

Death to Diabetes®

Weekly Meal Planner

Super Meal Planning Charts

Note: After reading the *Death to Diabetes* book, you should fill in these blank charts with your meals and snacks for the first week. After you make some changes based upon your blood glucose readings, fill in these charts for the second week. Again, after you make some changes based upon your blood glucose readings, fill in these charts for the third and fourth weeks. Continue with this process for the next 13-14 weeks (at least 90days) during your journey – from illness to wellness.

Note: If these weekly charts are too small for you to write in, then, send us an email (admin@deathtodiabetes.com) and we will send you the daily version of these charts. The daily charts provide a page for each day, so you have a lot more room for your meal planning and notes.

If you find yourself struggling with what to do for each meal, don't despair. Many of our customers find that they need specific help with filling out these charts, so they get our **90-Day Meal Planner PDF**, which lays out specifically what you should be eating from Day 1 to Day 90. Of course, the meal planner is flexible and allows for customization based upon your taste preferences and blood glucose test results.

If you find that you need more Super Meal recipes than what is in the *Death to Diabetes* book, then, get our popular **Cookbook PDF**.

If you find that you need more structure and guidance for your day-to-day activities beyond just meal planning, including blood glucose testing, exercise, cleanse/detox, doctor visits, etc., then, get our comprehensive **Diabetes Boot Camp Program**.

Week 1

**Death to
Diabetes**

Week 1



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week 2



Week 2



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

MEAL PLAN WEEK 3

SUPER MEAL PLANNING

Week 3



Week 3



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

MEAL PLAN WEEK 4

SUPER MEAL PLANNING

Week 4



Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

MEAL PLAN WEEK 5

SUPER MEAL PLANNING

Week 5





Week 5

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

MEAL PLAN WEEK 5

SUPER MEAL PLANNING

Week 6



Week 6



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

MEAL PLAN WEEK 7

SUPER MEAL PLANNING

Week 7



Week 7

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

MEAL PLAN WEEK 8

SUPER MEAL PLANNING

Week 8



Week 8



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

MEAL PLAN WEEK 9

SUPER MEAL PLANNING

Week 9



Week 9



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week 10



Week 10

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week 11



Week 11

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week 12



Week 12

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week 13



Week 13

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week 14



Week 14

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

MEAL PLAN WEEK 14

SUPER MEAL PLANNING

Week _____



Week _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

MEAL PLAN WEEK _____

Week _____

SUPER MEAL PLANNING



Week _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week _____

Week _____



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week _____

Week _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week _____

Week _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Week _____

Week _____

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast Option							
Snack							
Snack Option							
Lunch							
Lunch Option							
Snack							
Dinner							
Dinner Option							
Snack							

Death to Diabetes® Educational Products

The **paperback book** (Item #: BK-001) is the best educational product to start your journey to wellness because it is a **comprehensive 400-page document** that provides the **foundation of knowledge** that you need to fight this disease. Start with the Super Breakfast protocol in Chapter 7 and expand it to include the Super Dinner, Lunch, and Snack over the next 2-3 weeks [Ref: Chapters 6, 7, 9, 14]. If you want to take your knowledge to the next level, then, obtain our new **Death to Diabetes ebook** (Item #: PDF-024), which goes **“beyond the paperback book”** with over 350 pages of information, and still growing – based on my recent research of nutritional science, new super foods, meal design and nutritional supplementation.

After you have implemented changes to your eating profile and you have noticed your average blood glucose level is coming down, then, you can accelerate your **body’s repair process** and **weight loss** with one or more of our new educational products or services. For example, if you need a more diverse set of scrumptious **recipes** for breakfast, lunch, dinner, snacks, and desserts, obtain the very popular **Death to Diabetes Diet cookbook** (Item #: PDF-021). This cookbook is truly one of a kind, because it goes beyond just providing a bunch of recipes. This cookbook is a must-have if you want more meal diversity and want to stay on your journey to wellness.

If you are struggling with **losing weight** or **controlling your blood sugar**, try our **Power of Juicing ebook** (Item #: PDF-028), our next most popular ebook. If you want more information focused strictly on **weight loss** and getting rid of that **belly fat**, then, get our **Weight Loss ebook** (Item #: PDF-034). The *Weight Loss* ebook and the *Power of Juicing* ebook are a powerful tandem.

If you are having trouble with changing your **eating habits**, or if you don’t want to make a lot of changes to your eating habits, then, obtain one or more of the following ebooks which show you how to transform your **favorite foods and comfort foods** into healthier versions -- so that you don't have to make a lot of changes to the way you eat or feel deprived on your journey to wellness:

Food Tips for Favorite Foods & Comfort Foods (Item #: PDF-014):

Food Tips Transformation Chart (Item #: PDF-0131):

Dining Out Guidelines & Tips (Item #: PDF-009):

If you need help with **day-to-day meal planning** and grocery shopping, obtain one of the meal planning documents:

Super Meal 90-day Planner Schedule & Template (Item #: PDF-019)

Boot Camp 90-day Meal Planner (Item #: PDF-005)

If you want to follow what the author did to actually beat and reverse his diabetes, then, you need to address more than meal planning – you must address **exercise, blood glucose testing, recordkeeping, reducing stress, and other activities**. This is documented in the author’s **90-day Boot Camp program** (Item #: PDF-003). The **Death to Diabetes® Boot Camp Program** is a multi-faceted program that attacks the disease on multiple fronts and is designed to “jump start” your wellness program and accelerate your body’s internal repair processes and blood glucose stabilization.

This boot camp program takes the guesswork out of what you should eat and do every day and allows you to focus on getting healthy.

Are you taking any **vitamin supplements** from health food stores, drug stores or grocery stores? Then, stop wasting your money! Most of these supplements are synthetic! If you want to ensure that you are providing your body's cells with the highest quality of nutritional supplements, get the **Nutritional Supplements PDF (Option: Brand Names)**, Item #: PDF-016.

If you're struggling with **weaning off the diabetic drugs** and other medications, then, get our **Drug Weaning PDF** (Item #: PDF-029).

Are you helping a loved one with their diabetes? Then, try our **Caregiver PDF** (Item #: PDF-031) to give you the knowledge, tools, resources and insight to help a loved one.

If you know people with diabetes, high blood pressure, weight issues, fatigue, high cholesterol, etc. you can **make a few dollars** by signing up as an affiliate -- just call us, or send an email to admin@deathtodiabetes.com, or visit our website and fill out the Affiliate Form to receive an affiliate code so that we can track your sales. You will receive a commission for any sales made by people you recommend. This allows you to help others and make a few dollars at the same time.

If you are tired of reading or if you travel a lot, then, get one of our **DVDs** or **CDs**: **The Death to Diabetes Diet & Super Meal Model** (Item #: DVD-003), and **The 10 Steps to Reverse Diabetes** (Item #: DVD-001) are our top-selling DVDs.

If you need a little guidance or a push in the right direction, read Chapter 13 of my book; and, sign up for a **1-on-1 personal wellness consultation** with the author (Item #: SERV-002). He will help you as he has helped thousands of other diabetics around the country.

Note: We have other ebooks and wellness guides if you need help with losing weight or reducing the stress in your life; and, other ebooks for blood glucose testing, high blood pressure, high cholesterol, depression, the right blood tests, how to get your doctor to work for you, eye health, kidney health, heart health, grocery shopping, food cravings, ethnic foods, and nutritional supplementation.

And, don't forget that you are entitled to **free** updates of your ebooks and PDFs for 2 years after purchase

