

GESTATIONAL DIABETES MEAL PLAN

BREAKFASTS

SPROUTED TOAST

1 slice sprouted bread + 2 TBSP nut butter + 1/2-1 cup cottage cheese

EGG SANDWICH

1/2 sprouted english muffin + 1 egg + 1 slice cheese + smashed avocado + soy patty (optional)

LUNCHES

SALAD + TOAST

2-3 cups lettuce + 1 cup chopped veggies + 6 oz protein like chicken + 2 TBSP dressing + 1-2 slice sprouted bread garlic toast

TUNA MELT

1 can tuna + 1-2 TBSP mayonnaise on 1-2 slices sprouted bread + 1 slice cheese + carrots & celery on the side

SNACKS

cheese + crackers
fruit + cottage cheese
siggis yogurt + chia seeds + chopped nuts
nuts + dark chocolate
1/2 cup ice cream + almond butter
frozen raspberries + siggis + whipped cream

DINNERS

ZOODLES & CHICKEN SAUSAGE

1 serving zucchini noodles & chicken sausage + 1-2 slices sprouted garlic toast

TURKEY BURGERS

6 oz turkey burger in lettuce wrap topped with cheese, fried onions, tomatoes, and pickles + sweet potato fries

SPRING CHICKEN SAUTE

1 serving chicken saute + 1 slice sprouted garlic toast

SPROUTED TORTILLA PIZZA

1-2 tortilla pizza + 2 cups simple green salad + 2 tsp dressing

CHILI

top with shredded cheese or sour cream + chopped onions + hot sauce

CAULIFLOWER FRIED RICE

serve with 6 oz stir-fried chicken, shrimp, or beef

MEDITERRANEAN FISH PARCELS

1 serving fish parcels + 1-2 slices sprouted garlic toast

leftovers are great for lunch!