

SAMPLE GDM DIET MENU

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK
2 Servings of Carbs	1 to 2 Servings of Carbs	3 to 4 Servings of Carbs	1 to 2 Servings of Carbs	3 to 4 Servings of Carbs	2 Servings of Carbs
<p style="text-align: center;">1 egg</p> <p style="text-align: center;">2 slices bread</p> <p style="text-align: center;">Butter</p> <p style="text-align: center;">Tea – caffeine free</p>	<p style="text-align: center;">6 saltines</p> <p style="text-align: center;">1 tbsp. peanut butter</p>	<p style="text-align: center;">1 cup Pasta with Meat Sauce</p> <p style="text-align: center;">1 cup of Salad Greens with Dressing</p> <p style="text-align: center;">1 Fruit and/or 1 cup Milk</p>	<p style="text-align: center;">1 fruit</p> <p style="text-align: center;">¼ cup Cottage Cheese</p>	<p style="text-align: center;">2/3 cup Rice</p> <p style="text-align: center;">1 cup Mixed Vegetables (green beans, carrots, and broccoli)</p> <p style="text-align: center;">3 to 4 oz. Grilled Meat</p> <p style="text-align: center;">½ cup Ice Cream</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">1 Fruit</p>	<p style="text-align: center;">3 cups of Popcorn</p> <p style="text-align: center;">1 cup Milk</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Cheese and 6 Crackers</p> <p style="text-align: center;">2/3 cup Yogurt</p>