

Sample Meal Guide



Perinatal

SPECIALISTS

OF KANSAS CITY

MEAL IDEAS

Getting Started

Trial and error

The information in our brochure and session are for educational purposes and is not medical advice.

Meal planning with gestational or pre-existing diabetes can be overwhelming. The best advice is to keep meal planning simple. Eating real food, rather than processed food, will typically make control easier. While preparing meals ahead of time is best, schedules can impact our ability for regular home cooked meals.

This sample planning guide reviews single ingredient meals, whether at home or on the run, which can assist in maintaining a healthy blood glucose range for pregnancy. While examples are provided, you are your best reference. If you notice a meal causes your blood glucose/sugar to rise above goal, remember to avoid that food.

A great resource that is helpful for women with either preexisting or gestational diabetes is:

[Gestational Diabetes Meal Plan & Diet Guidelines](#) at EatingWell.com

Remember, you can also download apps such as MyFitness Pal when calculating carbohydrates. You can manually change your carb goals for the day. The default carbohydrate targets on Myfitness Pal are NOT geared towards diabetics.

“The best advice is to keep meal planning simple.”

General reminders:

Below are a few general reminders from the *Diabetes in Pregnancy Guide*.

Target glucose during pregnancy are:

Less than or equal to

Fasting glucose 95
mg/dL

1 hour after meals 140
mg/dL

2 hours after meals 120
mg/dL

Foods to avoid:

- juice, pop/soda (even diet)
- sugar substitutes
- sugar alcohols
- Highly processed foods and desserts
- white bread, white rice, highly starchy foods
- Avoid fruit in the morning due to increased insulin resistance.

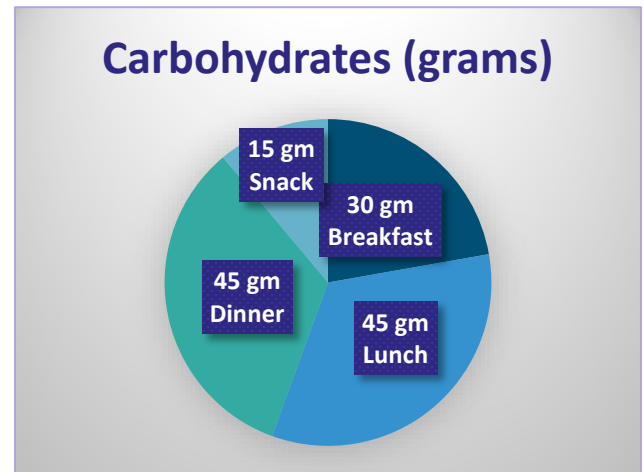
Dietary tips:

- Pair snacks with protein
- Walking 30 minutes after meals can assist in controlling glucose levels

Carbohydrate targets per meal

- Breakfast 30 grams
- Lunch 45 grams
- Dinner 45 grams

- Snacks 15 grams



Remember

- If you feel full you may eat LESS carbohydrates.
- If you meet your max and remain hungry, opt for increasing protein, healthy fats, and low starchy/complex carbohydrates.
- If you continually feel you are under eating to control you blood sugars, please contact your provider. This may signal a need for medication.
- Remember the goal is NOT to undereat, but to shift the proportion of carbohydrates, proteins, and fat.
- While everyone becomes hungry at time, chronic hunger to control blood glucose could signal under consumption. Please review your meals with your provider if find yourself regularly consuming less than 1800 calories per day.

This sample planning guide reviews single ingredient meals, whether at home or on the run, which can assist in maintaining a healthy blood glucose range for pregnancy.

While examples are provided, you are your best reference. If you notice a meal causes your blood glucose/sugar to rise above goal, remember to avoid that food.

Day	Breakfast	Snack	Lunch	Snack	Dinner
1	2 egg omelet Avocado Cauliflower hash browns	1 cup of strawberries mixed in 1 cup of Greek yogurt	Salmon Salad (make your own dressing)* Peanuts	Medium size apple with string cheese	Broccoli with onions Baked sweet potato** Bone in chicken legs One cup of mango (Not a WHOLE mango)
2	Crustless Quiche (examples include spinach and broccoli quiche)	Cottage cheese	Cucumber, tomato, mozzarella cheese, and onions salad mixed with apple cider vinegar Chicken thigh Apple	Edamame	Cauliflower fried rice Zucchini Steak
3	Almond, walnuts, pecans, and coconut mixed in a half of cup of milk (substitute for cereal) Grilled mushroom and onions	Deviled eggs	BLT lettuce wrap (replace the bread with lettuce) Kale chips Carrot sticks Fresh apricot (avoid dried or canned fruit)	Egg stuffed avocado (remove the pit and add scrambled eggs or other low carb filling to the center)	Burrito bowl (skip the rice, add additional proteins and vegetables) May add sour cream, cheese, and salsa (use salsa sparingly) Green beans

4	Brussels Sprouts Hash (see Delish.com for recipe)	Olives with Feta Cheese	Grilled asparagus Grilled Scallops Bell pepper nachos (replace chips with grilled bell peppers)	Keto tortilla chips with guacamole (one the serving of chips is done, may finish guacamole with vegetables, such as celery)	Shrimp or crab legs for a special treat (not fried or breaded) Spinach Zucchini One grapefruit
5	Cup of Greek yogurt Breakfast sausage (can use plant substitutes such as Impossible breakfast sausage) Half of whole grain toast	Crispy brussels sprouts	Short ribs Garden salad (with homemade salad dressing) One cup of strawberries	One medium sized apple and cottage cheese	Stuffed Peppers (avoid rice as stuffing. Examples of stuffing include tofu/meat substitute, or meat, onions, mushrooms, broccoli, cheese) Salad Cottage cheese
6	Garden salad (yes, salad), olive oil dressing with salt and pepper, one baked sweet potato. May add toppings such as butter, salt, pepper, bacon, etc.		Grilled chicken skewers and pesto sauce Cucumber and tomato salad with apple cider vinegar	Zucchini chips	Hamburger wrap (substitute lettuce for the bun) caprese salad Hardboiled egg

7	Tofu breakfast scramble (season tofu on skillet and cook with peppers, onions, mushrooms, olive oil, and favorite seasoning)	Chicken lettuce wraps	Stuffed mushrooms (low carb stuffing options include cheese, tofu, ground beef, etc.) Steamed broccoli and onions One cup of strawberries	Bacon jalapeno poppers (not breaded)	One ounce of dark chocolate (must be at least 70% dark chocolate) “Crack slaw”-a popular low carb meal. Several recipes available. Grilled shrimp
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*Homemade salad dressing: Mix avocado oil with vinaigrette, splash of lemon, salt, and pepper

** Sweet potatoes still contain carbs. Make sure it is a small baked potato. If large, then eat half.

Additional resources:

My Fitness Pal

<https://www.eatingwell.com/article/291744/gestational-diabetes-meal-plan-diet-guidelines/>

Examples of low carb fruits: <https://www.everydayhealth.com/diet-nutrition/best-fruits-to-eat-on-a-low-carb-diet/>

Examples of low glycemic foods: <https://www.healthline.com/nutrition/glycemic-index#low-glycemic-diet>

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The information in this booklet is for educational purposes only and is not medical advice. Please consult your care provider for information specific to your clinical situation.