

7-Day Meal Plan for Prediabetes

Day 1

B: BERRY-KEFIR SMOOTHIE (1 SERVING)
S: 1 CUP RASPBERRIES
L: CUCUMBER TURKEY SUB SANDWICH (1 SERVING), ONE PLUM
S: 1 CUP BLACKBERRIES
D: SALMON WITH CURRIED YOGURT & CUCUMBER SALAD (1 SERVING), 3/4 CUP BASIC QUINOA

Day 2

B: APPLE-CINNAMON OVERNIGHT OATS (1 SERVING)
S: 3/4 CUP BLACKBERRIES
L: RAINBOW SALAD BOWLS WITH PEANUT SAUCE (1 SERVING)
S: PEANUT BUTTER-OAT ENERGY BALLS (1 SERVING)
D: GREEN VEGGIES WITH CHICKEN & LEMON-TAHINI DRESSING (1 SERVING)

Day 3

B: APPLE-CINNAMON OVERNIGHT OATS (1 SERVING)
S: PEANUT BUTTER-OAT ENERGY BALLS (1 SERVING)
L: RAINBOW SALAD BOWLS WITH PEANUT SAUCE (1 SERVING)
S: 3/4 CUP RASPBERRIES, ONE HARD-BOILED EGG
D: SHEET-PAN MAPLE-MUSTARD PORK CHOPS & CARROTS (1 SERVING)

Day 4

B: BERRY-KEFIR SMOOTHIE (1 SERVING)
S: ONE PLUM
L: RAINBOW SALAD BOWLS WITH PEANUT SAUCE (1 SERVING)
S: 1/3 CUP BLUEBERRIES
D: KALE & CHICKEN TACO SALAD WITH JALAPEÑO-AVOCADO RANCH (1 SERVING)

Day 5

B: APPLE-CINNAMON OVERNIGHT OATS (1 SERVING)
S: 1/3 CUP BLUEBERRIES
L: 1 SERVING CHOPPED RAINBOW SALAD BOWLS WITH PEANUT SAUCE ()
S: PEANUT BUTTER-OAT ENERGY BALLS (2 SERVINGS)
D: HEARTY CHICKPEA & SPINACH STEW (1 SERVING)



Day 6

B: APPLE-CINNAMON OVERNIGHT OATS (1 SERVING)
S: PEANUT BUTTER-OAT ENERGY BALLS (2 SERVINGS)
L: CURRIED CHICKEN APPLE WRAPS (1 SERVING), ONE MEDIUM PEACH
S: 1/2 CUP BLACKBERRIES, TEN UNSALTED DRY-ROASTED ALMONDS
D: CHARRED SHRIMP & PESTO BUDDHA BOWLS (1 SERVING)

Day 7

B: AVOCADO-EGG TOAST (1 SERVING)
S: ONE MEDIUM BANANA
L: CURRIED CHICKEN APPLE WRAPS (1 SERVING), ONE MEDIUM PEACH
S: 1 CUP BLACKBERRIES, PEANUT BUTTER-OAT ENERGY BALLS (1 SERVING)
D: GRILLED SKIRT STEAK WITH CORN-TOMATO RELISH (1 SERVING), 2 CUPS MIXED GREENS, 2 TBSP. CITRUS-LIME VINAIGRETTE