



# *7-Day Meal Plan*

## *for a Gestational Diabetes Diet*

By a Registered Dietitian Nutritionist,  
including

Breakfast  
Lunch  
Dinner  
& two snacks



Malama Health  
The Gestational Diabetes  
Tracking App



# Monday

## Breakfast

Scrambled eggs with mushrooms and spinach, wholemeal toast, avocado



## Snack

Greek yogurt with mixed berries

## Lunch

Grilled chicken with mixed vegetables and brown rice



## Snack

Carrots and Hummus

## Dinner

Grilled fish with steamed green beans and sweet potato



# Tuesday

## Breakfast

Oatmeal with almond milk, cinnamon, and diced apple



## Snack

Boiled egg + a slice of wholemeal toast

## Lunch

Lentil soup with wholemeal pita bread



## Snack

Apple slices with almond butter

## Dinner

Beef stir-fry with mixed vegetables and brown rice



# Wednesday

## Breakfast

Spinach and feta omelette with wholemeal toast



## Snack

Low-fat cottage cheese, cherry tomatoes

## Lunch

Grilled salmon with roasted asparagus and quinoa

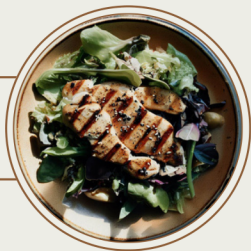


## Snack

Cucumber slices with tzatziki

## Dinner

Grilled chicken salad with mixed greens and balsamic vinaigrette



# Thursday

## Breakfast

Greek yogurt with sliced banana and chia seeds



## Snack

Mixed nuts and dried fruit

## Lunch

Turkey chili with brown rice



## Snack

Carrot sticks with tzatziki

## Dinner

Grilled beef with roasted vegetables and sweet potato mash



# Friday

## Breakfast

Scrambled eggs with tomatoes, spinach, wholemeal toast, low-fat cheese



## Snack

Apple slices with almond butte

## Lunch

Baked chicken with mixed vegetables and brown rice



## Snack

Cucumber slices with hummus

## Dinner

Grilled fish with steamed broccoli and brown rice



# Saturday

## Breakfast

Oatmeal with almond milk, walnuts, and diced pear



## Snack

Boiled egg and wholemeal toast

## Lunch

Beef and vegetable stir fry with brown rice



## Snack

Low-fat yogurt with mixed berries

## Dinner

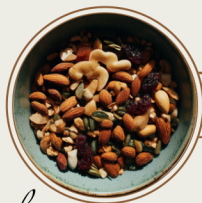
Grilled chicken with mixed greens and balsamic vinaigrette



# Sunday

## Breakfast

Spinach and feta omelette with wholemeal toast



## Snack

Mixed nuts and dried fruit

## Lunch

Lentil soup with wholemeal pita bread



## Snack

Wholemeal crackers, low-fat cheese

## Dinner

Grilled beef with roasted vegetables and sweet potato mash

