Simple Meal Plan for Lowering A1C

Simple Meal Prep Plan to Lower A1C and Improve Body Composition

Easy, everyday foods with high protein and balanced carbs to support blood sugar control, fat loss, and muscle preservation

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YOUR DAILY TARGETS

- **Protein: about 88 g/day** (1.6 g per kg of ideal body weight; ideal body weight for 5'4" is about 55 kg / 120 lb)
- **Calories: about 1,250–1,450/day** (starting estimate; your care team may adjust)
- **Carbohydrates: about 110–130 g/day**, mostly from vegetables, fruit, beans, and whole grains
- **Fat: about 40–50 g/day**, mostly from olive oil, nuts, avocado, and fish
- **Fiber: 20–25 g or more/day**

THE PLATE RULE (EVERY MEAL)

- **½ plate:** non-starchy vegetables
- **¼ plate:** protein (about the size of your palm)
- **¼ plate:** whole-grain or starchy carb (about the size of your fist)

WEEKLY MEAL PREP

Time: about 60–90 minutes, once or twice a week

1. **Protein:** Bake or air-fry 1.5–2 lb chicken breast (or buy a rotisserie chicken and pull the meat off). Brown 1 lb 93% lean ground turkey. Hard-boil 6–8 eggs.
2. **Carbs:** Cook a batch of brown rice or quinoa, or buy microwave cups. Roast 2 sweet potatoes cut into cubes.
3. **Vegetables:** Roast 2 sheet pans of vegetables (broccoli, peppers, zucchini) with 1–2 Tbsp olive oil. Keep bagged salad and frozen stir-fry vegetables on hand.
4. **Breakfast:** Bake 12 egg muffins and portion out the yogurt bowls or overnight oats.
5. **Portion** everything into containers for 4 days. Freeze the extras.

BREAKFAST (PICK ONE)

Meal	What's in it	Protein	Carbs	Fat	Calories
Greek yogurt bowl	1 cup plain nonfat Greek yogurt, ½ cup berries, 1 Tbsp chia seeds	26 g	22 g	5 g	230
Egg muffins + toast	2 egg muffins (2 eggs + ¼ cup egg whites + veggies + 2 Tbsp cheese), 1 slice whole-grain toast	26 g	16 g	15 g	305
Protein overnight oats	½ cup rolled oats, 1 scoop whey protein, ½ cup unsweetened almond milk, ½ cup berries	30 g	38 g	6 g	325

LUNCH (PICK ONE)					
Meal	**What's in it**	**Protein**	**Carbs**	**Fat**	**Calories**
Chicken burrito bowl	3 oz chicken, ½ cup brown rice, ¼ cup black beans, salsa, ¼ avocado, lettuce and peppers	34 g	43 g	11 g	405
Tuna or chicken salad wrap	1 can tuna (or 4 oz chicken) mixed with 2 Tbsp light mayo or Greek yogurt, high-fiber tortilla, 1 cup baby carrots	34 g	32 g	9 g	345
Turkey chili (batch cook)	1½ cups chili made with lean turkey, beans, tomatoes, and onions, topped with 2 Tbsp Greek yogurt	33 g	31 g	9 g	335

DINNER (PICK ONE)					
Meal	**What's in it**	**Protein**	**Carbs**	**Fat**	**Calories**
Sheet-pan salmon	4 oz salmon, 1½ cups broccoli roasted with 1 tsp olive oil, ½ cup sweet potato	30 g	24 g	14 g	340
Rotisserie chicken plate	3 oz skinless chicken, 1½ cups steam-in-bag vegetables, ½ cup quinoa, 1 tsp olive oil	29 g	30 g	11 g	335
Turkey stir-fry	4 oz lean ground turkey, 2 cups frozen stir-fry vegetables, 1 Tbsp low-sodium soy sauce, ½ cup brown rice, 1 tsp sesame oil	30 g	39 g	14 g	400

SNACKS (PICK 1–2)

Snack	Protein	Carbs	Fat	Calories
Small apple + 1 Tbsp peanut butter	4 g	24 g	8 g	185
Veggies + 2 Tbsp hummus	3 g	10 g	5 g	95
String cheese + small apple	7 g	22 g	6 g	170
2 hard-boiled eggs	12 g	1 g	10 g	140
½ cup low-fat cottage cheese + cherry tomatoes	13 g	6 g	3 g	100
1 oz almonds (about 23)	6 g	6 g	14 g	170

SAMPLE DAY

Meal	Choice
Breakfast	Greek yogurt bowl
Lunch	Chicken burrito bowl
Dinner	Sheet-pan salmon
Snacks	Apple with peanut butter + veggies with hummus
Total	**About 97 g protein, 123 g carbs, 43 g fat, 1,260 calories**

Any breakfast + any lunch + any dinner gives you about 85–100 g of protein. Use snacks to fill in calories or protein as needed.

GROCERY STAPLES

Greek yogurt, eggs, rotisserie chicken, canned tuna and salmon, frozen vegetables, bagged salad, berries, apples, oats, brown rice cups, canned beans, nuts, and olive oil.

QUICK TIPS

- **Drinks:** Water, unsweetened tea, or black coffee. Avoid soda, juice, and sweet coffee drinks.
- **Carbs:** Choose whole-grain, high-fiber options and eat carbs with protein. Avoid white bread, pastries, and sweets.
- **Body composition:** Strength training 2–3 days a week, plus about 150 minutes a week of walking or other activity, helps you keep muscle while losing fat.

SAFETY

- If you take **insulin or a sulfonylurea** (such as glipizide or glyburide), check your blood sugar more often when you change your diet, because it may drop too low.
- Tell your care team if you have **kidney disease** before increasing protein.