

# MEAL PLAN

## Week 12

Visit [thegestationaldiabetic.com](http://thegestationaldiabetic.com) for prep

### BREAKFAST

#### MON

Breakfast  
Sausage  
Casserole

#### TUE

Leftover  
Sausage  
Casserole

#### WED

**Oatmeal w/  
Hemp Seeds  
& Walnuts**

#### THU

Vegetarian  
Breakfast  
Casserole

#### FRI

**Oatmeal w/  
Hemp Seeds  
& Walnuts**

#### SAT

Leftover  
Vegetarian  
Casserole

### LUNCH

#### MON

Beef Stuffed  
Peppers

#### TUE

Leftover BBQ  
Chicken  
Tacos

#### WED

Leftover  
Italian  
Sausage Soup

#### THU

Leftover  
Chicken  
Enchilada  
Bake

#### FRI

Leftover  
Turkey  
Stuffed  
Squash

#### SAT

Leftover BBQ  
Chicken Salad

### DINNER

#### MON

Oven Baked  
BBQ Chicken  
Tacos

#### TUE

Italian  
Sausage Soup

#### WED

Chicken Corn  
Enchilada  
Bake

#### THU

Turkey  
Stuffed  
Squash

#### FRI

Garlic Lime  
BBQ Chicken  
Salad

#### SAT

**Eat out or  
leftovers**

### SNACKS

#### MON

Avocado Toast  
w/ Nutritional  
Yeast & Hemp  
Seeds

Protein Bar

#### TUE

Avocado Toast  
w/ Nutritional  
Yeast & Hemp  
Seeds

Leftover  
Stuffed Pepper

#### WED

Cold Cucumber  
Soup

Nut Butter &  
Yogurt Parfait

#### THU

Protein Bar  
  
Nut Butter &  
Yogurt Parfait

#### FRI

Cold Cucumber  
Soup  
  
Protein Bar

#### SAT

Popcorn w/  
Nutritional  
Yeast & Dark  
Chocolate

1/2 PB&J

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