

The Diabetes Plate Solution™

HEALTHY PLATE FOR BETTER BLOOD SUGAR

A simple, balanced approach to help manage blood sugar and support your health.

*Restrict Less.
Balance Better.*

1/2

NON-STARCHY VEGETABLES

Fill half your plate with a variety of non-starchy vegetables.

They are low in calories and high in vitamins, minerals and fiber.

- Leafy greens
- Broccoli
- Cauliflower
- Bell peppers
- Carrots
- Cucumbers
- Mushrooms
- Tomatoes
- Green beans
- And more!



CHOOSE WATER

Drink water throughout the day.

1/4

LEAN PROTEIN

Choose lean protein foods. They help you feel full and satisfied.

- Chicken
- Fish
- Turkey
- Tofu
- Eggs
- Beans, lentils
- Greek yogurt
- And more!

1/4

HIGH-FIBER CARBOHYDRATES

Choose high-fiber carbohydrates. They provide steady energy and important nutrients.

- Whole grains
- Quinoa
- Brown rice
- Beans, lentils
- Sweet potato
- Fruit
- And more!

ADD HEALTHY FATS



Add small amounts of healthy fats for flavor and heart health.

Examples: Avocado, nuts, seeds, olive oil, nut butters



BUILD BALANCED MEALS

Use the Plate Method at every meal.



INCLUDE PROTEIN

Choose a protein at every meal.



CHOOSE FIBER-RICH CARBOHYDRATES

Select high-fiber carbs for steady energy.



DRINK WATER

Choose water instead of sugary drinks.



MOVE AFTER MEALS

Aim for 10–15 minutes of walking when able.



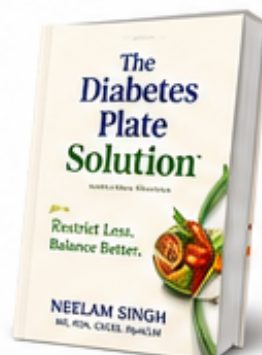
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*Follow for more
nutrition tips!*



The Diabetes Plate Solution™ + Companion Guide

7-DAY FLEXIBLE MEAL BUILDER

Use the Plate Method for lunch and dinner. Mix and match your favorite options!

PROTEIN OPTIONS



Chicken



Fish



Tofu



Lentils



Beans



Eggs



Greek Yogurt

Breakfast

Lunch (Plate Method)

Dinner (Plate Method)

Smart Snack

DAY
1
MON

Oatmeal with
berries and
walnuts

Grilled chicken or tofu
+ vegetables +
quinoa or brown rice

Salmon or lentils
+ vegetables +
sweet potato

Apple slices
+ almonds



DAY
2
TUE

Greek yogurt
with berries
and chia seeds

Lentil soup or chickpea
salad + vegetables
+ whole grain bread

Tofu stir-fry
+ vegetables +
brown rice

Carrot sticks
+ hummus



DAY
3
WED

Veggie omelet
(or tofu scramble)
+ whole grain toast

Turkey or chickpea salad
+ mixed greens +
olive oil dressing

Fish or beans
+ vegetables +
quinoa

Cottage cheese
(or edamame)
+ berries



DAY
4
THU

Avocado toast
with egg (or tofu)
+ fruit

Quinoa bowl with
black beans, corn,
veggies & salsa

Chicken or tempeh
+ roasted vegetables
+ brown rice

Pear
+ walnuts



DAY
5
FRI

Cottage cheese
(or yogurt)
+ fruit & nuts

Mediterranean salad
with chickpeas +
pita (whole grain)

Stuffed bell peppers
with quinoa & lentils
+ side salad

Roasted
chickpeas



DAY
6
SAT

Overnight oats
with berries
and flaxseeds

Hummus & veggie wrap
(whole grain)
+ side salad

Shrimp or tofu
+ broccoli & barley
(or quinoa)

Mixed nuts



DAY
7
SUN

Veggie scramble
with avocado
+ fruit

Salmon or tofu
salad + mixed greens
+ olive oil dressing

Three-bean chili
+ side salad +
whole grain roll

Greek yogurt
with berries



SMART SNACK FORMULA

Choose 1 protein + 1 produce



Apple +
Almonds

Veggies +
Hummus

Greek yogurt
+ Berries

Cottage cheese
+ Cucumber

GROCERY LIST (EXAMPLES)

VEGETABLES	PROTEINS	HIGH-FIBER CARBS	HEALTHY FATS
Spinach	Chicken breast		Avocado
Broccoli	Fish	Brown rice	Olive oil
Peppers	Tofu	Quinoa	Nuts
Cucumbers	Lentils	Oats	Seeds
Carrots	Beans	Whole grain bread	Nut butters
Tomatoes	Eggs	Sweet potato	
Mushrooms	Greek yogurt	Beans	
Green beans		Fruit	

PLATE METHOD REMINDER



- 1/2 Vegetables
- 1/4 Lean Protein
- 1/4 High-Fiber Carbs

Add healthy fats
Drink water
Move after meals

You don't have
to be perfect.
Just be
consistent.



For more strategies, recipes, and science-backed guidance,
read *The Diabetes Plate Solution* by Neelam Singh.

