

Meal Plan for: Prediabetes

GROCERIES

Avocado x1
 Bell peppers (red x3, green x1, yellow x1)
 Broccoli x3
 Carrots
 Corn (canned)
 Lettuce (romaine)
 Lemon x1
 Onion (red x2)
 Parsley
 Spinach (baby) x6oz
 Tomatoes (roma x2)
 Tomatoes (diced with basil, garlic & oregano)
 Tomato Sauce (no salt)
 Zucchini x1

TO PREP

Wash & chop broccoli
 Wash & chop lettuce
 Dice & slice onion

Black beans (low sodium)
 Chicken breast x5
 Parmesan Cheese
 Shrimp (raw) x1lb.
 Turkey (ground, lean)
 Turkey Sausage (Italian)
 Brown rice
 Buns (whole wheat)
 Farfalle (whole wheat)
 Spaghettii (whole wheat)
 Balsamic Vinegar
 EBTB Seasoning
 Hoisin Sauce
 Soy Sauce (low-sodium)

M Baked Chicken Breast & Rainbow Roasted Veggies

T Black Bean Burrito Bowls

W Italian Pasta Skillet

T Greek Salad Bowl

F Crockpot Chicken Teriyaki

S Everything But the Bagel Turkey Burgers

S Easy Low-Cal Shrimp Scampi

BACK UP PLAN: _____