

# SparkRecipes® Diabetes-Friendly Dinners

These recipes meet general guidelines for carbs, calories, fat, sodium, etc. as established by the ADA for people with diabetes.

## Sunday



[Chef Meg's Slow Cooker Lasagna](#)

## Monday



[Mediterranean Chicken with Orzo \(Chef Meg's Makeover\)](#)

## Tuesday



[Chef Meg's Easy Steamed Fish Packets](#)

## Wednesday



[Honey Mustard Roasted Chicken](#)

## Thursday



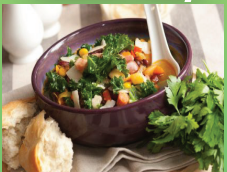
[Halibut Stew \(Chef Meg's Makeover\)](#)

## Friday



[Bavarian Beef](#)

## Saturday



[Chef Meg's Slow Cooker Pork with Greens and Beans](#)