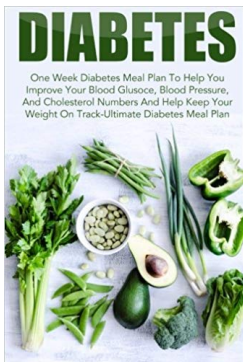


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Meal Planning & Blood Glucose Tracking Chart

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Date	Time	Meal	Notes	Blood Sugar	Lunch	Dinner	Snacks
1/15/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/16/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/17/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/18/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/19/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/20/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/21/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/22/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/23/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/24/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/25/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/26/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/27/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/28/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/29/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/30/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit
1/31/11	8:00 AM	1/2 cup oatmeal, 1/2 cup milk, 1/2 banana		110	1/2 cup chicken, 1/2 cup rice, 1/2 cup peas	1/2 cup salmon, 1/2 cup rice, 1/2 cup peas	1/2 cup yogurt, 1/2 cup fruit

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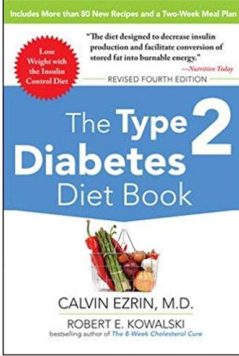
Normal & diagnostic ranges

mg/dl	fasting		2 hrs post meal
	Min	Max	
Normal	70	99	<140
Prediabetes	100	125	140 - 199
T2 Diabetes	>126		>200

mmol/l	fasting		2 hrs post meal
	Min	Max	
Normal	4	6	<7.8
Prediabetes	6.1	6.9	7.8 - 11
T2 Diabetes	>7		>11.1

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