

Your Weekly Vegan Diabetes Meal Plan

Your full name: _____

Age: _____

Your current weight: _____

Your height: _____

Medical History:

Goals of this diet plan:

MONDAY MEAL PLAN

Breakfast:

Mid-morning Snack:

Lunch:

Afternoon Snack:

Dinner:

Recommended Exercise:

TUESDAY MEAL PLAN

Breakfast:

Mid-morning Snack:

Lunch:

Afternoon Snack:

Dinner:

Recommended Exercise:

WEDNESDAY MEAL PLAN

Breakfast:

Mid-morning Snack:

Lunch:

Afternoon Snack:

Dinner:

Recommended Exercise:

THURSDAY MEAL PLAN

Breakfast:

Mid-morning Snack:

Lunch:

Afternoon Snack:

Dinner:

Recommended Exercise:

FRIDAY MEAL PLAN

Breakfast:

Mid-morning Snack:

Lunch:

Afternoon Snack:

Dinner:

Recommended Exercise:

SATURDAY MEAL PLAN

Breakfast:

Mid-morning Snack:

Lunch:

Afternoon Snack:

Dinner:

Recommended Exercise:

SUNDAY MEAL PLAN

Breakfast:

Mid-morning Snack:

Lunch:

Afternoon Snack:

Dinner:

Recommended Exercise:

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