

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

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

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"> ▪ 1 ounce of lean protein ▪ 2 servings of carbohydrates ▪ 1 serving of non-starchy vegetables 	<ul style="list-style-type: none"> ▪ 2.5 ounces of lean protein ▪ 3 servings of non-starchy vegetables ▪ 4 servings of carbohydrates: include 1 cup of low-fat milk or plain Greek yogurt + 3 servings of carbohydrates 	<ul style="list-style-type: none"> ▪ 2.5 ounces of lean protein ▪ 3 servings of non-starchy vegetables ▪ 4 servings of carbohydrates 	<ul style="list-style-type: none"> ▪ Snacks 1 and 2: <ul style="list-style-type: none"> ▫ 1 cup of low-fat milk or plain Greek yogurt ▫ 1 serving of whole grain carbohydrate ▪ Snack 3 <ul style="list-style-type: none"> ▫ 1 whole grain carbohydrate ▫ 1 ounce of protein
SAMPLE MENU IDEAS: BREASTFEEDING FOR 2,800 DAILY CALORIES			
Breakfast	Lunch	Dinner	Snacks
<ul style="list-style-type: none"> ▪ 1 whole wheat tortilla topped with scrambled eggs, onions, and peppers ▪ 1/3 cup of cooked beans ▪ Slice tomato and sliced avocado 	<ul style="list-style-type: none"> ▪ Canned protein burger served on top of simple brown rice with scallions ▪ 1 whole grain tortilla + grilled peppers ▪ Raw carrots and celery sticks with 1/2 cup of plain Greek yogurt mixed with pico de gallo as dipping sauce ▪ 1/2 cup cut mango served with 1/2 cup of plain Greek yogurt 	<ul style="list-style-type: none"> ▪ Budget-friendly chicken chili ▪ Green beans with mushrooms and onions ▪ Grilled corn with chili and lime ▪ Sliced jicama with lime and avocado ▪ 1 whole grain tortilla 	<ul style="list-style-type: none"> ▪ Snack 1 and 2: <ul style="list-style-type: none"> ▫ 1 cup low-fat Greek yogurt ▫ 2 graham cracker halves ▪ Snack 3: <ul style="list-style-type: none"> ▫ 3 cups popped popcorn ▫ 1 ounce cheese stick