

**JIREH HOMES, LLC**  
Assisted Living Facility  
2086.E Aloe .P  
Chandler, Az 85286

**DIABETIC MENU -**

| Breakfast  | Lunch   | Dinner                                     | Snack                             |
|--|---|--|-----------------------------------|
| Scrambled eggs, whole wheat toast, and unsweetened tea | Grilled chicken, quinoa, sautéed spinach            | Baked salmon, steamed broccoli, brown rice | Greek yogurt with almonds         |
| Oatmeal with chia seeds, sugar-free berry compote      | Lentil soup, grilled vegetable wrap                 | Turkey stir-fry, cauliflower rice          | Cottage cheese with walnuts       |
| Boiled eggs, avocado toast, green tea                  | Grilled tilapia, mixed greens, vinaigrette dressing | Chicken stew, sautéed kale, brown rice     | Celery sticks with hummus         |
| Whole grain pancakes, sugar-free syrup, black coffee   | Chickpea salad, whole grain roll                    | Baked cod, roasted sweet potatoes          | Handful of mixed nuts             |
| Greek yogurt with flaxseeds, whole grain cereal        | Beef stir-fry, quinoa, steamed carrots              | Grilled shrimp, zucchini noodles           | Apple slices with peanut butter   |
| Poached eggs, whole wheat toast, herbal tea            | Chicken Caesar salad, whole wheat crackers          | Grilled turkey, sautéed green beans        | Sugar-free fruit smoothie         |
| Scrambled tofu, whole wheat toast, decaf coffee        | Baked chicken breast, quinoa, roasted bell peppers  | Lentil stew, steamed cabbage, brown rice   | Almonds and a boiled egg          |
| Chia seed pudding with unsweetened almond milk         | Vegetable stir-fry with tofu, brown rice            | Grilled salmon, roasted asparagus          | Sugar-free granola bar            |
| Spinach and mushroom omelet, whole wheat toast         | Quinoa and black bean salad, mixed greens           | Lemon garlic chicken, steamed broccoli     | Handful of walnuts                |
| Cottage cheese with berries, flaxseeds                 | Baked tilapia, mashed cauliflower, green beans      | Turkey meatballs, zucchini noodles         | Greek yogurt with sunflower seeds |
| Sugar-free oatmeal with almonds and cinnamon           | Lentil soup, whole grain crackers                   | Grilled shrimp, sautéed Brussels sprouts   | Apple slices with peanut butter   |
| Scrambled eggs, whole wheat wrap, green tea            | Chickpea and kale salad, whole grain roll           | Baked chicken, roasted carrots, quinoa     | Handful of almonds                |
| Poached eggs, avocado toast, black coffee              | Vegetable stir-fry with tofu, brown rice            | Grilled salmon, roasted sweet potatoes     | Sugar-free yogurt                 |

**Note:** Meals are prepared with low glycemic index foods, lean proteins, healthy fats, and Fiber-rich ingredients to help maintain stable blood sugar levels. Sugar substitutes and whole grains are used as alternatives to refined sugars and processed foods.