

## Caribbean low carb meal plan < 130 grams of carbohydrates per day

Reducing weight and maintaining a healthy weight through lifestyle interventions can reduce your risk of developing type 2 diabetes. Evidence suggests that low-carb diets are safe and can improve blood glucose levels in the short term, as well as helping to achieve weight loss and reducing the risk of heart disease.

Common staple carbohydrates such as bread, dumplings, white rice, cassava, yam, and plantain can increase your blood glucose post-meal. These foods should be reduced in portion or replaced with high fibre choices such as wholegrain or with increasing portion sizes of vegetables at meal times.

Your healthcare teams can assist you with suitable dietary advice which is culturally tailored and sign post you towards suitable resources.

Find recipes and snacks on our website: [www.preventingdiabetes.org.uk](http://www.preventingdiabetes.org.uk)



# 7-day Caribbean low carb meal plan

< 130 grams of carbohydrates per day

	Breakfast:	Lunch:	Dinner:	Snacks:
<b>Monday</b>	 <p>Saltfish fish cakes 100g Grilled tomatoes 1 slice of hard dough bread 35g</p> <p>35g carbs</p>	 <p>Callaloo 200g Lentil stew 100g Green banana 50g</p> <p>28g carbs</p>	 <p>Chicken stew 250g Rice 50g Boiled vegetables 100g</p> <p>27g carbs</p>	 <p>Papaya 200g</p> <p>15g carbs</p>
<b>Tuesday</b>	 <p>Boiled eggs 100g Grilled tomatoes 1 slice of hard dough bread 35g</p> <p>17g carbs</p>	 <p>Fried coated fish 200g Plantain 60g Mixed green leaf salad 100g</p> <p>38g carbs</p>	 <p>Curried goat with rice and peas 100g Mixed vegetables 100g</p> <p>30g carbs</p>	 <p>Berries 100g</p> <p>10g carbs</p>
<b>Wednesday</b>	 <p>Ackee &amp; saltfish 160g Grilled tomatoes 1 slice of hard dough bread 35g</p> <p>21g carbs</p>	 <p>Crab and asparagus salad Plantain 60g</p> <p>33g carbs</p>	 <p>Stewed chicken 200g Boiled pumpkin 200g Callaloo 100g</p> <p>23g carbs</p>	 <p>Plain yoghurt 100g</p> <p>8g carbs</p>

	Breakfast:	Lunch:	Dinner:	Snacks:
Thursday	 <p>Vegetable omelette 200g</p> <p>5g carbs</p>	 <p>Grilled fish 250g Mixed green leaf salad 200g</p> <p>7g carbs</p>	 <p>Curry goat 150g Rice and peas 100g</p> <p>30g carbs</p>	 <p>Mango slices 100g</p> <p>10g carbs</p>
Friday	 <p>Poached eggs, salmon and asparagus 200g</p> <p>3g carbs</p>	 <p>Red pea soup 220g</p> <p>40g carbs</p>	 <p>Lentil soup 200g Macaroni cheese 100g Boiled yam &amp; cabbage 100g</p> <p>60g carb</p>	 <p>Diet lemonade 330mls</p> <p>0g carbs</p>
Saturday	 <p>Vegetable omelette 200g</p> <p>8g carbs</p>	 <p>Yellow split pea soup 200g</p> <p>40g carbs</p>	 <p>Oxtail &amp; butter beans 150g Rice 50g</p> <p>17g carbs</p>	 <p>Handful of nuts 20g</p> <p>2g carbs</p>
Sunday	 <p>Fried egg with grilled tomato, mushrooms, &amp; bacon 250g 1 slice of hard dough bread 35g</p> <p>20g carbs</p>	 <p>Jerk chicken 150g Rice and peas 100g Mixed salad 100g</p> <p>27g carb</p>	 <p>Fish 250g Rice and peas 100g Plantain 85g Coleslaw 30g</p> <p>49g carbs</p>	 <p>Cocoa tea 250ml</p> <p>10g carbs</p>