No Carbohydrate: Day 1

* When you wake up check your blood glucose level\_\_\_\_\_\_\_\_\_\_\_\_\_
* Have your carbohydrate free breakfast

Breakfast: (Carbohydrate free)

Scrambled eggs or omelette with mushrooms and grilled tomatoes

* Check your blood glucose level every hour until lunch time and put it in the table below:

|  |  |
| --- | --- |
| **Time** (please record the time in each hour section) | **Blood glucose reading** |
| 1 hour |  |
| 2 hours |  |
| 3 hours |  |
| 4 hours |  |
| 5 hours |  |
| 6 hours |  |

Lunch:

* Have your lunch as normal
* Check your blood glucose level before your evening meal\_\_\_\_\_\_\_\_\_\_\_
* Have a carbohydrate free evening meal

Evening Meal: (Carbohydrate free)

Plain fish – grilled or oven baked with salad.

* Check your blood glucose level every hour until bed time and put it in the table below:

|  |  |
| --- | --- |
| **Time** (please record the time in each hour section) | **Blood glucose reading** |
| 1 hour |  |
| 2 hours |  |
| 3 hours |  |
| 4 hours |  |
| 5 hours |  |
| 6 hours |  |

No Carbohydrate: Day 2

Breakfast:

* Have breakfast as normal

Check your blood glucose reading before lunch\_\_\_\_\_\_\_\_\_\_\_\_\_

Lunch (carbohydrate free)

Chicken and salad

Check your blood glucose level every hour until your evening meal and enter the readings in the table below:

|  |  |
| --- | --- |
| **Time** (please record the time in each hour section) | **Blood glucose reading** |
| 1 hour |  |
| 2 hours |  |
| 3 hours |  |
| 4 hours |  |
| 5 hours |  |
| 6 hours |  |

Check your blood glucose reading before evening meal\_\_\_\_\_\_\_\_\_\_\_\_\_

Evening meal (Carbohydrate Free)

Plain fish or chicken grilled or oven baked served with a choice of the following vegetables

Broccoli, cauliflower, courgette or spinach.

Check your blood glucose hourly until bed and complete the table below:

|  |  |
| --- | --- |
| **Time** (please record the time in each hour section) | **Blood glucose reading** |
| 1 hour |  |
| 2 hours |  |
| 3 hours |  |
| 4 hours |  |
| 5 hours |  |
| 6 hours |  |

No Carbohydrate: Day 3

* When you wake up check your blood glucose level\_\_\_\_\_\_\_\_\_\_\_\_\_
* Have your carbohydrate free breakfast

Breakfast: (Carbohydrate free)

Scrambled eggs or omelette with mushrooms and grilled tomatoes

* Check your blood glucose level every hour until lunch time and put it in the table below:

|  |  |
| --- | --- |
| **Time** (please record the time in each hour section) | **Blood glucose reading** |
| 1 hour |  |
| 2 hours |  |
| 3 hours |  |
| 4 hours |  |
| 5 hours |  |
| 6 hours |  |

Check your reading before lunch\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lunch (carbohydrate free)

Chicken or fish or eggs and salad

Check your blood glucose level every hour until your evening meal and enter the readings in the table below:

|  |  |
| --- | --- |
| **Time** (please record the time in each hour section) | **Blood glucose reading** |
| 1 hour |  |
| 2 hours |  |
| 3 hours |  |
| 4 hours |  |
| 5 hours |  |
| 6 hours |  |

Evening Meal:

As normal for example