



Budget-Friendly Meal Planning for Diabetics

With just a little extra planning, you can eat healthy without breaking the bank.

Tips for smarter grocery shopping

Love your list

A shopping list keeps you focused and less likely to give in to impulse buys.

Shop alone and don't shop hungry

Being distracted by other people or your growling stomach makes it harder to stick to a plan.

Grab a basket, not a cart

You'll be less tempted by impulse items or extras you don't really need.

Stick to the perimeter

Foods with the most nutritional value are along the store's perimeter (fresh meats, dairy, breads, produce, etc.), while the inner aisles are where processed and convenience foods are stocked.

Look high and low

More expensive brands are usually stocked at eye level, while store brands and better buys are often found on top and bottom shelves.



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Tips for smarter grocery shopping

Take advantage of store specials

If you usually buy blueberries but strawberries are on sale, try the better-priced choice.

Skip “special” foods

Special “dietetic” and “diabetic” foods are not necessarily lower in carbs, but they’re often priced higher than regular versions of the same foods so read nutrition labels.

Cut costs with coupons

Using just five 50 cents coupons per week saves you \$130 per year.

Plan for “planned overs”

Prepare larger quantities with an eye on future meals; for example, if you’re grilling chicken breasts for tonight’s dinner, grill a few extra and cut into strips to toss into a green salad for tomorrow’s lunch and freeze extra diced chicken for a future casserole.

Buy staples in bulk

Shelf-stable staples — baking powder, baking soda, bouillon cubes, cocoa, cooking spray, corn starch, cornmeal, evaporated milk, flour, oil, powdered milk, sugar and sugar substitutes, etc. — can be bought in larger, more economical quantities.



Try this easy, inexpensive five-day dinner plan

Day 1

3 oz. **oven-fried chicken**
½ cup broccoli
1 medium ear of corn on the cob
1 tsp. light margarine
½ cup rainbow sherbet
12 oz. iced tea

Day 2

3 oz. **roasted turkey breast**
1 cup roasted carrots, onions and potatoes
½ cup green beans
1 whole-grain roll
1 tsp. light margarine
1 cup skim milk



Day 3

1 cup **homemade turkey pot pie** (incorporating “planned over” roasted turkey from Day 2)
2 cups salad (lettuce, tomatoes, cucumbers and carrots)
2 tbsp. oil and vinegar dressing
½ cup mandarin oranges with light whipped topping
8 oz. sugar-free lemonade

Day 4

2 cups slow-cooked **vegetable soup** (incorporating leftover vegetables from previous meals)
6 whole-grain crackers
½ medium banana
1 cup skim milk

Day 5

Healthy meal choice from fast-food restaurant
1 small (8 oz.) chili with 6 crackers
1 side salad with 1 packet light dressing
1 small diet soda

