you make better food choices.<sup>2</sup>



Approximately **1500** Calories

### DAY 1

**BREAKFAST:** 2 hard-boiled eggs, 3 tbsp dried cranberries; 1 cup water, coffee, or tea with/without skim milk and zero-calorie sweetener

**SNACK:** 1 [Glucerna Hunger Smart® powder shake](#) (either flavor), 1 medium apple

**LUNCH:** 3 cups spring mix topped with 2 oz goat cheese, 2 tbsp Italian dressing, 3 oz grilled chicken breast; 1 cup unsweetened iced tea with lemon

**SNACK:** 3 celery stalks and 1 cup baby carrots dipped in 2 tbsp hummus

**DINNER:** 3 oz grilled strip steak, ½ cup whole grain brown rice, 1 cup steamed green vegetables; 1 bottle fruit-flavored sparkling zero-calorie water

**SNACK:** 1 cup strawberries with ½ cup low-fat cottage cheese or a delicious [Glucerna® shake](#)

### DAY 2

**BREAKFAST:** 1 cup plain Greek yogurt mixed with a medium chopped apple, 2 tbsp chia seeds, and 3 tbsp dried cherries; 1 cup water or coffee with/without skim milk, zero-calorie sweetener

**SNACK:** 1 [Glucerna Hunger Smart powder shake](#) (either flavor), 1 cup berries

**LUNCH:** 2 cups spinach topped with 2 hard-boiled eggs and 2 tbsp each chopped red onion, shredded cheddar cheese, and Russian dressing; 1 bottle sparkling water or unsweetened iced tea

**SNACK:** 1 small whole wheat pita filled with chopped vegetables tossed in 1 tbsp Italian dressing

**DINNER:** 3 oz grilled salmon, 1 cup steamed broccoli, 1 medium sweet potato; water or zero-calorie beverage

**SNACK:** 1 tbsp low-fat cheese and whole wheat crackers

Approximately **2000** Calories

### DAY 1

**BREAKFAST:** 2 eggs scrambled with 1 cup baby spinach, ½ cup chopped bell pepper, and ½ cup sliced mushrooms; 1 cup water, coffee, or tea with/without skim milk and zero-calorie sweetener

**SNACK:** 1 mini whole grain bagel topped with 2 tbsp nut butter and 1 medium sliced banana

**LUNCH:** 3 cups chopped romaine lettuce topped with 3 oz grilled chicken and 2 tbsp each grated Parmesan cheese and balsamic vinaigrette, 1 cup minestrone soup; 1 bottle sparkling water or iced tea

**SNACK:** 1 [Glucerna Hunger Smart powder shake](#) (either flavor), 1 medium apple

**DINNER:** Tacos: 2 whole wheat tortillas filled with 1 cup iceberg lettuce, ½ cup black beans, ½ cup salsa, 2 tbsp guacamole, and 3 oz lean ground turkey; 1-2 cups herbal tea, black coffee, water, or sparkling water

**SNACK:** 2 cups air-popped popcorn and 1 oz of almonds

### DAY 2

**BREAKFAST:** 3 slices of microwaved turkey bacon plus 1 pork sausage link, 3 tbsp dried cranberries, 1 cup water, coffee, or tea with/without skim milk, and zero-calorie sweetener; or a delicious [Glucerna Hunger Smart Meal Size shake](#)

**SNACK:** 1 [Glucerna Hunger Smart powder shake](#) (either flavor), whole wheat crackers topped with 1 medium sliced banana

**LUNCH:** Whole wheat tortilla filled with 1 cup spinach and ¾ cup tuna mixed with 1 tbsp each mayonnaise and mustard. Serve with 1 fresh plum. 1-2 cups iced tea, water, or sparkling water

**SNACK:** 2 oz vegetable chips, 2 cups each baby carrots and sliced cucumber dipped in 3 tbsp hummus

**DINNER:** 4 oz grilled chicken breast, 1 cup cooked quinoa, 1 cup mixed vegetables; 1-2 cups iced tea, water, sparkling water, or black coffee

**SNACK:** Sliced apple and 1 tbsp peanut butter

References: 1. American Diabetes Association. *Diabetes Care* 2024;47(Supplement\_1):S77-S110. 2. US Department of Agriculture. *FoodData Central*. <https://fdc.nal.usda.gov/>. Accessed March 13, 2020.

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