



# Weekend meal plan for managing diabetes

Weekends are a wonderful time to rest, relax and reset. They are a break from our regular schedule, which means our routine healthy habits can fall off the radar once Friday evening rolls around. Putting in a little planning can set your weekend up for success. Enjoy a weekend's worth of simple, balanced meals and snacks to help support your health goals.

*Note: Swapping ingredients in recipes can change the nutrition information.*



## Tips to help you stay on track

### **Keep a regular schedule.**

Weekends may look a little different from weekdays. Stick to the healthy habits you have in place. This could include checking blood sugar, staying active and staying hydrated.

**Think balanced.** If you go out for a special meal, focus on a balanced plate as well as you can. Fill your plate with 50% non-starchy vegetables, 25% lean proteins and 25% carbohydrates. Look at the menu online before you go to the restaurant. This can help you make a better choice when ordering.

**Add a fun activity.** Take the weekend to enjoy an activity you do not have the time for during the week. Go out dancing with friends. Hike with a partner. Take a walk in the park with a loved one.



## Breakfast: Peanut butter banana yogurt bowl

**Serving size** 1 bowl

**Calories** 325

**Total fat** 13g

**Saturated fat** 3g

**Cholesterol** 15mg

**Sodium** 105mg

**Total carbs** 38g

**Fibre** 7g

**Sugars** 20g

**Protein** 19g

**Potassium** 432mg

**Makes** 1 serving

**Preparation time** 5 minutes

**Cook time** 0 minutes

### Ingredients

1 cup low-fat Greek yogurt

1 medium banana, sliced

1 Tbsp unsweetened peanut butter

Dash of cinnamon

### Preparation

Add yogurt to a small bowl. Top with remaining ingredients.

*Helpful hint: Swap out the banana for your favourite or seasonal fruit.*



## Lunch: Mediterranean tuna wrap

**Serving size** 1 wrap

**Calories** 474

**Total fat** 18g

**Saturated fat** 3g

**Cholesterol** 15mg

**Sodium** 105mg

**Total carbs** 38g

**Fibre** 7g

**Sugars** 20g

**Protein** 19g

**Potassium** 432mg

**Makes** 1 serving

**Preparation time** 10 minutes

**Cook time** 0 minutes

### Ingredients

1/2 avocado

1/2 tsp garlic powder

1/2 tsp Italian seasoning

1 can water-packed tuna, drained

2 Tbsp chopped roasted red peppers

1 Tbsp finely chopped red onion

1 whole wheat tortilla

1/2 cup arugula

### Preparation

In a small bowl, mash avocado until smooth. Stir in garlic powder, Italian seasoning, tuna, roasted red peppers and red onion. Mix until combined. Spread mixture onto tortilla. Top with arugula. Roll, and transfer to serving plate.

*Vegetarian option: Use white beans instead of tuna.*



## Snack: Dark chocolate trail mix

**Serving size** 1/2 cup

**Calories** 180

**Total fat** 14g

**Saturated fat** 3g

**Cholesterol** 15mg

**Sodium** 4mg

**Total carbs** 10g

**Fibre** 3g

**Sugars** 5g

**Protein** 6g

**Potassium** 189mg

**Makes** 1 serving

**Preparation time** 3 minutes

**Cook time** 0 minutes

### Ingredients

2 Tbsp dry roasted peanuts

2 Tbsp dry roasted sunflower seeds

2 Tbsp dried cranberries

1 Tbsp dark chocolate chips

### Preparation

Combine ingredients in a small bowl.

*Helpful hint: Swap the peanuts and sunflower seeds for any nuts or seeds you have on hand.*



## Dinner: 10-minute shrimp fried rice

**Serving size** 1/4 of recipe

**Calories** 336

**Total fat** 8g

**Saturated fat** 2g

**Cholesterol** 239mg

**Sodium** 600mg

**Total carbs** 34g

**Fibre** 4g

**Sugars** 3g

**Protein** 31g

**Potassium** 346mg

**Makes** 4 servings

**Preparation time** 8 minutes

**Cook time** 12 minutes

### Ingredients

1 Tbsp canola oil

1 cup frozen peas and carrots

1 cup frozen chopped broccoli

1 lb frozen and thawed cooked shrimp, peeled and deveined

1 10-oz bag frozen brown rice

1 10-oz bag frozen riced cauliflower

2 Tbsp reduced-sodium soy sauce

1/2 Tbsp sesame oil

1 green onion, chopped

### Preparation

Heat oil in large skillet set over medium-high heat. Add frozen vegetables and cook for 3 minutes. Add shrimp, frozen brown rice and frozen rice cauliflower. Cook for 3 minutes, stirring occasionally. Stir in soy sauce, sesame oil and green onion. Cook for an additional 1 to 2 minutes, or until heated through.

*Vegetarian option: Use cubed tofu or shelled edamame instead of shrimp.*



## Breakfast: Smoked salmon on rye

**Serving size**

1 piece of toast with  
1 cup blackberries

**Calories** 280**Total fat** 9g**Saturated fat** 5g**Cholesterol** 46mg**Sodium** 550mg**Total carbs** 30g**Fibre** 10g**Sugars** 3g**Protein** 19g**Potassium** 288mg**Makes** 1 serving**Preparation time** 5 minutes**Cook time** 0 minutes**Ingredients**

1 piece rye bread, toasted

2 Tbsp reduced-fat cream cheese, softened

1/2 tsp fresh  
chopped chives

1 oz Nova lox (lower-  
sodium smoked salmon)

1 cup fresh blackberries

**Preparation**

In a small bowl, mix  
softened cream  
cheese and chopped  
chives until combined.  
Spread on toasted rye  
bread. Top with Nova  
lox. Serve alongside  
fresh blackberries.

*Helpful hint: Take it on  
the go by swapping  
the rye bread for a thin  
bagel or whole wheat  
English muffin.*



## Lunch: Grown-up snack plate

**Serving size** 1 snack plate**Calories** 368**Total fat** 18g**Saturated fat** 5g**Cholesterol** 201mg**Sodium** 682mg**Total carbs** 38g**Fibre** 7g**Sugars** 12g**Protein** 17g**Potassium** 134mg**Makes** 1 serving**Preparation time** 7 minutes**Cook time** 0 minutes**Ingredients**

1 oz part-skim  
mozzarella cheese

1 hard-boiled egg, sliced  
in half

2 Tbsp guacamole

1 cup baby carrots

1/2 cup red grapes

6 low-sodium whole  
grain crackers

**Preparation**

Arrange ingredients on  
a plate.

*Helpful hint: Use any  
combination of your  
favourite cheese, fruit  
and vegetable to switch  
things up.*



## Snack: Apple nachos

**Serving size** 1 plate

**Calories** 249

**Total fat** 8g

**Saturated fat** 2g

**Cholesterol** 0mg

**Sodium** 87mg

**Total carbs** 43g

**Fibre** 7g

**Sugars** 32g

**Protein** 6g

**Potassium** 286mg

**Makes** 1 serving

**Preparation time** 8 minutes

**Cook time** 0 minutes

### Ingredients

1 large apple, cored and sliced

1/4 cup low-fat Greek yogurt

1/2 Tbsp unsweetened peanut butter

1-2 tsp water, as needed

1 Tbsp sliced almonds

1 tsp honey

Cinnamon

### Preparation

Arrange apple slices on a large plate. In a small bowl, stir together yogurt and peanut butter until combined. Add water a teaspoon at a time as needed to thin out to a pourable consistency. Drizzle yogurt mixture over apple slices. Top with sliced almonds. Drizzle with honey. Sprinkle with cinnamon.

*Helpful hint: Apple slices turning brown? Sprinkle them with fresh lemon juice before adding your toppings.*



## Dinner: Pressure Cooker Salsa Chicken Tacos

**Serving size** 2 tacos

**Calories** 347

**Total fat** 11g

**Saturated fat** 4g

**Cholesterol** 82mg

**Sodium** 650mg

**Total carbs** 38g

**Fibre** 5g

**Sugars** 8g

**Protein** 27g

**Potassium** 369mg

**Makes** 4 servings

**Preparation time** 5 minutes

**Cook time** 20 minutes

**Tip:** Use any leftover chicken over a salad for a quick and easy lunch the next day.

### Ingredients

3/4 cup tomato salsa

1/4 cup low-sodium chicken broth

3 boneless, skinless chicken breasts

1/2 Tbsp low-sodium taco seasoning

8, 6-inch corn tortillas

2 cups shredded lettuce

1/2 cup chopped tomato

1/2 cup low-fat sour cream

1 lime, cut into 8 wedges

### Preparation

In a 6-quart or larger electric pressure cooker, add salsa and chicken broth. Place chicken on top of salsa, and sprinkle with taco seasoning. Do not stir. Lock lid into place, and make sure release valve is in the seal position. Manually set cooking pressure to high for 10 minutes. When the cooking time is up, let the pressure release naturally for 5 minutes. After 5 minutes, carefully switch the release valve to venting position to release the rest of the pressure. You can use an oven mitt or kitchen towel when switching the release valve to protect against steam. Using two forks, shred the chicken. Stir together with salsa. Add chicken evenly to corn tortillas. Top with lettuce, tomatoes and sour cream. Serve with lime wedges.

*Helpful hint: No pressure cooker? You can also make these in a slow cooker. Add ingredients to slow cooker and cook on high for 4 hours. Follow the remaining instructions for assembly.*