

# 30-DAY DIABETIC MEAL PLAN



**BAKED CHICKEN CHALUPAS**



**GINGER HALIBUT WITH BRUSSELS SPROUTS**



**CHIPOTLE SHREDDED BEEF**



**CINNAMON-APPLE PORK CHOPS**



**MUSHROOM TURKEY TETRAZZINI**



**ROSEMARY CHICKEN WITH SPINACH & BEANS**



**TURKEY-STUFFED BELL PEPPERS**



**BOW TIES WITH SAUSAGE & ASPARAGUS**



**TUSCAN FISH PACKETS**



**ROSEMARY PORK MEDALLIONS**



**CHICKEN OLE FOIL SUPPER**



**QUINOA UNSTUFFED PEPPERS**



**CEDAR PLANK SALMON**



**ARTICHOKE RATATOUILLE CHICKEN**



**SPICY ROASTED SAUSAGE, POTATOES AND PEPPERS**



**WILD MUSHROOM PIZZA**



**CHICKEN WITH PEACH-AVOCADO SALSA**



**MEDITERRANEAN POT ROAST DINNER**



**COD WITH HEARTY TOMATO SAUCE**



**KIMCHI CAULIFLOWER FRIED RICE**



**CURRIED CHICKEN SKILLET**



**LENTIL LOAF**



**PORK TACOS WITH MANGO SALSA**



**SWEET AND SOUR BEEF**



**CRISPY ALMOND TILAPIA**



**SOUTHWESTERN VEGETARIAN BAKE**



**GOAT CHEESE AND SPINACH STUFFED CHICKEN**



**MUSHROOM AND BROWN RICE HASH WITH POACHED EGGS**



**SALMON WITH MANGO CITRUS SALSA**



**MOROCCAN VEGETARIAN STEW**

