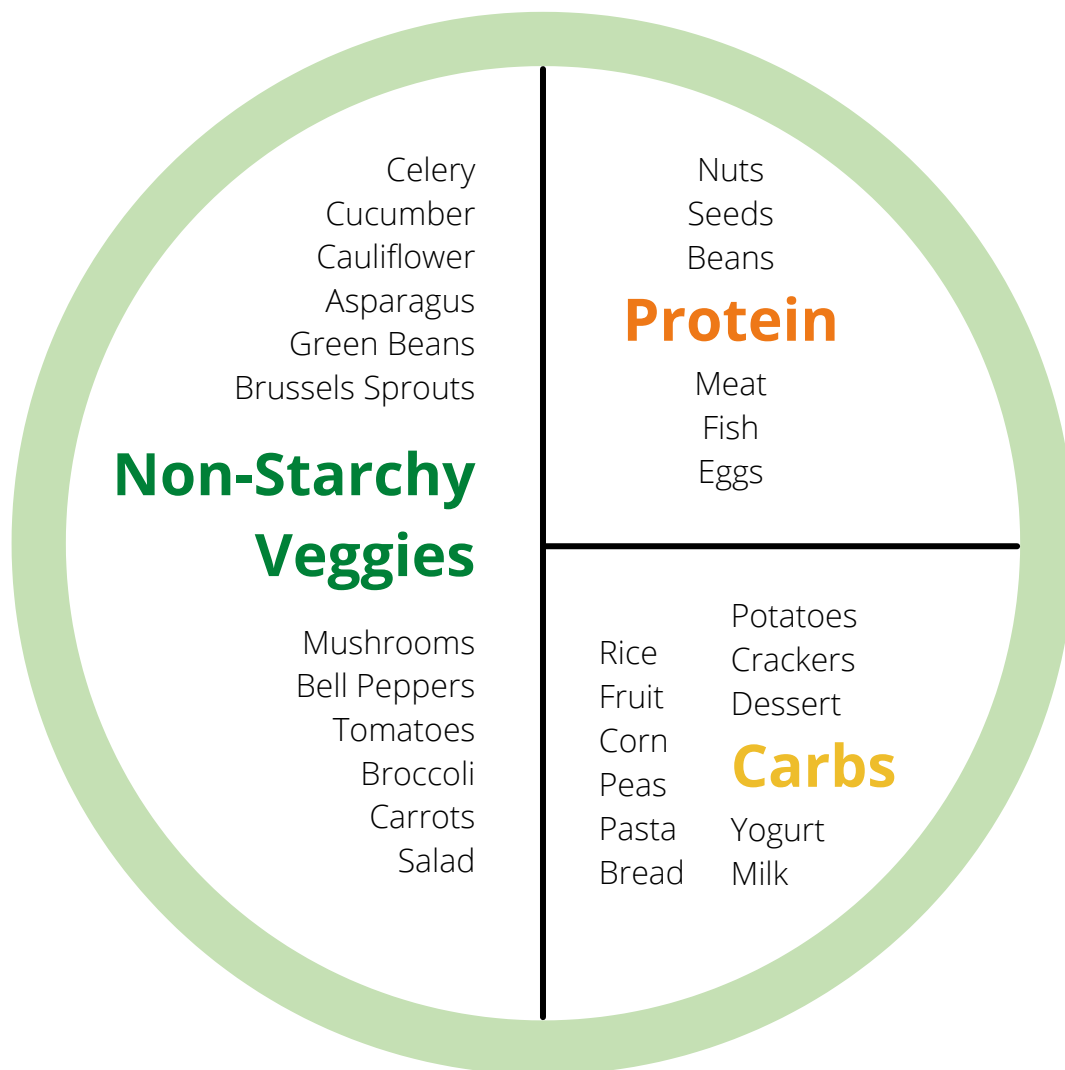


# Meal Planning

Meal planning can seem confusing and overwhelming when you have diabetes. But it doesn't have to be! When you are first starting out, you don't have to follow a complicated diet.

Simply begin by following the diagram below. Fill half of your plate with non-starchy veggies (whichever ones you like!), a quarter of your plate with a protein source, and the last quarter with your carb choice.



## Key Concepts:

- Eat a consistent amount of carbs at every meal.
- Always pair your carbs with protein to slow down digestion.
- Fill up on non-starchy veggies to consume plenty of fiber and other important nutrients.

