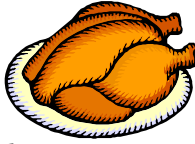


# Healthy Affordable Diabetic Meal Ideas

Start with Bulk Items: Whether you shop at the grocery store (look for those bulk tubs) or Costco, bulk items are a great way to save money. Look for such items as:

- Frozen fish or chicken
- Frozen vegetables
- Carton of eggs
- Rotisserie roasted whole chicken
- Oatmeal
- Whole grain pasta
- Unsalted nuts
- Brown rice
- Whole wheat or whole grain bread
- Dried beans/legumes



Find simple recipes to incorporate some or all of these items:

- Breakfast:
  - Scramble the eggs with your favorite veggies and have with a piece of toast
  - French toast is a great way to incorporate protein (eggs) with your breakfast (or dinner!) Top with fresh berries instead of syrup
  - Incorporate some nuts into your oatmeal
- Lunch/Dinner
  - Simply cut off a piece of that rotisserie chicken and have with a side of steamed veggies and a cup of steamed brown rice
  - Make some soup with chicken broth (low sodium), your favorite frozen veggies and chicken. You can add some wild rice or some dried beans, too!
  - Spaghetti is great idea with a cup of cooked whole grain noodles. Chop up some veggies and cook into the sauce. Try having with a side salad, or a piece of chicken, pork or fish. Remember to limit the pasta to <math><1/2</math> of your plate
  - Sandwiches are a great meal idea. Using whole wheat bread with sliced lean meat, home-made chicken salad or egg salad. Add some lettuce and tomato for fun. Have with a piece of fruit or a vegetable.



Other tips:

- Make a shopping list and menu for the week and stick with it!
- Seasonings to use: garlic powder, lemon pepper, lemon juice/zest, thyme, rosemary, Mrs. Dash

