

7-Day Meal Plan for Gestational Diabetes

Each day includes 3 meals and 2 snacks. Meals are designed to support balanced blood sugar, are simple to prepare, and emphasize real-food nutrition.

Day 1

- **Breakfast:** Scrambled eggs with sautéed spinach and a slice of whole grain toast + 1 tbsp peanut butter
- **Snack:** Apple slices with peanut butter
- **Lunch:** Grilled chicken salad with mixed greens, cucumbers, olive oil + vinegar
- **Dinner:** Baked salmon, roasted Brussels sprouts, and 1/2 cup quinoa

Day 2

- **Breakfast:** Steel-cut oats with chia seeds, berries, and almond butter
- **Snack:** Cottage cheese with cucumber slices
- **Lunch:** Turkey lettuce wraps with avocado + hummus
- **Dinner:** Ground turkey stuffed bell peppers with black beans and cauliflower rice

Day 3

- **Breakfast:** Greek yogurt with walnuts, chia seeds, and a few raspberries
- **Snack:** Boiled edamame + sea salt
- **Lunch:** Grilled chicken quinoa bowl with arugula, starchy vegetables, and tahini dressing
- **Dinner:** Stir-fry tofu with broccoli, snap peas, and brown rice

Day 4

- **Breakfast:** Egg muffin cups with bell pepper and spinach + side of avocado
- **Snack:** Small banana with peanut butter
- **Lunch:** Tuna salad with mixed greens, olive oil, and crackers
- **Dinner:** Baked chicken thighs, mashed cauliflower, and green beans

Day 5

- **Breakfast:** Cottage cheese bowl with sliced strawberries and chia seeds
- **Snack:** Boiled egg + a few almonds
- **Lunch:** Quinoa salad with chickpeas, cherry tomatoes, and parsley
- **Dinner:** Beef stir-fry with bell peppers and zucchini over farro

Day 6

- **Breakfast:** Whole grain toast with peanut butter + hard-boiled egg
- **Snack:** Half an avocado + lime juice
- **Lunch:** Leftover beef stir-fry + side salad
- **Dinner:** Grilled shrimp tacos with cabbage slaw on corn tortillas

Day 7

- **Breakfast:** Smoothie with Greek yogurt, berries, spinach, flaxseed, and almond milk
- **Snack:** Celery with peanut butter
- **Lunch:** Roast chicken with sweet potato wedges and steamed broccoli
- **Dinner:** Eggplant lasagna with ricotta and leafy greens