

MEAL PLAN

Week 8

Visit thegestationaldiabetic.com for prep

BREAKFAST

MON

Loaded
Breakfast
Hash

TUE

Leftover
Breakfast
Hash

WED

Leftover
Breakfast
Hash

THU

**Avocado
Toast w/
Nutritional
Yeast**

FRI

Southwest
Tofu
Scramble

SAT

Leftover Tofu
Scramble

LUNCH

MON

Sandwich
Lunchbox

TUE

Leftover
Italian
Sausage Soup

WED

Leftover
Baked
Chicken &
Green Beans

THU

Leftover
Meatloaf &
Butternut
Squash

FRI

Leftover
Stuffed
Chicken &
Spinach

SAT

Leftover
Cheesesteak
Stuffed
Peppers

DINNER

MON

Italian
Sausage Soup

TUE

Baked Garlic
Parmesan
Chicken w/
Green Beans

WED

BBQ Bacon
Meatloaf
w/ Butternut
Squash

THU

Asparagus
Stuffed
Chicken w/
Sautéed
Spinach

FRI

Cheesesteak
Stuffed
Peppers w/
leftover
spinach

SAT

**Eat out or
leftovers**

SNACKS

MON

Apple &
Almond Butter

TUE

Almond Berry
Toast

WED

Avocado Toast
w/ Nutritional
Yeast

THU

Leftover
Sandwich
Lunchbox

FRI

Apple &
Almond Butter

SAT

Popcorn

Cream Cheese
& Crackers

Leftover
Sandwich
Lunchbox

Popcorn

Cottage Cheese
& Berries

Almond Berry
Toast

Cottage
Cheese &
Berries

Want to eat out? Click [here](#) for low carb fast food & restaurant menu reviews.