

Low Carbohydrate and High Protein Diet

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Eat multiple small meals -- breakfast, lunch, dinner and 3 snacks (10am, 3pm, 8pm)

Make sure to eat 3 servings of fruit and 5 servings of vegetables

Drink only one glass of soy milk with breakfast

Example meals:

Breakfast-- You can eat some of the following:

Soy milk, Turkey Sausage, Turkey Bacon, non-fat no-sugar added yogurt, oatmeal, eggs, toast, kashi cereal or high fiber diabetic cereal, glass of water

Lunch-- You can eat some of the following:

Salad with lots of protein (15gram) such as turkey meat, chicken breast, vegetarian protein, peanut, almond, flax; sandwich with thin slices of bread, big serving of meat (fish, chicken, turkey, or ham); One serving of fresh vegetables (raw or steamed); 1 serving of fruit; 1 glass of water

Dinner-- You can eat some of the following:

Large serving of vegetarian protein; large serving of 2 vegetables; 1 serving of fruit and at least one glass of water