



# *Filipino Cuisine 7-Day Meal Plan*

## *Gestational Diabetes Diet*

By Malama Health's Registered Dietitian  
The Gestational Diabetes  
Tracking App



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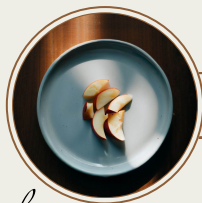
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# Monday

## Breakfast

Garlic Fried Rice with Scrambled Eggs and Sliced Tomatoes



## Snack

1 small apple

## Lunch

Pork Adobo with Bok Choy and Cauliflower Rice



## Snack

1 oz cheddar cheese

## Dinner

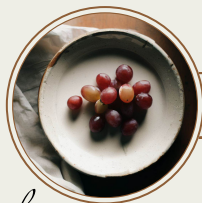
Grilled Chicken Skewers with Green Mango Salad



# Tuesday

## Breakfast

Spinach and Mushroom Omelette,  
Whole Wheat Toast



## Snack

1/2 cup grapes

## Lunch

Chicken Tinola with Spinach and  
Cauliflower Rice



## Snack

1 small bell pepper with hummus

## Dinner

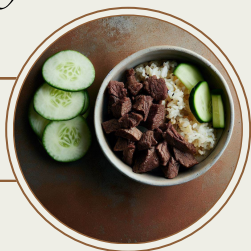
Grilled Fish with Tomato and Onion  
Salad



# Wednesday

## Breakfast

Beef Tapa with Cauliflower Rice and Sliced Cucumber



## Snack

1 hard-boiled egg

## Lunch

Beef Kare-Kare with String Beans and Cauliflower



## Snack

1 oz almonds

## Dinner

Chicken Adobo with Stir-fry Vegetables and Brown Rice



# Thursday

## Breakfast

Tuna and Veggie Omelette with  
Whole Wheat Toast



## Snack

1 small peach

## Lunch

Grilled Pork Belly with Eggplant and  
Okra



## Snack

1/2 cup Greek yogurt with 1/4 cup  
mixed berries

## Dinner

Shrimp Sinigang with Bok Choy and  
Cauliflower Rice



# Friday

## Breakfast

Chicken and Veggie Stir-fry with  
Brown Rice



## Snack

1 oz cheddar cheese

## Lunch

Grilled Fish with Kangkong and  
Cauliflower Rice



## Snack

1 small bell pepper with hummus

## Dinner

Pork Sinigang with Bok Choy and  
Cauliflower Rice



# Saturday

## Breakfast

Scrambled Eggs with Tomato and Onion Salad



## Snack

1 small orange

## Lunch

Chicken Afritada with Cauliflower Rice



## Snack

1 oz almonds

## Dinner

Beef Mechado with Cauliflower Rice and Sliced Cucumber



# Sunday

## Breakfast

Pork Tocino with Stir-fry Vegetables and Brown Rice



## Snack

1 hard-boiled egg

## Lunch

Grilled Chicken Inasal with Atchara and Cauliflower Rice



## Snack

1/2 cup grapes

## Dinner

Beef Caldereta with Cauliflower Rice and Sliced Tomatoes

