## 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