

Mix and Match Meal Plan

Directions: Choose from each column below as directed. Choose whole grains whenever possible when choosing bread and wheat products. More fiber is better! Always combine carbohydrate and protein to keep blood sugar steady and be sure to eat 3 meals and 1-2 snacks daily.

Carbohydrate - Choose	Protein - Choose	Veggies - Choose	Fat - Choose
½ cup rice, pasta ½ English muffin 1 c cereal ¼ bagel ½ hamburger roll 5 crackers 1 6-inch tortilla 1 4-inch pancake 1 frozen waffle 1 packet oatmeal or 1/3 c uncooked oats ½ muffin 1 small roll 15 grapes ½ banana 1 med apple, peach, pear, plum ½ c berries 1 small can light fruit (canned in its own juice) ½ c corn ½ c peas ½ c potato or sweet potato ½ c beets 1 c milk 1 container yogurt	4 oz chicken, turkey, beef, fish or pork ½ can tuna 2 oz cheese 1 oz (small handful) nuts* 1 small handful sunflower seeds* 1 ½ Tbsp peanut butter* 2 eggs 1 cup beans (count as 2 carb choices instead) 2 oz lean lunch meat (preferably turkey or low sodium ham) Sparingly: 2 pieces bacon 1 hot dog 1 oz fatty lunch meats such as salami, bologna, liverwurst, pepperoni *also count as 2 fats	1 ½ c raw salad vegetables 10 baby carrots 1 cup cooked vegetables- broccoli, cauliflower, green beans, etc. 1 cup low sodium vegetable soup ½ cup marinara sauce	1 tsp butter 2 tsp light margarine 2 tsp olive or canola oil 1 Tbsp light mayo 1 tsp mayo 2 Tbsp light salad dressings 1 Tbsp regular salad dressing 2Tbsp sour cream