MY PANTRY DIET

7-Day Plan From Your Pantry

Diabetic-friendly edition, built by My Pantry Diet

Seven days of breakfasts, lunches and dinners that fit the Diabetic-friendly pattern, planned the way the app does it: start from what a typical kitchen already has, repeat nothing all week, and shop only for what is missing. Every meal is a real recipe from our library, with its ingredients and steps on the pages that follow.

Carbohydrate spread evenly across the day, with fibre, protein and healthy fats at every meal. Carb counts are shown per serving so you can match the amount your doctor or dietitian set with you.

Already in your kitchen

This plan assumes these staples are on hand. In the app you scan a receipt or type what you have, and every plan starts from your real shelves.

- Egg, large 12 piece
- Chicken breast, boneless skinless 1000 g
- Broccoli florets 500 g
- Spinach, fresh 400 g
- Olive oil, extra virgin 500 ml
- Lentils, dry 500 g
- Quinoa, dry 500 g
- Greek yogurt, plain, 2% 500 g
- Blueberries 300 g
- Salmon fillet, Atlantic 600 g
- Cauliflower florets 1 piece
- Avocado 4 piece
- Garlic 6 piece
- Onion, yellow 3 piece

Your week

Day 1

Breakfast	Spinach egg-white scramble with avocado	604 kcal
Lunch	Lentil bowl with soft eggs	431 kcal
Dinner	Lemon herb chicken thighs with broccoli	463 kcal

Per serving (estimates)		1730 kcal · 126 g protein · 80 g carbs · 106 g fat

Day 2

Breakfast	Salmon & avocado quinoa breakfast bowl	467 kcal
Lunch	Lemon chicken & hazelnut kale salad	641 kcal
Dinner	Orange-ginger salmon with broccoli	510 kcal
Per serving (estimates)		1862 kcal · 123 g protein · 84 g carbs · 118 g fat

Day 3

Breakfast	Avocado egg toast	359 kcal
Lunch	Turkey & sweet potato skillet	410 kcal
Dinner	Cod with almond romesco & broccoli	513 kcal
Per serving (estimates)		1603 kcal · 115 g protein · 96 g carbs · 88 g fat

Day 4

Breakfast	Smoked salmon & egg toast	394 kcal
Lunch	Baked tofu quinoa bowl	465 kcal
Dinner	Seared scallops over garlicky spinach & pecans	498 kcal
Per serving (estimates)		1678 kcal · 115 g protein · 99 g carbs · 96 g fat

Day 5

Breakfast	Sweet potato hash with eggs	383 kcal
Lunch	Turkey, quinoa & kale bowl	471 kcal
Dinner	Cheesy broccoli & egg quinoa bowl	508 kcal
Per serving (estimates)		1479 kcal · 91 g protein · 122 g carbs · 72 g fat

Day 6

Breakfast	Salmon & cauliflower hash with dill	372 kcal
Lunch	Lemon shrimp & avocado zoodles with pine nuts	602 kcal
Dinner	Rosemary lamb with Brussels sprouts	451 kcal
Per serving (estimates)		1610 kcal · 127 g protein · 53 g carbs · 104 g fat

Day 7

Breakfast	Thyme pork patties with avocado & spinach	556 kcal
Lunch	Smoky tempeh & avocado toast	467 kcal
Dinner	Beef & broccoli with brown rice	489 kcal
Per serving (estimates)		1511 kcal · 108 g protein · 98 g carbs · 83 g fat

Shopping list: only what's missing

What the week needs beyond the staples above, grouped by aisle. Quantities are for the servings planned.

produce

- Basil, fresh 5 g
- Bell pepper 50 g
- Broccoli florets 412.5 g
- Brussels sprouts 150 g
- Carrot 30 g
- Cauliflower florets 270 g
- Cherry tomatoes 135 g
- Cucumber 135 g
- Dill, fresh 6 g
- Ginger root 10.3 g
- Kale 135 g
- Lemon 123.8 g
- Orange 81.3 g
- Red onion 45 g
- Sweet potato 306.3 g
- Tempeh 80 g
- Tofu, firm 150 g
- Zucchini 150 g

meat

- Beef sirloin steak, trimmed 150 g
- Chicken thigh, boneless skinless 270 g
- Ground turkey, 93% lean 375 g
- Lamb leg, trimmed 170 g
- Pork tenderloin 150 g

seafood

- Cod fillet 250 g
- Sea scallops 187.5 g
- Shrimp, raw, peeled 180 g

dairy

- Cheddar cheese 20 g

eggs

- Egg whites, liquid 200 g

bakery

- Whole wheat bread 240 g

grains

- Brown rice, dry 40 g

canned

- Roasted red peppers, jarred 50 g

pantry

- Avocado oil 5.5 g
- Hemp seeds, hulled 30 g
- Pine nuts 20 g

spices

- Cumin, ground 1 g
- Oregano, dried 1.5 g
- Red pepper flakes 0.4 g
- Rosemary, dried 1 g
- Smoked paprika 6.1 g
- Thyme, dried 1 g

condiments

- Coconut aminos 50.1 g
- Hot sauce 3 g
- Rice vinegar 4 g

snacks

- Almonds, raw 31.3 g
- Hazelnuts 30 g
- Pecans 61.3 g

The recipes

Spinach egg-white scramble with avocado

Serves 1 · 4 min prep · 6 min cook

Ingredients

- 200 g Egg whites, liquid
- 1 piece Egg, large
- 100 g Avocado
- 60 g Spinach, fresh
- 5 ml Olive oil, extra virgin
- 20 g Hemp seeds, hulled
- 15 g Pecans

Steps

1. Wilt spinach in oil.
2. Add whisked egg and whites; stir gently until just set.
3. Serve with sliced avocado, hemp seeds and chopped pecans.

Per serving (estimates): 604 kcal · 39 g protein · 16 g carbs · 10 g fibre · 46 g fat · 459 mg sodium

Lentil bowl with soft eggs

Serves 2 · 6 min prep · 22 min cook

Ingredients

- 120 g Lentils, dry
- 4 piece Egg, large
- 100 g Spinach, fresh
- 120 g Cherry tomatoes
- 12 ml Olive oil, extra virgin
- 20 g Lemon
- 2 g Cumin, ground

Steps

1. Simmer lentils with cumin 20 minutes; drain.
2. Soft-boil eggs 7 minutes.
3. Toss lentils with spinach, tomatoes, oil and lemon; top with halved eggs.

Per serving (estimates): 431 kcal · 30 g protein · 44 g carbs · 9 g fibre · 16 g fat · 190 mg sodium

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Lemon herb chicken thighs with broccoli

Serves 2 · 8 min prep · 25 min cook

Ingredients

- 360 g Chicken thigh, boneless skinless
- 20 ml Olive oil, extra virgin
- 300 g Broccoli florets
- 40 g Lemon
- 2 g Oregano, dried
- 6 g Garlic

Steps

1. Heat oven to 425°F. Toss chicken and broccoli with oil, garlic, oregano and lemon.
2. Roast 22–25 minutes until chicken reaches 165°F.

Per serving (estimates): 463 kcal · 38 g protein · 13 g carbs · 5 g fibre · 29 g fat · 202 mg sodium

Salmon & avocado quinoa breakfast bowl

Serves 1 · 4 min prep · 15 min cook

Ingredients

- 40 g Quinoa, dry
- 90 g Salmon fillet, Atlantic
- 50 g Avocado
- 60 g Cucumber
- 10 g Lemon
- 5 ml Olive oil, extra virgin

Steps

1. Cook quinoa.
2. Flake cooked salmon over quinoa with avocado and cucumber.
3. Dress with lemon and oil.

Per serving (estimates): 467 kcal · 25 g protein · 33 g carbs · 7 g fibre · 26 g fat · 60 mg sodium

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Lemon chicken & hazelnut kale salad

Serves 1 · 10 min prep · 12 min cook

Ingredients

- 150 g Chicken breast, boneless skinless
- 60 g Kale
- 30 g Hazelnuts
- 75 g Avocado
- 15 ml Olive oil, extra virgin
- 10 g Lemon

Steps

1. Massage chopped kale with lemon juice and half the oil.
2. Sear the chicken in the rest of the oil 5 to 6 minutes a side until cooked through; slice.
3. Top the kale with chicken, avocado and toasted hazelnuts.

Per serving (estimates): 641 kcal · 43 g protein · 18 g carbs · 10 g fibre · 48 g fat · 119 mg sodium

Orange-ginger salmon with broccoli

Serves 1 · 5 min prep · 13 min cook

Ingredients

- 170 g Salmon fillet, Atlantic
- 65 g Orange
- 5 g Ginger root
- 10 ml Coconut aminos
- 150 g Broccoli florets
- 8 ml Olive oil, extra virgin

Steps

1. Mix orange juice, ginger and aminos; spoon over salmon.
2. Roast salmon and oiled broccoli at 400°F for 13 minutes.

Per serving (estimates): 510 kcal · 39 g protein · 20 g carbs · 6 g fibre · 30 g fat · 349 mg sodium

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Avocado egg toast

Serves 1 · 3 min prep · 4 min cook

Ingredients

- 64 g Whole wheat bread
- 60 g Avocado
- 1 piece Egg, large
- 4 ml Olive oil, extra virgin
- 0.3 g Red pepper flakes

Steps

1. Toast bread; spread mashed avocado.
2. Fry egg in oil; place on top with flakes.

Per serving (estimates): 359 kcal · 16 g protein · 32 g carbs · 8 g fibre · 20 g fat · 331 mg sodium

Turkey & sweet potato skillet

Serves 2 · 6 min prep · 15 min cook

Ingredients

- 300 g Ground turkey, 93% lean
- 250 g Sweet potato
- 100 g Spinach, fresh
- 50 g Onion, yellow
- 12 ml Olive oil, extra virgin
- 3 g Smoked paprika
- 5 g Garlic

Steps

1. Sauté sweet potato and onion in oil 8 minutes.
2. Add turkey, garlic and paprika; brown.
3. Fold in spinach.

Per serving (estimates): 410 kcal · 32 g protein · 31 g carbs · 6 g fibre · 18 g fat · 216 mg sodium

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Cod with almond romesco & broccoli

Serves 1 · 8 min prep · 12 min cook

Ingredients

- 200 g Cod fillet
- 25 g Almonds, raw
- 40 g Roasted red peppers, jarred
- 20 ml Olive oil, extra virgin
- 3 g Garlic
- 80 g Broccoli florets

Steps

1. Blend almonds, peppers, garlic and most of the oil into a romesco.
2. Roast cod and broccoli with the rest of the oil at 425°F 10 to 12 minutes.
3. Serve with the romesco.

Per serving (estimates): 513 kcal · 44 g protein · 14 g carbs · 6 g fibre · 33 g fat · 256 mg sodium

Smoked salmon & egg toast

Serves 1 · 3 min prep · 4 min cook

Ingredients

- 64 g Whole wheat bread
- 60 g Salmon fillet, Atlantic
- 1 piece Egg, large
- 40 g Cucumber
- 2 g Dill, fresh
- 4 ml Olive oil, extra virgin

Steps

1. Toast bread; fry egg in oil.
2. Layer salmon, egg and cucumber; top with dill.

Per serving (estimates): 394 kcal · 27 g protein · 28 g carbs · 4 g fibre · 18 g fat · 365 mg sodium

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Baked tofu quinoa bowl

Serves 2 · 8 min prep · 25 min cook

Ingredients

- 300 g Tofu, firm
- 80 g Quinoa, dry
- 200 g Broccoli florets
- 60 g Carrot
- 20 ml Coconut aminos
- 12 ml Olive oil, extra virgin
- 8 ml Rice vinegar

Steps

1. Bake tofu cubes with half the oil at 425°F for 25 minutes.
2. Cook quinoa; steam broccoli.
3. Assemble; dress with aminos, vinegar and remaining oil.

Per serving (estimates): 465 kcal · 35 g protein · 41 g carbs · 10 g fibre · 21 g fat · 275 mg sodium

Seared scallops over garlicky spinach & pecans

Serves 1 · 5 min prep · 8 min cook

Ingredients

- 150 g Sea scallops
- 120 g Spinach, fresh
- 25 g Pecans
- 20 ml Olive oil, extra virgin
- 2 g Garlic
- 5 g Lemon

Steps

1. Pat scallops dry; sear in half the oil 2 minutes a side.
2. Wilt spinach with garlic in the rest of the oil.
3. Serve scallops on the spinach with toasted pecans and lemon.

Per serving (estimates): 498 kcal · 32 g protein · 13 g carbs · 5 g fibre · 38 g fat · 684 mg sodium

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Sweet potato hash with eggs

Serves 1 · 6 min prep · 14 min cook

Ingredients

- 150 g Sweet potato
- 2 piece Egg, large
- 30 g Onion, yellow
- 50 g Bell pepper
- 10 ml Olive oil, extra virgin
- 1 g Smoked paprika

Steps

1. Dice sweet potato; sauté in oil with onion and pepper 10 minutes until tender.
2. Make two wells and crack in eggs; cover and cook 4 minutes.
3. Dust with paprika.

Per serving (estimates): 383 kcal · 16 g protein · 37 g carbs · 7 g fibre · 19 g fat · 229 mg sodium

Turkey, quinoa & kale bowl

Serves 2 · 6 min prep · 20 min cook

Ingredients

- 300 g Ground turkey, 93% lean
- 80 g Quinoa, dry
- 120 g Kale
- 120 g Cherry tomatoes
- 12 ml Olive oil, extra virgin
- 6 g Garlic
- 20 g Lemon
- 2 g Smoked paprika

Steps

1. Cook quinoa.
2. Brown turkey with garlic and paprika in oil; add kale and tomatoes 3 minutes.
3. Serve over quinoa with lemon.

Per serving (estimates): 471 kcal · 37 g protein · 36 g carbs · 6 g fibre · 21 g fat · 134 mg sodium

Cheesy broccoli & egg quinoa bowl

Serves 1 · 4 min prep · 18 min cook

Ingredients

- 45 g Quinoa, dry
- 150 g Broccoli florets
- 2 piece Egg, large
- 20 g Cheddar cheese
- 8 ml Olive oil, extra virgin
- 10 g Lemon
- 3 ml Hot sauce

Steps

1. Cook quinoa; steam broccoli.
2. Fry eggs in oil.
3. Assemble; top with cheddar, lemon and hot sauce.

Per serving (estimates): 508 kcal · 28 g protein · 41 g carbs · 7 g fibre · 27 g fat · 396 mg sodium

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Salmon & cauliflower hash with dill

Serves 1 · 6 min prep · 10 min cook

Ingredients

- 110 g Salmon fillet, Atlantic
- 180 g Cauliflower florets
- 30 g Red onion
- 10 ml Olive oil, extra virgin
- 2 g Dill, fresh
- 15 g Lemon

Steps

1. Rice the cauliflower; sauté with onion in oil 6 minutes.
2. Flake in cooked salmon; warm through.
3. Finish with dill and lemon.

Per serving (estimates): 372 kcal · 26 g protein · 13 g carbs · 5 g fibre · 24 g fat · 122 mg sodium

Lemon shrimp & avocado zoodles with pine nuts

Serves 1 · 10 min prep · 6 min cook

Ingredients

- 180 g Shrimp, raw, peeled
- 150 g Zucchini
- 100 g Avocado
- 20 g Pine nuts
- 15 ml Olive oil, extra virgin
- 3 g Garlic
- 10 g Lemon
- 5 g Basil, fresh

Steps

1. Spiralize the zucchini.
2. Sauté shrimp and garlic in oil 3 to 4 minutes until pink; add zoodles 1 minute.
3. Off the heat, fold in diced avocado, lemon juice, basil and toasted pine nuts.

Per serving (estimates): 602 kcal · 43 g protein · 18 g carbs · 9 g fibre · 44 g fat · 235 mg sodium

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Rosemary lamb with Brussels sprouts

Serves 1 · 6 min prep · 18 min cook

Ingredients

- 170 g Lamb leg, trimmed
- 150 g Brussels sprouts
- 12 ml Olive oil, extra virgin
- 1 g Rosemary, dried
- 4 g Garlic

Steps

1. Rub lamb with rosemary and garlic.
2. Roast lamb and halved sprouts with oil at 425°F for 18 minutes.
3. Rest lamb 5 minutes, slice.

Per serving (estimates): 451 kcal · 45 g protein · 15 g carbs · 6 g fibre · 24 g fat · 149 mg sodium

Thyme pork patties with avocado & spinach

Serves 1 · 8 min prep · 10 min cook

Ingredients

- 150 g Pork tenderloin
- 100 g Avocado
- 60 g Spinach, fresh
- 5 ml Olive oil, extra virgin
- 15 g Pecans
- 10 g Hemp seeds, hulled
- 1 g Thyme, dried

Steps

1. Finely chop or pulse the pork with thyme; shape 3 patties.
2. Cook in the oil 4 to 5 minutes a side until cooked through; wilt spinach in the pan.
3. Serve with sliced avocado, chopped pecans and hemp seeds.

Per serving (estimates): 556 kcal · 40 g protein · 14 g carbs · 10 g fibre · 41 g fat · 134 mg sodium

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Smoky tempeh & avocado toast

Serves 1 · 4 min prep · 8 min cook

Ingredients

- 80 g Tempeh
- 64 g Whole wheat bread
- 60 g Avocado
- 2 g Smoked paprika
- 8 ml Coconut aminos
- 6 ml Olive oil, extra virgin

Steps

1. Slice tempeh thin; pan-fry in oil with paprika and aminos until crisp.
2. Toast bread; top with mashed avocado and tempeh.

Per serving (estimates): 467 kcal · 26 g protein · 40 g carbs · 9 g fibre · 26 g fat · 427 mg sodium

Beef & broccoli with brown rice

Serves 2 · 8 min prep · 30 min cook

Ingredients

- 300 g Beef sirloin steak, trimmed
- 300 g Broccoli florets
- 80 g Brown rice, dry
- 30 ml Coconut aminos
- 8 g Ginger root
- 6 g Garlic
- 12 ml Avocado oil

Steps

1. Cook rice.
2. Sear sliced beef in oil; remove.
3. Stir-fry broccoli with garlic and ginger; return beef with aminos.

Per serving (estimates): 489 kcal · 42 g protein · 44 g carbs · 5 g fibre · 16 g fat · 432 mg sodium

Want next week planned from your own pantry?

My Pantry Diet builds a week like this from what is actually in your fridge, freezer and pantry, with 0 repeats, a shopping list for only what is missing, and barcode, receipt and label scanning that is free forever.

https://mypantrydiet.com

My Pantry Diet does not diagnose, treat, or prevent any disease. Talk to your doctor before changing your diet or exercise, especially if you take medication.

This diet is usually followed on a doctor's orders. My Pantry Diet is a wellness tool, not medical advice. Please confirm your targets (like sodium or carbs per meal) with your doctor or dietitian before you start, and enter any limits they give you in Targets. The app will never plan a day over a limit you set.

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