

## My Blood Glucose Diet (That works)

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Scrambled Eggs Coffee Grapefruit	Chicken salad on lettuce Broccoli salad	Apple	Grilled Tuna Cole Slaw
<b>Tuesday</b>	Oatmeal Coffee Orange	Chicken salad on Lettuce Broccoli salad	Apple	Chicken Stir- Fry over Brown Rice
<b>Wednesday</b>	Fried eggs (2) Ham Coffee & Grapefruit	Leftover Stir- Fry w/rice & Honeydew Melon	Apple	Grilled Bison Patty & Fresh Green Beans
<b>Thursday</b>	Boiled Eggs (2) Coffee Blueberry & Yogurt Parfait	Vegetable Soup Honeydew Melon	Apple	Baked Fish Cole Slaw Green beans
<b>Friday</b>	Oatmeal Orange Coffee	Vegetable Soup Cantaloupe & Berries	Apple	Grilled or baked chicken Quinoa & a Salad
<b>Saturday</b>	Scrambled Eggs Coffee Yogurt parfait	Leftover chicken on Mixed Green Salad w/ Avocado & black beans	Apple	Grilled Pork Ribs or chops Cole Slaw
<b>Sunday</b>	Ham & Eggs Orange Coffee	Chicken Soup (No noodles) Berry Smoothie	Apple	Grilled Bison or beef patty Broccoli & Cheese

\*\* Water and Coffee only. No bread, crackers or chips. No sweets. Vanilla or Honey Yogurt is ok. (use one cup yogurt to ½ cup berries) 1 tsp. Brown Sugar on Oatmeal with milk.