

# Diabetes Friendly

The Diabetes Friendly diet is designed by our registered dietitians to provide a balance of carbohydrates and protein to help optimize blood sugar management.

- Fewer than 67grams of carbs per meal
- Fewer than 800mg of sodium

## TO PLACE YOUR ORDER

Email: [info@chef2home.com](mailto:info@chef2home.com)  
 Direct: 717-935-9717  
 Toll-Free: 855-277-6454



### BBQ Meatballs

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**
- Renal**



### BBQ Meatless Meatballs

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**
- Heart Healthy**
- Vegetarian**



### BBQ Pork

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**
- Renal**



### Beef and Bean Chili

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**
- Heart Healthy**
- Low Sodium**



### Beef Goulash

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**



### Cheese Ravioli

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**
- Heart Healthy**
- Low Sodium**
- Renal**
- Vegetarian**



### Cheese Tortellini

[View Meal](#)

Available on these menus

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- Vegetarian**



### Chicken a la Bleu

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**



### Chicken Cacciatore

[View Meal](#)

Available on these menus

- General Wellness**
- Diabetes Friendly**
- Heart Healthy**
- Low Sodium**



### Chicken Mac and Cheese

[View Meal](#)

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### Chicken Marsala

[View Meal](#)

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- Low Sodium**



### Chicken Parmesan

[View Meal](#)

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### Chicken with Country Pepper Gravy

[View Meal](#)

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### Fajita Chicken

[View Meal](#)

Available on these menus

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- Low Sodium**
- Renal**



### Fajita Tofu

[View Meal](#)

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### French Toast

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### Italian Meatloaf

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### Pancakes

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Available on these menus

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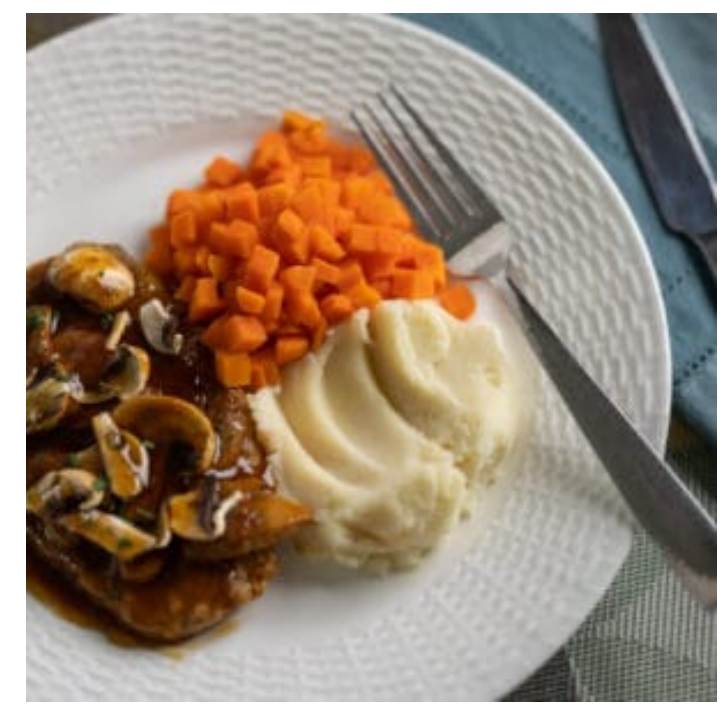


### Roast Turkey

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### Salisbury Steak

[View Meal](#)

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- Diabetes Friendly



### Scrambled Eggs

[View Meal](#)

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### Scrambled Eggs with Cheese and Broccoli

[View Meal](#)

Available on these menus

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- Vegetarian



### Spaghetti and Meatballs

[View Meal](#)

Available on these menus

- General Wellness
- Diabetes Friendly



### Spaghetti and Meatless Meatballs

[View Meal](#)

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### Stir Fried Chicken

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### Sweet and Sour Chicken

[View Meal](#)

Available on these menus

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- Low Sodium



### Swiss Steak

[View Meal](#)

Available on these menus

- General Wellness
- Diabetes Friendly



### Turkey Santa Fe

[View Meal](#)

Available on these menus

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- Diabetes Friendly
- Heart Healthy
- Low Sodium

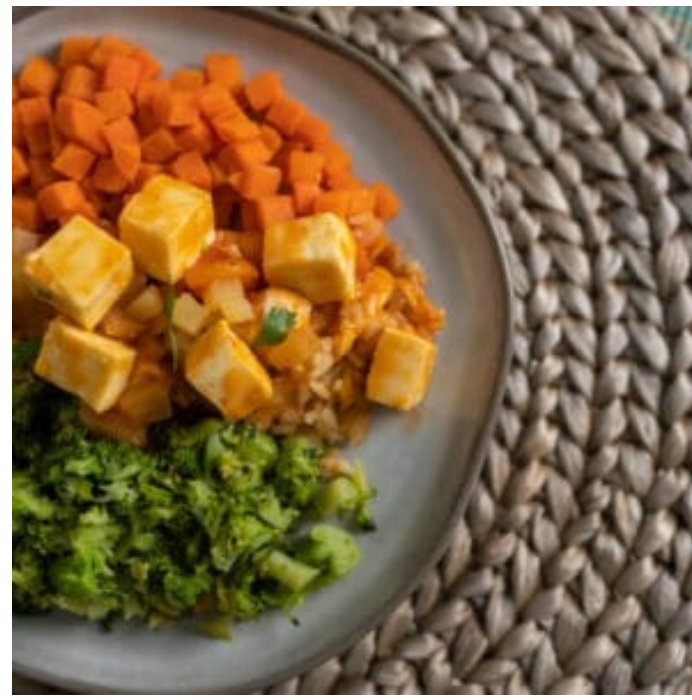


### Vegetarian Santa Fe Corn and Black Beans

[View Meal](#)

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- Vegetarian



### Vegetarian Sweet and Sour Tofu

[View Meal](#)

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- Low Sodium
- Vegetarian



### Western Omelette

[View Meal](#)

Available on these menus

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