

# Sample Meal Plan and Menu Ideas for Pregnancy with Gestational Diabetes (GDM) and After Delivery

The following information is meant to be used with the **Using the Diabetes Plate with Gestational Diabetes and After Delivery** handout. This sample meal plan is a guide. Work with your dietitian to make sure your eating plan meets your personal needs.

## Sample Meal Plan: **Gestational Diabetes**

(If you prefer, swap any of the below dairy foods with the calcium-fortified non-dairy alternative of your choice.)

1ST TRIMESTER	2ND TRIMESTER	3RD TRIMESTER
<b>Breakfast</b>		
<ul style="list-style-type: none"> <li>1 ounce of lean protein</li> <li>2 servings of carbohydrates               <ul style="list-style-type: none"> <li>Limit bagels, muffins, cereal, oatmeal, and fruit juices</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>1 ounce of lean protein</li> <li>2 servings of carbohydrates               <ul style="list-style-type: none"> <li>Limit bagels, muffins, cereal, oatmeal, and fruit juices</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>1 ounce of lean protein</li> <li>2 servings of carbohydrates               <ul style="list-style-type: none"> <li>Limit bagels, muffins, cereal, oatmeal, and fruit juices</li> </ul> </li> <li>1 serving of non-starchy vegetables</li> </ul>
<b>Lunch</b>		
<ul style="list-style-type: none"> <li>2 ounces of lean protein</li> <li>3 servings of non-starchy vegetables</li> <li>4 servings of carbohydrates: include 1 cup of low-fat milk or plain Greek yogurt + 3 servings of carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>2.5 ounces of lean protein</li> <li>3 servings of non-starchy vegetables</li> <li>4 servings of carbohydrates: include 1 cup of low-fat milk or plain Greek yogurt + 3 servings of carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>2.5 ounces of lean protein</li> <li>3 servings of non-starchy vegetables</li> <li>4 servings of carbohydrates: include 1 cup of low-fat milk or plain Greek yogurt + 3 servings of carbohydrates</li> </ul>
<b>Dinner</b>		
<ul style="list-style-type: none"> <li>2 ounces of lean protein</li> <li>3 servings of non-starchy vegetables</li> <li>4 servings of carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>2.5 ounces of lean protein</li> <li>3 servings of non-starchy vegetables</li> <li>4 servings of carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>2.5 ounces of lean protein</li> <li>3 servings of non-starchy vegetables</li> <li>4 servings of carbohydrates</li> </ul>
<b>Snacks</b>		
<ul style="list-style-type: none"> <li>Snack 1: 1 cup of low-fat milk or plain Greek yogurt</li> <li>Snack 2: 1 ounce of protein</li> </ul>	<ul style="list-style-type: none"> <li>Snack 1: 1 cup of low-fat milk or plain Greek yogurt</li> <li>Snack 2: 1 serving of whole grain carbohydrate + 1 ounce of protein</li> <li>Snack 3: 1 serving of whole grain + 1 ounce of protein</li> </ul>	<ul style="list-style-type: none"> <li>Snacks 1: 1 cup of low fat-milk or plain Greek yogurt + 1 serving of a whole grain carbohydrate</li> <li>Snack 2: 1 whole grain + 1 ounce of protein</li> <li>Snack 3: 1 serving of whole grain carbohydrate + 1 ounce of lean protein</li> </ul>

## Sample Menu Ideas: **Gestational Diabetes**

1ST TRIMESTER Sample Menu for 2,000 Daily Calories	2ND TRIMESTER Sample Menu for 2,400 Daily Calories	3RD TRIMESTER Sample Menu for 2,600 Daily Calories
<b>Breakfast</b>		
<ul style="list-style-type: none"> <li>▪ 1 whole wheat tortilla topped with scrambled eggs</li> <li>▪ 1/3 cup of cooked beans</li> <li>▪ Salsa and sliced avocado</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 whole wheat tortilla topped with scrambled eggs</li> <li>▪ 1/3 cup of cooked beans</li> <li>▪ Salsa and sliced avocado</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 whole wheat tortillas topped with scrambled eggs, onions, and peppers</li> <li>▪ 1/3 cup of cooked beans</li> <li>▪ Salsa and sliced avocado</li> </ul>
<b>Lunch</b>		
<ul style="list-style-type: none"> <li>▪ <b>Canned protein burger</b> <ul style="list-style-type: none"> <li>▫ Serve on a whole grain tortilla</li> </ul> </li> <li>▪ Sliced tomatoes and cucumbers</li> <li>▪ Nopales</li> <li>▪ 1/3 cup cooked black beans</li> <li>▪ Apple</li> <li>▪ 1 cup of low-fat milk or high-protein yogurt</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Canned protein burger</b> <ul style="list-style-type: none"> <li>▫ Topped with a slice of part-skim milk mozzarella cheese served on a whole grain tortilla</li> </ul> </li> <li>▪ Sliced tomatoes and cucumbers</li> <li>▪ Nopales</li> <li>▪ Apple</li> <li>▪ 4 graham cracker halves</li> <li>▪ 1 cup of low-fat milk or high-protein yogurt</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Canned protein burger</b> <ul style="list-style-type: none"> <li>▫ A slice of low-fat mozzarella on top</li> </ul> </li> <li>▪ <b>Simple brown rice with scallions</b></li> <li>▪ Grilled bell peppers</li> <li>▪ Raw carrots and celery sticks with 1/4 cup of plain Greek yogurt mixed with pico de gallo as dipping sauce</li> <li>▪ 1/2 cup cut mango + 3/4 cup plain Greek yogurt</li> </ul>
<b>Dinner</b>		
<ul style="list-style-type: none"> <li>▪ <b>Budget-friendly chicken chili</b></li> <li>▪ <b>Crispy baked broccoli</b></li> <li>▪ Sliced jicama with lime and avocado</li> <li>▪ 2 whole grain tortillas</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Budget-friendly chicken chili</b></li> <li>▪ <b>Crispy baked broccoli</b></li> <li>▪ 1 cup of plain yogurt with chopped jicama and lime</li> <li>▪ 1 whole grain tortilla</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Budget-friendly chicken chili</b></li> <li>▪ <b>Crispy baked broccoli</b></li> <li>▪ Sliced jicama with lime and avocado</li> <li>▪ 2 whole grain tortillas</li> </ul>
<b>Snacks</b>		
<ul style="list-style-type: none"> <li>▪ Snack 1: 1 cup of low-fat milk or plain Greek yogurt</li> <li>▪ Snack 2: 1 ounce of low-fat cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ Snack 1: 1 cup of low-fat plain Greek yogurt</li> <li>▪ Snack 2: 2 graham crackers with peanut butter</li> <li>▪ Snack 3: 3 whole wheat crackers + 1 string cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ Snack 1: 1 cup of low-fat milk or plain Greek yogurt and 2 graham crackers halves</li> <li>▪ Snack 2: 3 whole grain crackers</li> <li>▪ Snack 3: 3 cups of popcorn with sprinkled Parmesan + 1 cheese stick</li> </ul>

## Sample Meal Plan and Menu Ideas: **After Delivery**

After your baby is born, continue following a healthy lifestyle which includes eating a balanced meal plan and being active for 30 minutes a day. An easy way to stay on track with your meal plan is by following the Diabetes Plate. This simple guide teaches you how to fill  $\frac{1}{2}$  your nine-inch plate with non-starchy vegetables, and  $\frac{1}{4}$  of the plate with lean protein,  $\frac{1}{4}$  of the plate with carbohydrate foods plus a 0-calorie beverage.

### SAMPLE MEAL PLAN: BREASTFEEDING

Breakfast	Lunch	Dinner	Snacks
<ul style="list-style-type: none"> <li>▪ 1 ounce of lean protein</li> <li>▪ 2 servings of carbohydrates</li> <li>▪ 1 serving of non-starchy vegetables</li> </ul>	<ul style="list-style-type: none"> <li>▪ 2.5 ounces of lean protein</li> <li>▪ 3 servings of non-starchy vegetables</li> <li>▪ 4 servings of carbohydrates: include 1 cup of low-fat milk or plain Greek yogurt + 3 servings of carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>▪ 2.5 ounces of lean protein</li> <li>▪ 3 servings of non-starchy vegetables</li> <li>▪ 4 servings of carbohydrates</li> </ul>	<ul style="list-style-type: none"> <li>▪ Snacks 1 and 2: <ul style="list-style-type: none"> <li>▫ 1 cup of low-fat milk or plain Greek yogurt</li> <li>▫ 1 serving of whole grain carbohydrate</li> </ul> </li> <li>▪ Snack 3 <ul style="list-style-type: none"> <li>▫ 1 whole grain carbohydrate</li> <li>▫ 1 ounce of protein</li> </ul> </li> </ul>

### SAMPLE MENU IDEAS: BREASTFEEDING FOR 2,800 DAILY CALORIES

Breakfast	Lunch	Dinner	Snacks
<ul style="list-style-type: none"> <li>▪ 1 whole wheat tortilla topped with scrambled eggs, onions, and peppers</li> <li>▪ 1/3 cup of cooked beans</li> <li>▪ Slice tomato and sliced avocado</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Canned protein burger</b> served on top of <b>simple brown rice with scallions</b></li> <li>▪ 1 whole grain tortilla + grilled peppers</li> <li>▪ Raw carrots and celery sticks with 1/2 cup of plain Greek yogurt mixed with pico de gallo as dipping sauce</li> <li>▪ 1/2 cup cut mango served with 1/2 cup of plain Greek yogurt</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Budget-friendly chicken chili</b></li> <li>▪ <b>Crispy baked broccoli</b></li> <li>▪ <b>Grilled corn with chili and lime</b></li> <li>▪ Sliced jicama with lime and avocado</li> <li>▪ 1 whole grain tortilla</li> </ul>	<ul style="list-style-type: none"> <li>▪ Snack 1 and 2: <ul style="list-style-type: none"> <li>▫ 1 cup low-fat Greek yogurt</li> <li>▫ 2 graham cracker halves</li> </ul> </li> <li>▪ Snack 3: <ul style="list-style-type: none"> <li>▫ 3 cups popped popcorn</li> <li>▫ 1 ounce cheese stick</li> </ul> </li> </ul>