



## DIABETES MENU, DAY ONE

Breakfast: *2 cups coffee, ½ cup (1%) milk*  
*¾ cup oat cereal, ½ banana, ½ c milk*

---

Morning

Snack: *1 orange*

---

Lunch: *1 Salade Nicoise (1 c Romaine, 1 small boiled Russet potato, 3-oz water-packed tuna, 3-oz cooked green beans, 1 boiled egg, ¼ tomato).*  
*Dressing: 1 tsp olive oil; ¼ tsp vinegar*  
*1 (2 oz) whole wheat roll*

---

Afternoon *1 Smoothy (½ banana, sliced; ½ cup*

Snack: *sliced strawberries, ½ cup 1% milk)*

---

Dinner: *Sauteed Parmesan Polenta (1/3-cup polenta 1 sliced garlic clove cooked in 1¼-cup chicken broth with ½ egg yolk & 3-TBS grated parmesan stirred in after cooking. Chill, cut in triangles, dredge in 1-TBS flour & sauté in a tiny bit of olive oil. Makes 2 portions.) served with*



*Mushroom Ragout* ( $\frac{3}{4}$ cup each crimini, oyster,  
wood ear & white mushrooms;  
1 sliced carrot, 1 sliced garlic clove,  
fresh sage, salt & pepper, sauteed in  
olive oil, w/a splash of white wine)  
*Side Salad* (1-cup Romaine,  $\frac{1}{2}$ tomato)

---

Dessert: This is already 225 gms CHO. Go to the  
yogurt store for a delicious sugar-free  
fat-free dessert.

*Try to eat your food very slowly. Remember to drink plenty of  
water: 2 quarts a day...and get enough exercise: 30 minutes or  
more at least 4 days a week.*

