



## 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

