

Weekly Menu Planner

	Breakfast	Lunch	Dinner	Shopping List
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



FOOD FOR LIFE
Diabetes Initiative

The Power of Food for Diabetes Prevention and Treatment

PhysiciansCommittee
for Responsible Medicine

5100 WISCONSIN AVE., NW, SUITE 400, WASHINGTON, D.C. 20016
TEL: 202-686-2210 | FAX: 202-686-2216 | PhysiciansCommittee.org



- ☐ Bananas
- ☐ Apples
- ☐ Berries (fresh or frozen)
- ☐ Raisins

- ☐ Broccoli (fresh or frozen)
- ☐ Spinach (fresh or frozen)
- ☐ Sweet potatoes
- ☐ Kale
- ☐ Lettuce
- ☐ Carrots
- ☐ Cucumbers
- ☐ Canned tomatoes

- ☐ Rolled oats
- ☐ Loaf of bread (high-fiber or pumpernickel)
- ☐ Brown rice
- ☐ Quinoa
- ☐ Whole-wheat pasta

- ☐ Black beans (canned or dried)
- ☐ Garbanzo beans (canned or dried)
- ☐ Dried red lentils
- ☐ Frozen edamame

- ☐ Plant milk of choice (soy, rice, almond, etc.)
- ☐ Apple butter
- ☐ Balsamic vinegar
- ☐ Cinnamon
- ☐ Marinara sauce
- ☐ Mustard
- ☐ Soy sauce

[illegible]

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