

Live your life



Introduction

Maintaining a healthy, balanced diet is ordinarily recommended during pregnancy, however, in cases of gestational diabetes, your diet requires some extra attention. What you eat directly impacts your body's ability to control blood sugar, as well as ensure your growing baby receives adequate essential nutrients. This 7-day meal plan incorporates recipes that are low-medium Glycaemic Index (GI), lower in saturated fat and high in fibre - all of which are vital factors when it comes to managing your gestational diabetes, and keeping you and your baby fit, strong and healthy throughout your pregnancy.

Notes about this meal plan:

- This meal plan has been developed by an Accredited Practising Dietitian at Food & Nutrition Australia.
- This meal plan incorporates recipes that are low-medium GI, lower in saturated fat and higher fibre. This meal plan provides sufficient energy and nutrition for pregnant women and is suitable for those with gestational diabetes.
- This meal plan provides 10 eggs per week.
- This meal plan provides at least 2 serves of fruit and 2.5 serves of dairy per day.
- Your needs may be higher or lower, therefore, for tailored advice please speak to an Accredited Practising Dietitian.
- For advice on food safety in pregnancy visit <http://www.foodstandards.gov.au/consumerinformation/pregnancyandhealthyeating/>



Meal Plan - Gestational Diabetes

Prepared for Australian Eggs by Food & Nutrition Australia, May 2021



	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven
Breakfast	Mushroom and Tomato Omelette (1 serve) + 1 serve of fruit (e.g. 2 cups berries or 1 medium banana)  http://bit.ly/mush-tomato-omelette	Apple and Muesli Yoghurt 1 cup natural yoghurt with ½ cup muesli + chopped apple + lemon juice	Porridge ½ cup dried rolled oats with 1 cup milk + 1 tbsp linseeds + 1 serve of fruit (e.g. 4 small plums or 1 medium peach)	Fruit Smoothie Made with 4 strawberries and ½ banana + 1 cup milk + 2 tsp chia seeds + sunflower seeds	Avocado and Scrambled Egg on Toast 2 slices of soy and linseed toast topped with avocado + 2 scrambled eggs + crumbled feta cheese + 1 serve of fruit (e.g. bundle of grapes or 2 kiwifruits)	Muesli Yoghurt 1 cup of natural yoghurt with 1 tsp chia/linseed meal and ½ cup dry toasted muesli + 1 serve of fruit (e.g. 1 medium banana or pear)	Wholegrain Flaky Cereal with 1 cup of milk + 1 tbsp linseed + 1 serve of fruit (e.g. orange, pear, peach)
	Greek Chicken Bowl Pan-fried chicken breast, ½ cup cherry tomatoes, small cucumber and ½ onion with olive oil, served over 1 cup cooked brown rice. Topped with plain Greek yoghurt or tzatziki sauce and feta cheese. Squeeze with lemon juice + 1 serve of fruit (e.g. a medium apple or orange or pear)	Guacamole and Black Bean Served with Tortilla Made with 1 avocado + garlic clove + ½ diced onion + 1 diced tomato + herbs + lime juice + 1 cup black beans + chilli flakes (optional) Served with barley tortilla	Sweet Potato Waffles with Eggs and Avocado (1 serve) Serve with additional salad vegetables (e.g. cucumber, tomatoes and spinach) with balsamic dressing  https://bit.ly/sweet-potato-waffle-eggs	Grilled Fish with Apple and Watercress Salad 1 medium grilled fish + 1 cup of watercress + 1 cup of spinach + 1 diced apple + cherry tomatoes + walnuts + vinegar dressing + 2 tbsp Dijon mustard (optional) Serve with multigrain / soy and linseed bread	Roast Beef, Avocado & Sun-dried Tomato on Toast 2 slices of multigrain toast spread with 2 tbsp hummus + roast beef + avocado + sun-dried tomatoes + sprouts/ spinach	Grilled Chicken & Salad Wrap Made with grilled lean chicken + salad vegetables (carrot, tomato, cucumber) + avocado + shredded cheese + wholegrain or barley tortilla	Mexican Baked Eggs Recipe (1 serve) Served with wholegrain or barley tortilla  https://bit.ly/MexicanBakedEggs
Dinner	Beef & Cannellini Bean Minestrone Soup Made with beef stock + lean beef + vegetables (canned tomato, celery, carrot, onion) + cannellini beans Served with multigrain bread	Rainbow Rice Salad Mix together grilled chicken + ½ cup chickpeas + 2 cups salad vegetables (e.g. capsicum, carrot, snow peas, rocket) + 1 cup cooked brown rice	Baked Salmon with Vegetables 1 medium salmon fillet, baked & served with 1 cup cooked sweet potato + 2 cups cooked vegetables (e.g. cauliflower, broccoli, carrots, asparagus, zucchini) + haloumi + dressing with lemon juice	Lentil, Tomato and Kale Soup Lentil with ½ cup canned tomato + 1 cup chopped kale + ½ cup celery + vegetable stock + coriander + chilli powder (optional), Serve with soy and linseed bread	Chicken Thigh Fillets Baked in a Tomato & Vegetable Sauce Served with sweet potato and a side salad, including olive oil based dressing	Corn and Tuna Sweet Potatoes (1 serve)  http://bit.ly/Corn-Tuna-Sweet-Potato	Roast Vegetable, Lamb & Buckwheat Salad Made with diced lean lamb + vegetables roasted in olive oil + 1 cup cooked buckwheat + feta cheese + mixed seeds
	Yoghurt with Mixed Berries 1 tub no added sugar yoghurt with mixed berries + shredded almond + cinnamon	Fruit Smoothie Made with 1 cup milk + fruit (e.g. a banana or berries or a mango) + 1 tbsp linseeds	Fruit Salad & Cottage Cheese 1 cup of fruit salad (e.g. kiwifruit, banana, strawberries, blueberries) + ¼ cup cottage cheese + pistachios	Chia Pudding Mix well together 3 tbsp chia seeds with 1 cup milk, refrigerate for 3-4 hours, top with cinnamon, walnuts and 1 tbsp linseeds	Fresh Fruit & Cheese Platter Slice and serve a variety of fresh fruits in season and cheese	Fruit Pop Made with frozen fruits (e.g. banana or berries) with Greek yoghurt	Fresh Fruit Juice Made with ½ apple, ½ orange + mint leaves
Snacks	1 glass of milk Handful of mixed nuts	1 slice multigrain toast spread with ¼ cup ricotta cheese + ½ cup mixed berries	Multigrain crispbreads with cheddar cheese + sliced tomato	2-3 slices of cheese 1 cup of fruit salad	1 tub of no added sugar yoghurt + walnuts	Sweetcorn and Broccoli Slice (1 serve) *Made with wholemeal flour  http://bit.ly/sweetcorn-slice	1 tub no added sugar yoghurt Handful of mixed nuts