

Sample			Day 1			Day 2		
<b>BREAKFAST</b> Time: 7:30am			<b>BREAKFAST</b> Time:			<b>BREAKFAST</b> Time:		
Food/carbs:	BS before meal	102	Food/carbs:	BS before meal		Food/carbs:	BS before meal	
1 cup oatmeal – 30g	Insulin for carbs	2 u		Insulin for carbs			Insulin for carbs	
½ cup milk - 6g	Insulin for high BS	0		Insulin for high BS			Insulin for high BS	
1 egg - 0	BS 2 hrs after	176		BS 2 hrs after			BS 2 hrs after	
coffee, splenda – 0								
Total Carbs: 36g			Total Carbs:			Total Carbs:		
<b>LUNCH</b> Time: 12pm			<b>LUNCH</b> Time:			<b>LUNCH</b> Time:		
Food/carbs:	BS before meal	155	Food/carbs:	BS before meal		Food/carbs:	BS before meal	
2 slices whole wheat bread – 30g	Insulin for carbs	3 u		Insulin for carbs			Insulin for carbs	
3 slices turkey - 0	Insulin for high BS	1 u		Insulin for high BS			Insulin for high BS	
lettuce, tomato - 0	BS 2 hrs after	---		BS 2 hrs after			BS 2 hrs after	
6 oz light yogurt – 20g								
Total Carbs: 50g			Total Carbs:			Total Carbs:		
<b>DINNER</b> Time: 6pm			<b>DINNER</b> Time:			<b>DINNER</b> Time:		
Food/carbs:	BS before meal	202	Food/carbs:	BS before meal		Food/carbs:	BS before meal	
1 cup brown rice – 45g	Insulin for carbs	3 u		Insulin for carbs			Insulin for carbs	
1 chicken breast - 0	Insulin for high BS	2 u		Insulin for high BS			Insulin for high BS	
½ cup broccoli - 0	BS 2 hrs after	210		BS 2 hrs after			BS 2 hrs after	
2 cups salad - 0								
2 Tbs. dressing - 0								
Total Carbs: 45g			Total Carbs:			Total Carbs:		
<b>SNACKS</b> Time Insulin			<b>SNACKS</b> Time Insulin			<b>SNACKS</b> Time Insulin		
Large apple – 30g	10:30am	2 u						
Tangerine – 15g	3pm	1 u						
1 slice toast – 15g	9pm	1 u						

BS = Blood Sugar

Day 3			Day 4			Day 5		
<b>BREAKFAST</b>		Time:	<b>BREAKFAST</b>		Time:	<b>BREAKFAST</b>		Time:
Food/carbs:	BS before meal		Food/carbs:	BS before meal		Food/carbs:	BS before meal	
	Insulin for carbs			Insulin for carbs			Insulin for carbs	
	Insulin for high BS			Insulin for high BS			Insulin for high BS	
	BS 2 hrs after			BS 2 hrs after			BS 2 hrs after	
Total Carbs:		Total Carbs:		Total Carbs:		Total Carbs:		
<b>LUNCH</b>		Time:	<b>LUNCH</b>		Time:	<b>LUNCH</b>		Time:
Food/carbs:	BS before meal		Food/carbs:	BS before meal		Food/carbs:	BS before meal	
	Insulin for carbs			Insulin for carbs			Insulin for carbs	
	Insulin for high BS			Insulin for high BS			Insulin for high BS	
	BS 2 hrs after			BS 2 hrs after			BS 2 hrs after	
Total Carbs:		Total Carbs:		Total Carbs:		Total Carbs:		
<b>DINNER</b>		Time:	<b>DINNER</b>		Time:	<b>DINNER</b>		Time:
Food/carbs:	BS before meal		Food/carbs:	BS before meal		Food/carbs:	BS before meal	
	Insulin for carbs			Insulin for carbs			Insulin for carbs	
	Insulin for high BS			Insulin for high BS			Insulin for high BS	
	BS 2 hrs after			BS 2 hrs after			BS 2 hrs after	
Total Carbs:		Total Carbs:		Total Carbs:		Total Carbs:		
<b>SNACKS</b>	Time	Insulin	<b>SNACKS</b>	Time	Insulin	<b>SNACKS</b>	Time	Insulin

BS = Blood Sugar