

# Free 3-Day Diabetic Meal Plan

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**Budget-Friendly, Blood Sugar-Friendly Meals You'll Actually Want to Eat**

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### A Note From Oscar

Hey, I'm Oscar Cisneros. A few years ago, my A1C was 14.6 — dangerously high. I was tired all the time, my vision was blurry, and honestly, I was scared. My doctor warned me about complications, medications, and a future I didn't want. But here's what changed everything: I didn't go on some extreme diet. I didn't buy expensive "diabetic" foods. I just started eating real food, counting my carbs, and cooking smart.

Fast forward to today: my A1C is 6.2. I feel better than I have in years. And the meals that got me here? They're the same ones my family eats. Budget-friendly, made with grocery store ingredients, and actually delicious. No deprivation, no bland "diet food." Just smart choices that keep my blood sugar stable and my wallet happy.

This 3-day meal plan is exactly how I eat. Every meal is under 15g net carbs, packed with protein and healthy fats to keep you satisfied, and designed for real life — not some fantasy kitchen with a personal chef. If I did this, you can too.

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### How to Use This Plan

- **Every meal is portion-controlled** to keep carbs in check
- **Prep what you can ahead** (see batch cooking tips at the end)

- **Track your blood sugar** before and 2 hours after meals to see what works for your body
  - **Swap freely** — don't like eggs? Swap breakfast for another day. The goal is progress, not perfection.
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# Day 1

## Breakfast: Veggie-Packed Scramble with Avocado

**Ingredients (1 serving):** - 2 large eggs - 1/4 cup bell peppers, diced - 1/4 cup spinach - 1/4 small onion, diced - 1/2 medium avocado, sliced - 1 tsp olive oil - Salt, pepper, garlic powder to taste

**Instructions:** Heat oil in a pan over medium heat. Sauté peppers and onion for 2-3 minutes. Add spinach and cook until wilted. Scramble eggs into the veggies. Season to taste. Serve with sliced avocado on the side.

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
312	15g	12g	7g	<b>5g</b>	24g

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## Morning Snack: String Cheese + Almonds

**Ingredients:** - 1 string cheese stick (part-skim mozzarella) - 10 raw almonds

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
145	9g	4g	2g	<b>2g</b>	11g

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## Lunch: Chicken & Cauliflower Rice Bowl

**Ingredients (1 serving):** - 4 oz grilled chicken breast, diced - 1 cup riced cauliflower - 1/4 cup black beans (drained, rinsed) - 2 tbsp salsa - 1 tbsp sour cream (light) - 1/4 avocado, diced - 1 tsp olive oil - Cilantro, lime, cumin to taste

**Instructions:** Sauté cauliflower rice in olive oil with cumin for 3-4 minutes. Top with grilled chicken, black beans, salsa, sour cream, and avocado. Garnish with cilantro and lime.

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<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Net Carbs</b>	<b>Fat</b>
385	38g	18g	8g	<b>10g</b>	15g

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## **Afternoon Snack: Cucumber Slices with Guacamole**

**Ingredients:** - 1 cup cucumber slices - 1/4 cup guacamole (homemade or store-bought)

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<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Net Carbs</b>	<b>Fat</b>
95	2g	9g	4g	<b>5g</b>	7g

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## **Dinner: Baked Salmon with Roasted Broccoli**

**Ingredients (1 serving):** - 5 oz salmon fillet - 1.5 cups broccoli florets - 1 tbsp olive oil - 1 clove garlic, minced - Lemon juice, salt, pepper

**Instructions:** Preheat oven to 400°F. Toss broccoli with half the olive oil, garlic, salt, and pepper. Place on a baking sheet. Brush salmon with remaining olive oil and lemon juice. Add to baking sheet. Bake 15-18 minutes until salmon is cooked through.

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<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Net Carbs</b>	<b>Fat</b>
425	40g	12g	5g	<b>7g</b>	24g

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## **Day 1 Totals**

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<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Net Carbs</b>	<b>Fat</b>
1,362	104g	55g	26g	<b>29g</b>	81g

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# Day 2

## Breakfast: Greek Yogurt Parfait with Berries & Nuts

**Ingredients (1 serving):** - 3/4 cup plain Greek yogurt (non-fat or 2%) - 1/4 cup fresh strawberries, sliced - 1/4 cup fresh blueberries - 2 tbsp chopped walnuts - 1/2 tsp cinnamon

**Instructions:** Layer yogurt, berries, and walnuts in a bowl. Sprinkle with cinnamon.

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
245	22g	17g	4g	<b>13g</b>	10g

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## Morning Snack: Hard-Boiled Egg + Cherry Tomatoes

**Ingredients:** - 1 large hard-boiled egg - 1 cup cherry tomatoes

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
105	8g	6g	2g	<b>4g</b>	6g

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## Lunch: Turkey Lettuce Wrap Tacos

**Ingredients (1 serving):** - 4 oz ground turkey (93% lean), cooked with taco seasoning - 4 large romaine lettuce leaves - 2 tbsp shredded cheddar cheese - 2 tbsp pico de gallo - 2 tbsp sour cream (light) - 1/4 avocado, sliced

**Instructions:** Cook ground turkey with taco seasoning (watch for added sugars; use homemade spice blend if possible). Fill lettuce leaves with turkey, cheese, pico, sour cream, and avocado. Wrap and enjoy.

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
365	34g	11g	5g	<b>6g</b>	21g

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## Afternoon Snack: Celery Sticks with Almond Butter

**Ingredients:** - 3 celery stalks - 1 tbsp almond butter (no sugar added)

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
115	4g	6g	3g	<b>3g</b>	9g

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## Dinner: Sheet Pan Chicken Fajitas (No Tortilla)

**Ingredients (1 serving):** - 5 oz chicken breast, sliced - 1/2 bell pepper, sliced (any color) - 1/2 medium onion, sliced - 1 tbsp olive oil - 1 tsp fajita seasoning (low-sodium) - 2 tbsp guacamole - 2 tbsp salsa - Optional: 2 tbsp shredded cheese

**Instructions:** Preheat oven to 425°F. Toss chicken, peppers, and onion with olive oil and fajita seasoning. Spread on a baking sheet. Roast 20-25 minutes. Serve with guacamole, salsa, and optional cheese.

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
410	42g	15g	5g	<b>10g</b>	20g

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## Day 2 Totals

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
1,240	110g	55g	19g	<b>36g</b>	66g

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## Day 3

### Breakfast: Spinach & Cheese Omelet

**Ingredients (1 serving):** - 2 large eggs - 1/2 cup fresh spinach - 2 tbsp shredded cheddar cheese - 1 tsp butter or olive oil - Salt, pepper

**Instructions:** Heat butter in a non-stick pan. Whisk eggs and pour into pan. Add spinach and cheese. Fold omelet in half when eggs are almost set. Cook 1-2 more minutes.

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<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Net Carbs</b>	<b>Fat</b>
265	18g	2g	1g	<b>1g</b>	20g

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## **Morning Snack: Bell Pepper Slices with Hummus**

**Ingredients:** - 1 cup bell pepper slices - 3 tbsp hummus

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<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Net Carbs</b>	<b>Fat</b>
135	5g	13g	4g	<b>9g</b>	7g

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## **Lunch: Tuna Salad Lettuce Boats**

**Ingredients (1 serving):** - 1 can (5 oz) tuna in water, drained - 2 tbsp mayonnaise (or Greek yogurt for lighter option) - 1 tbsp diced celery - 1 tbsp diced red onion - 4 large butter lettuce leaves - Salt, pepper, lemon juice

**Instructions:** Mix tuna, mayo, celery, onion, salt, pepper, and a squeeze of lemon. Scoop into lettuce leaves.

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<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Net Carbs</b>	<b>Fat</b>
295	35g	4g	1g	<b>3g</b>	15g

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## **Afternoon Snack: Mini Cheese Plate**

**Ingredients:** - 1 oz cheddar cheese cubes - 5 olives (green or black) - 3 cherry tomatoes

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<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Net Carbs</b>	<b>Fat</b>
145	7g	3g	1g	<b>2g</b>	12g

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# Dinner: Zucchini Noodles with Turkey Meatballs

**Ingredients (1 serving):** - 4 turkey meatballs (homemade or store-bought, check carbs) - 2 cups zucchini noodles (zoodles) - 1/2 cup marinara sauce (no sugar added, check label) - 1 tbsp Parmesan cheese - 1 tsp olive oil - Italian seasoning

**Instructions:** Sauté zoodles in olive oil for 2-3 minutes. Warm meatballs and marinara (bake meatballs at 375°F for 15-20 min if homemade). Serve meatballs over zoodles, top with marinara and Parmesan.

**Turkey Meatball Recipe (makes 12):** - 1 lb ground turkey - 1/4 cup almond flour - 1 egg - 2 cloves garlic, minced - 1 tsp Italian seasoning - Salt, pepper

Mix all, form into 12 balls, bake at 375°F for 18-20 minutes.

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
380	32g	18g	6g	<b>12g</b>	19g

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## Day 3 Totals

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Calories	Protein	Carbs	Fiber	Net Carbs	Fat
1,220	97g	40g	13g	<b>27g</b>	73g

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# Consolidated Grocery List (3 Days)

## Proteins

1 dozen large eggs

1 lb chicken breast

1 lb ground turkey (93% lean)

1 lb ground turkey (for meatballs)

- 2 salmon fillets (5 oz each)
- 2 cans tuna in water (5 oz each)

## **Dairy & Cheese**

- 1 container plain Greek yogurt (non-fat or 2%)
- 1 package string cheese
- 1 block cheddar cheese
- 1 small container Parmesan cheese
- 1 container light sour cream
- Butter or olive oil spread

## **Produce**

- 2 avocados
- 3 bell peppers (assorted colors)
- 1 bag fresh spinach
- 1 head broccoli
- 2 medium onions
- 1 head romaine lettuce
- 1 head butter lettuce
- 2 zucchini (for zoodles)
- 2 cups cherry tomatoes
- 1 large cucumber
- 1 bunch celery
- 1 container strawberries

- 1 container blueberries
- 1 bunch cilantro
- 2 lemons
- 2 limes
- 3 cloves garlic (or garlic powder)

## **Pantry Staples**

- Olive oil
- Salt, pepper
- Garlic powder, cumin, cinnamon, Italian seasoning
- Taco seasoning (low-carb, or make your own)
- Fajita seasoning (low-sodium)

## **Other**

- 1 small bag raw almonds
- 1 small bag walnuts
- 1 jar almond butter (no sugar added)
- 1 container hummus
- 1 jar salsa
- 1 jar pico de gallo
- 1 container guacamole (or make your own)
- 1 jar marinara sauce (no sugar added)
- 1 can or bag black beans
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- 1 bag riced cauliflower (fresh or frozen)
  - 1 jar or can olives
  - Mayonnaise
  - Almond flour (if making meatballs from scratch)
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## 5 Batch Cooking Tips to Save Time & Money

**1. Prep Your Proteins on Sunday** Grill or bake 2-3 lbs of chicken breast at once. Store in individual portions. Use for salads, cauliflower rice bowls, or fajitas all week. Same with hard-boiled eggs — make a dozen, keep in the fridge.

**2. Pre-Chop Your Veggies** Dice peppers, onions, and celery when you get home from the store. Store in airtight containers. When it's time to cook, you'll save 10 minutes every meal.

**3. Make Meatballs in Bulk** Triple the turkey meatball recipe. Freeze half. You'll have a fast, protein-packed dinner ready in 15 minutes anytime.

**4. Buy Pre-Riced Cauliflower** It's a lifesaver. Frozen or fresh, it cooks in 5 minutes and saves you the hassle of ricing it yourself. Stock up when it's on sale.

**5. Portion Your Snacks** Don't eat nuts or cheese straight from the bag. Measure portions (10 almonds, 1 oz cheese) into small containers or baggies. This keeps you honest and prevents mindless overeating.

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## What's Next?

You just completed 3 days of diabetic-friendly, budget-conscious meals. If you felt satisfied, energized, and in control of your blood sugar, imagine what 65+ more recipes could do.

**Want more recipes like these?**

I wrote The Budget-Friendly Diabetic Cookbook with every single meal designed to keep your A1C in check without breaking the bank. Real food. Real flavor. Real results.

☐ **Get it now on Amazon:** <https://www.amazon.com/dp/B0GP63DLFC>

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Stay strong. You've got this. — Oscar Cisneros