

1,000-Calorie Menu: Day Three

Menu created by John Foreyt, Ph.D.

Food	Amount	Calories
Breakfast:		
Meal Replacement Shake	1 serving	220
Small fruit	1 serving	60
Lunch:		
**Turkey and Vegetable Soup w/ Cheddar Bruschetta	1 serving	361
Dinner:		
Meal Replacement Shake	1 serving	220
*Salad or Vegetable	1 serving	40
Snack:		
Small fruit	1 serving	60
Total Calories		1,001

*Salads should be prepared with fat-free salad dressing.

*Vegetables to be prepared without added fats.

**Recipes from:

American Diabetes Association

Mix 'n' Match Meals in Minutes for People with Diabetes by Linda Gassenheimer

www.diabetes.org