

Meal Plan

	Day 1	Day 2	Day 3	Day 4
Breakfast	1 Poached egg, a handful of baby spinach, finely chopped onion and 1 teaspoon olive oil spread on wholewheat toast.	1 Cup cooked oats with half a cup low-fat milk, topped with a grated apple, cinnamon and 4 chopped raw almonds.	2 Slices of rye toast spread with a teaspoon of olive oil margarine and topped with a quarter cup of fat-free cottage cheese and tomato slices. Half a grapefruit.	Bircher Muesli*.
Snack	2 Naartjies and 10 pistachio nuts.	3 Provitas. 2 Teaspoons peanut butter.	1 Crumble bar*.	A 1/3 cup of pretzels and 10 peanuts.
Lunch	Tuna Salad Lettuce Wraps: A tin of tuna mixed with low-fat mayonnaise, lemon juice and fresh dill. Serve in lettuce leaves and a side of 6 corn thins, baby carrots and tomatoes.	A seeded roll (spread with a teaspoon of olive oil margarine) filled with 3 slices of mozzarella cheese (30g) and 2 slices of ham, along with a side salad.	A whole wheat pita bread filled with 2 scrambled eggs, lettuce, tomato, cucumber, mustard and a quarter avocado.	4 Tablespoons hummus with 2 thin slices rye bread and assorted finger salads (e.g. cherry tomatoes, baby carrots, snap peas, cucumber sticks, etc.)
Snack	1 Fruit kebab with half a cup of low-fat yoghurt.	An apple and 3-4 strips lean biltong.	3 Slices of pineapple and 4 slices of ham.	Fruit smoothie*.
Dinner	Baked Sweet Potato: One 180g Sweet Potato (microwave for 10 minutes), split open and topped with 1 teaspoon olive oil margarine, finely chopped spring onion, shredded lettuce and 6 tablespoons cooked ostrich mince.	Tuna & Tomato Pasta* (1 cup cooked pasta). Serve with a side salad.	Spicy Chicken Fillets* with brown or basmati rice and assorted roasted vegetables.	Mince and Butternut Pilaf* with green beans on the side.

* See recipes

This Diabetes Meal Plan can be enjoyed by **people with diabetes as well as by their families.**

This diet plan is calculated to provide **6500kJ per day**. In addition to breakfast, lunch and dinner, each day on the plan includes a **morning and an afternoon snack.**

These meals are packed with **nutrient-rich foods**, including whole grains, lean meats, low-fat dairy and plenty of fresh fruits and vegetables. They **avoid refined grains** and **limit added sugars.**



	Day 5	Day 6	Day 7
Breakfast	1 Slice of whole wheat toast spread with olive oil spread and anchovette. 2 Cups fresh fruit salad with half a cup low-fat yoghurt.	A cup of All-Bran flakes with half a cup low-fat milk, topped with a banana and 2 teaspoons pumpkin seeds.	2 Slices of whole wheat bread with baked beans, tomato, mushrooms. 1 piece of fruit.
Snack	A banana and 4 almonds.	A 30-Day Muffin* with 2 low-fat cheese wedges.	A closed handful of trail mix (dried fruit and mixed seeds).
Lunch	A tin of tuna combined with half a cup couscous, half a cup sweetcorn, assorted salad ingredients and 2 tablespoons salad dressing.	Chicken Rice Bowl: 1 Cup of brown rice, layered with chopped lettuce, cherry tomatoes and spring onion. Top with half a grilled chicken breast and 30g grated cheddar. Add fresh lemon juice and olive oil as dressing.	Open Sandwich: Top 2 slices of rye bread with 60g mozzarella cheese, sundried tomatoes, red pepper, chilli and coriander. Grill until the cheese has melted.
Snack	1 Papino with half a cup low-fat yoghurt.	A peach.	2 Kiwis and half a cup low-fat yoghurt.
Dinner	Homemade Pizza: 1 Soft tortilla wrap topped with 2 tablespoons salsa, 60g mozzarella and slices of tomato. Add rocket after baking for 7 minutes at 200°C.	Extra lean burger patty (120g) or chicken breast (120g) marinated in peri-peri sauce and grilled. Place on a seeded roll topped with caramelised onion, gherkins, tomato and cucumber. Serve with a side salad.	3 Salmon cakes* and mashed potato (half a cup) with steamed broccoli and cauliflower.

* See recipes

Note: The information contained in this handout is intended **as a guide only** and does not replace **personalised, professional advice** from your **healthcare practitioner**.

A Registered Dietician can provide you with expert nutrition advice **to suit your needs**. To find a dietician in your area visit the **Association for Dietetics South Africa** website - <http://www.adsa.org.za/>

To help manage your diabetes:

- Know the foods that contain **carbohydrates**.
- Eat regular meals, **do not miss meals**.
- **Include carbohydrates** at most meals. Discuss this with a **registered dietician**.
- **Limit foods/drinks high in sugar** such as sweets, chocolates, cakes, biscuits, fizzy drinks, cordial and juices.
- If you are overweight, try to **lose some weight**.
- **Reduce fat intake** by choosing **low-fat or reduced-fat products** and by limiting deep fried and battered foods, pastries, cakes, biscuits and take-away food.
- If you drink alcohol, limit yourself to **2 standard drinks a day**.
- Being **physically active** can make it easier to manage your weight and your diabetes. Find an activity that you enjoy and aim for **30 minutes of physical activity each day**. Always check with your doctor **before starting any physical activity**.



Recipes

30-Day Muffins makes 24 muffins

Ingredients:

- 2 eggs
- 80 ml oil
- 500 ml fat-free milk
- 200 ml seedless raisins
- 625 ml cake flour
- 375 ml soft brown sugar
- 500 ml All-Bran flakes
- 5 ml salt
- 12,5 ml bicarbonate of soda
- 5 ml vanilla extract

Method:

1. Beat eggs and sugar well.
2. Add oil and mix well.
3. Add the raisins, flour, All-Bran, salt and vanilla extract. Mix well.
4. Mix bicarb with the milk.
5. Leave in the fridge overnight (or for up to 30 days).
6. When ready to bake, stir the mixture well.
7. Prepare muffin tray - either use cupcake cases or spray with non-stick cooking spray.
8. Spoon the mixture into muffin tray.
9. Bake at 180°C for 10-12 minutes.

Bircher Muesli serves 1

Ingredients:

- 1 cup rolled oats
- half a cup low-fat milk
- 2 teaspoons coconut curls
- 2 teaspoons sunflower seeds
- 45 ml Greek yoghurt
- honey, to taste (optional)
- handful of fresh berries

Method:

1. Put oats in a bowl and cover with milk.
2. Cover the bowl and refrigerate overnight.
3. Place the coconut curls in a dry non-stick pan over medium-high heat and toast until golden. To serve, spoon oats into a bowl, top with yoghurt, sprinkle with sunflower seeds and coconut.
4. Add berries and drizzle with honey (optional).

Tips:

You can store the soaked oats in an airtight container in the fridge for up to a week. Toast larger quantities of coconut curls and refrigerate them in a Zip-lock bag for those hurried weekday mornings. You can use frozen berries or grated apple instead of fresh berries.

Crumble Bars makes 40 bars

Ingredients:

- 150 g softened butter
- 160 g soft brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups cake flour
- 1 teaspoon baking powder
- 1 cup oats
- half a teaspoon salt
- 1 teaspoon cinnamon
- 130 g smooth jam e.g apricot, strawberry, raspberry, etc.

Method:

1. Cream the butter and sugar together.
2. Add the egg and vanilla extract and mix well.
3. Sift the flour and baking powder and combine with the mixture. Mix well.
4. Add the oats, salt and cinnamon and mix (it's easier with your hands) until it forms a soft, crumbly dough.
5. Press three quarters of the dough on a greased 26 cm x 38 cm baking tray.
6. Brush the jam evenly over the dough with a pastry brush. Make a small ball with the rest of the dough and grate it evenly over the jam layer.
7. Bake at 180°C for 20-25 minutes.
8. Let it cool for a few minutes and cut it into 40 rectangular or square (as desired) bars.

Fruit Smoothie makes 1 smoothie

Ingredients:

- 100 g frozen berries e.g. blueberries, raspberries, strawberries, etc.
- half a banana
- half a cup low-fat fruit yoghurt
- ice, as desired

Method:

1. Cut and blend all ingredients together in a blender.

Note:

You can really tailor your smoothie to your taste, i.e. use your favourite fruits, make it as thick or thin as desired, etc.

- Add ice cubes for texture.
- To thicken and boost the soluble fibre content (great for lowering cholesterol) add oats to your smoothies.
- Peel fruit only when absolutely necessary. For example, citrus fruit, bananas or pineapples should be peeled, but you can keep the peel on apples, peaches, grapes etc.
- Store fruit chunks in the freezer and add them to smoothies without thawing. Berries, peeled bananas, peeled mango, peaches and pears freeze well.



Spicy Chicken Fillets

serves 4

Ingredients:

- 4 garlic cloves, crushed
- 150 ml fat-free plain yoghurt
- 1 tablespoon grated onion
- 1 chilli, de-seeded & finely diced
- 1 teaspoon each of ground coriander, cumin, fenugreek, paprika and ginger
- a pinch of dry mustard powder
- 4 chicken breast fillets, cut in large strips
- lime wedges

Method:

1. Mix together the garlic, yoghurt, onion, chilli, spices and mustard. Add the chicken and marinade overnight.
2. Grill the chicken for 3-4 minutes on each side
3. Serve with the lime wedges, brown or basmati rice and vegetables or salad.

Tuna and Tomato Pasta

serves 4

Ingredients:

- 5 ml olive oil
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 chilli, chopped (optional)
- 1 x 170 g tin tuna chunks in brine, drained
- 2 x 400 g tins tomatoes
- 250 g wholewheat pasta - spaghetti
- freshly ground black pepper
- handful of fresh basil leaves

Method:

1. Heat a large frying pan over medium heat and grease with non-stick cooking spray.
2. Fry the onion until soft, add the garlic and chilli, and fry for a further minute.
3. Add the tuna and fry until heated through.
4. Add the tomatoes and simmer for 20 minutes.
5. Cook the pasta according to the package instructions. Drain and mix through the tuna sauce. Season with black pepper.
6. Top with fresh basil and serve.

Salmon Cakes

makes 9 salmon cakes - serves 3

Ingredients:

- 3 slices of whole wheat bread, crusts removed
- 1 egg
- 15 ml sweet chilli sauce + extra 15 ml Dijon mustard
- small handful of chives, chopped
- zest and juice of half a lemon
- a handful of fresh coriander leaves, chopped + extra for serving
- 2 x 213 g tins of salmon, bones and skins removed
- freshly ground black pepper
- cake flour for dusting

Method:

1. Crumb the bread and mix the egg, sweet chilli sauce, mustard, chives, lemon zest and juice, and coriander through.
2. Flake the salmon, mix through and season with black pepper.
3. Cover your hands well in flour and shape the mix into 9 salmon cakes.
4. Heat a large pan over a medium-high heat, lightly grease with non-stick cooking spray and fry the salmon cakes for 3 minutes on each side until golden brown.
5. Serve with extra sweet chilli sauce and coriander leaves.

Mince and Butternut Pilaf

serves 5

Ingredients:

- 30 ml sunflower oil
- 1 onion, finely diced
- 1 clove garlic, crushed
- 3/4 cup basmati rice
- 1 teaspoon cinnamon
- 500 g extra lean beef mince
- 300 g butternut, peeled and cubed
- 750 ml beef stock
- flaked almonds, toasted
- fresh coriander, roughly chopped

Method:

1. Heat the sunflower oil in a large pot and sauté the onion and garlic until soft.
2. Add the rice and cinnamon and fry for 1 minute, stirring continuously to coat the rice in oil.
3. Add the mince and fry until well browned.
4. Stir in the cubed butternut and beef stock.
5. Bring to the boil then reduce the heat and allow to simmer, covered, stirring occasionally until the rice is tender and the liquid has been absorbed. Add a little extra water when needed.
6. Season to taste and garnish with flaked, toasted almonds and chopped coriander.

