



Veggie 7-Day Meal Plan

Gestational Diabetes Diet

By Malama Health's Registered Dietitian
The Gestational Diabetes
Tracking App



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Monday

Breakfast

Greek yogurt with berries and chopped nuts



Snack

Veggie sticks with hummus

Lunch

Quinoa salad with mixed vegetables and chickpeas



Snack

Apple with almond butter

Dinner

Baked tofu with roasted vegetables



Tuesday

Breakfast

Scrambled eggs with whole grain toast



Snack

Sliced avocado on whole grain toast

Lunch

Vegetable stir-fry with tofu and brown rice



Snack

Greek yogurt with berries

Dinner

Lentil soup with whole grain crackers



Wednesday

Breakfast

Smoothie with Greek yogurt, berries, and spinach



Snack

Apple slices with almond butter

Lunch

Roasted sweet potato and chickpea salad with balsamic vinaigrette



Snack

Carrots and hummus

Dinner

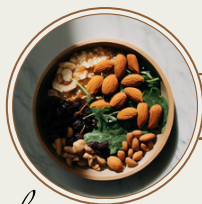
Vegetable and tofu curry served with brown rice



Thursday

Breakfast

Greek yogurt with sliced banana and chia seeds



Snack

Raw almonds and dried apricots

Lunch

Zucchini and lentil soup



Snack

Apple with peanut butter

Dinner

Baked sweet potato with black beans and salsa



Friday

Breakfast

Tofu and vegetable scramble with whole grain toast



Snack

Bell pepper strips with hummus

Lunch

Stuffed portobello mushrooms and quinoa filling



Snack

Pear with almond butter

Dinner

Whole grain pasta with tomato sauce and sautéed vegetables



Saturday

Breakfast

Greek yogurt with granola and berries



Snack

Carrot and cucumber slices, hummus

Lunch

Egg salad on whole grain bread



Snack

Apple with almond butter

Dinner

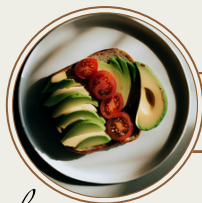
Vegetable and chickpea stew served with brown rice



Sunday

Breakfast

Smoothie with Greek yogurt, berries, and spinach



Snack

Sliced avocado and tomato on Whole-grain toast

Lunch

Roasted cauliflower and chickpeas



Snack

Baby carrots with hummus

Dinner

Whole grain pita with hummus and sliced vegetables

