

Diabetic Meal Box (Low-Cost • Low-Prep)

Shelf-Stable Proteins (No Cooking Needed)

- Tuna or salmon packets (plain, water-packed)
- Chicken packets (no sauce)
- Peanut butter or almond butter (small jars or squeeze packs)
- Mixed nuts (unsalted or lightly salted)
- Canned beans (black, kidney, or chickpeas – low sodium if possible)

 *Protein helps prevent blood sugar spikes and keeps people full longer.*

Smart Carbohydrates (Portion-Friendly)

- Instant plain oatmeal packets (no sugar added)
- Brown rice cups or microwave packets (plain)
- Whole-grain crackers (low sugar)
- Small packs of quinoa or lentils (ready-to-heat if available)

Vegetables (Easy & Affordable)

- Canned green beans, spinach, or carrots (low sodium)
- Vegetable soup (broth-based, low sodium)
- Dried veggie snacks (no added sugar)

Fruits (Lower Glycemic Options)

- Unsweetened applesauce cups
- Fruit cups packed in water (peaches, pears)

Healthy Add-Ons

- Olive oil packets
- Vinegar packets
- Mustard (no sugar)
- Cinnamon packets (great for oatmeal & blood sugar support)
- Sugar-free drink mixes or tea bags

Meals and food suggestions shared by Nedavah are offered with care and thoughtful consideration. They are not intended to replace medical advice or dietary guidance from a healthcare professional. Individuals are encouraged to choose foods that best support their personal health needs.