



LIFE COACHING

FOR PRE-DIABETICS

— *with Kristine LaRocca, DC* —

## MEAL PLANNING

*Worksheets*

*by Dr. Kristine LaRocca*

## TABLE OF CONTENTS

Food Protocol.....	Page 3
Meal Planning.....	Page 4
Grocery List.....	Page 5
Favorite Recipes.....	Page 6

# FOOD PROTOCOL

Create your own personalized choices of healthy foods.

## Proteins

Chicken  
Turkey  
Salmon  
Halibut  
Mahi-mahi  
Tilapia  
Shrimp  
Crab  
Lentils  
Garbanzo beans  
Black beans  
Pinto beans  
Navy beans  
Kidney beans  
Milk  
Yogurt  
Cheese  
Cottage cheese  
Tofu  
Hummus  
Veggie burgers

---

---

---

---

---

---

## Fats

Olive oil  
Flax seed oil  
Avocado  
Nut oils  
Walnuts  
Almonds  
Cashews  
Pumpkin seeds

---

---

---

## Grains

Brown rice  
Quinoa  
Faro  
Barley  
Oatmeal  
Grits

---

---

## Fruits

Mango  
Strawberries  
Blueberries  
Blackberries  
Bananas  
Apples  
Oranges  
Clementines  
Cherries  
Kiwi  
Grapes  
Plums  
Pears  
Pineapple  
Grapefruit  
Peach  
Apricot  
Lemon

---

---

---

## Drinks

WATER  
Brewed tea  
Coffee  
Sparkling water (sugar free)

---

---

## Vegetables

Broccoli  
Spinach  
Baby kale  
Mushrooms  
Tomatoes  
Peppers  
Onions  
Carrots  
Cauliflower  
Corn  
Cucumber  
Asparagus  
Garlic  
Peas  
Potatoes  
Sweet potatoes

---

---

---

## Healthier Treats

Dark chocolate (>70%)  
Homemade popcorn  
Frozen banana ice cream  
Chocolate dipped fruit

---

---

---

## Limit or Eliminate

Sugar  
Flour  
Fried foods  
Juices  
Alcohol  
Lunch meat  
Frozen pizza  
Frozen prepackaged meals  
Non-dairy creamers

# MEAL PLANNING

*Keep it simple using your food protocol.*

Name:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							

Name:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							

# GROCERY LIST

*Add to this list as you make your weekly meal plan.*

Produce

Packaged foods

Condiments

Meat

Spices/Herbs

Paper products

Seafood

Dairy

Miscellaneous

# FAVORITE RECIPES

*Print them out and keep a binder or save this PDF and add the links to your favorite recipes.*

Appetizers

Breakfast

Meals

Healthy Desserts