

# Complete 7-Day GLP-1 Meal Plan For Diabetics on Insulin

## Daily Guidelines

- **Carbs per meal:** 25–35g
- **Snacks:** 10–15g carbs
- **Meal frequency:** 3 meals + 2 snacks
- Eat **slowly and in small portions** to avoid overwhelming digestion.
- Always **pair carbs with protein or healthy fats** to prevent glucose spikes.

## Day 1 – Gentle Start

| Meal             | Foods                                                                   | Carbs |
|------------------|-------------------------------------------------------------------------|-------|
| <b>Breakfast</b> | Greek yogurt (½ cup), 1 tbsp chia seeds, ½ banana, cinnamon             | 25g   |
| <b>Snack</b>     | Boiled egg + 6 almonds                                                  | 3g    |
| <b>Lunch</b>     | 3 oz grilled chicken, ½ cup mashed sweet potato, ½ cup steamed zucchini | 30g   |
| <b>Snack</b>     | Ginger tea + cheese stick                                               | 1g    |
| <b>Dinner</b>    | 3 oz baked salmon, ½ cup roasted cauliflower, ½ cup cooked carrots      | 30g   |

## Day 2 – Building Fiber Slowly

| Meal | Foods | Carbs |
|------|-------|-------|
|------|-------|-------|

| Meal             | Foods                                                                       | Carbs |
|------------------|-----------------------------------------------------------------------------|-------|
| <b>Breakfast</b> | Protein shake<br>(unsweetened almond milk<br>+ protein powder + ½<br>apple) | 25g   |
| <b>Snack</b>     | Cottage cheese (½ cup) +<br>5 walnut halves                                 | 4g    |
| <b>Lunch</b>     | 3 oz turkey breast, ½ cup<br>quinoa, ½ cup roasted<br>butternut squash      | 35g   |
| <b>Snack</b>     | Peppermint tea + Greek<br>yogurt (½ cup)                                    | 7g    |
| <b>Dinner</b>    | 3 oz cod, ½ cup green<br>beans, ¼ cup brown rice                            | 30g   |

| Meal             | Foods                                                             | Carbs |
|------------------|-------------------------------------------------------------------|-------|
| <b>Breakfast</b> | 2 scrambled eggs, 1 slice<br>whole grain toast, cooked<br>spinach | 30g   |
| <b>Snack</b>     | ½ small apple + 1 tbsp<br>peanut butter                           | 12g   |
| <b>Lunch</b>     | 3 oz grilled chicken, ½ cup<br>lentils, ½ cup roasted<br>carrots  | 35g   |
| <b>Snack</b>     | Ginger tea + 6 almonds                                            | 3g    |
| <b>Dinner</b>    | 3 oz salmon, ½ cup<br>mashed cauliflower, ½ cup                   | 30g   |

| Meal | Foods    | Carbs |
|------|----------|-------|
|      | zucchini |       |

| Meal             | Foods                                                  | Carbs |
|------------------|--------------------------------------------------------|-------|
| <b>Breakfast</b> | Greek yogurt + 1 tbsp flaxseed + ¼ cup blueberries     | 25g   |
| <b>Snack</b>     | Bone broth + boiled egg                                | 2g    |
| <b>Lunch</b>     | 3 oz turkey breast, ½ cup farro, ½ cup roasted beets   | 35g   |
| <b>Snack</b>     | Peppermint tea + ½ small banana                        | 15g   |
| <b>Dinner</b>    | 3 oz cod, ½ cup mashed sweet potato, ½ cup green beans | 30g   |

| Meal             | Foods                                                            | Carbs |
|------------------|------------------------------------------------------------------|-------|
| <b>Breakfast</b> | 2 scrambled eggs + sautéed mushrooms + 1 slice whole grain toast | 30g   |
| <b>Snack</b>     | Greek yogurt (½ cup) + cinnamon                                  | 8g    |
| <b>Lunch</b>     | 3 oz salmon, ½ cup quinoa, ½ cup steamed broccoli                | 35g   |
| <b>Snack</b>     | Ginger tea + cheese stick                                        | 1g    |

| Meal   | Foods                                                 | Carbs |
|--------|-------------------------------------------------------|-------|
| Dinner | 3 oz chicken breast, ½ cup roasted carrots, ½ avocado | 30g   |

| Meal      | Foods                                                                | Carbs |
|-----------|----------------------------------------------------------------------|-------|
| Breakfast | Protein shake with ½ cup frozen berries + cinnamon                   | 25g   |
| Snack     | Boiled egg + ginger tea                                              | 2g    |
| Lunch     | 3 oz cod, ½ cup lentils, ½ cup roasted carrots                       | 35g   |
| Snack     | Greek yogurt + 6 almonds                                             | 7g    |
| Dinner    | 3 oz turkey burger, ½ cup mashed cauliflower, ½ cup roasted zucchini | 30g   |

| Meal      | Foods                                                | Carbs |
|-----------|------------------------------------------------------|-------|
| Breakfast | Greek yogurt + 1 tbsp chia seeds + ¼ cup blueberries | 25g   |
| Snack     | Bone broth + boiled egg                              | 2g    |
| Lunch     | 3 oz salmon, ½ cup farro, ½ cup roasted beets        | 35g   |
| Snack     | Peppermint tea + ½ small banana                      | 15g   |
| Dinner    | 3 oz chicken breast, ½ cup mashed sweet potato, ½    | 30g   |

| Meal | Foods           | Carbs |
|------|-----------------|-------|
|      | cup green beans |       |

| Food / Supplement                               | Benefit                                    |
|-------------------------------------------------|--------------------------------------------|
| <b>Cinnamon (½ tsp)</b>                         | Improves glucose control                   |
| <b>Ginger tea</b>                               | Reduces nausea, aids digestion             |
| <b>Apple cider vinegar (1 tsp before meals)</b> | Lowers post-meal glucose spikes            |
| <b>Berberine (if approved by doctor)</b>        | Mimics GLP-1, improves insulin sensitivity |
| <b>Probiotics</b>                               | Strengthen gut health and hormone balance  |

# Tips for Diabetics on Insulin + GLP-1

- 1. **Check blood glucose frequently**, especially before meals and bedtime.
- 2. **Adjust insulin dosage** gradually with your provider as appetite decreases.
- 3. Always **pair carbs with protein or fat** to slow digestion.
- 4. **Stay hydrated** to prevent nausea and constipation.
- 5. Keep **glucose tablets or juice** nearby for low blood sugar emergencies.

💡 *Take the next step on your wellness journey!*

Download our **FREE GLP-1 Diabetic Meal Plan** to naturally boost GLP-1, stabilize blood sugar, and minimize side effects.

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