



HOW TO PREPARE **BEFORE YOU COME**

MORNING APPOINTMENTS

- Target Glucose: 150 or higher
- Eat a healthy, balanced breakfast
- The night before, take all medications as prescribed, EXCEPT take only 1/2 your normal dose of insulin
- Hold all oral diabetic medications and insulin the day of treatment

AFTERNOON APPOINTMENTS

- Eat a healthy, balanced meal before you arrive
- The night before, take all medications as prescribed
- Take 1/2 your insulin dose on the morning of your treatment, take all other medications as prescribed

INSULIN PUMP USERS

- Turn pump off two hours before treatment

Prior to a PIR infusion, it is advised to eat higher-protein meals/snacks. If a high amount of carbohydrates is consumed prior to treatment, blood glucose levels will affect the infusion. Consuming foods/snacks higher in protein will not cause extreme spikes in blood glucose levels.

- PLEASE UNDERSTAND THAT OUR INFUSION CENTER WILL NOT REPLACE YOUR PRIMARY CARE PROVIDER OR ANY SPECIALISTS YOU MAY BE SEEING.

Meal Options for **BREAKFAST**

- Chobani vanilla Greek yogurt: 16g of carbs & 14g of protein per 3/4 cup serving
- 1 large egg: 6g of protein
 - Idea: egg scramble with black beans, avocado, lime, and pico de gallo.
- Cottage cheese: 5g of carbs & 12g of protein
- Breakfast burrito/tacos: eggs, beans, chorizo, cheese, avocado
- Egg sandwich with English muffin: eggs, cheese, turkey bacon or chicken sausage
- Sausage egg casserole: sausage, onion, bell peppers, cheese, milk, eggs
- Egg bites/cups: add greens (spinach), tomato, bacon, cheese, eggs, and milk
- Protein bites: peanut butter, oatmeal, chocolate chips, can add protein powder



BREAKFAST

- Egg-normous burrito

LUNCH

- Ask for burger or chicken without a bun



BREAKFAST

- Wake-up wrap
- Turkey sausage, egg and cheese on English muffin
- Egg and cheese on English muffin



BREAKFAST

- Loaded breakfast burrito

LUNCH

- Ask for burgers without a bun
- Limit chicken tenders, the breading contains carbohydrates



BREAKFAST

- Breakfast burrito
- Egg white grill
- Bacon/sausage, egg & cheese muffin
- Greek yogurt parfait

LUNCH

- Grilled or fried chicken sandwich
- Grilled or fried nuggets/tenders
- Greek yogurt parfait

Meal Options for **LUNCH**

- Tuna salad, chicken salad, egg salad with toast or crackers
- Quesadilla, taco, burrito (low carb tortilla)
- Chicken Fried Rice
- Wrap with deli meat
- Chili with meat/chicken and beans
- Rice bowl with vegetables, eggs, chicken/meat, garbanzo beans
- Meat and non-starchy vegetables

Options for **SNACKS**

- Jerky (meat that has fat trimmed)
- Trail mix
- Turkey (deli meat) roll ups
- Greek yogurt parfait
- Vegetables & Greek yogurt dip/ hummus
- Hard-boiled egg
- Cheese and nuts
- Tuna salad
- Peanut butter & apple slices
- Cottage cheese with fruit and nuts
- Protein shake or bar



BREAKFAST

- Cheesy toasted burrito bacon
- Cheesy toasted breakfast burrito

LUNCH

- Ask for "Fresco Style"
 - removes dairy to reduce fat content, adds freshly diced tomatoes
 - add beans to increase protein



BREAKFAST

- Egg McMuffin
- Sausage McMuffin w/ egg
- Sausage burrito

LUNCH

- Ask for the burgers/chicken without a bun
- Chicken nuggets

RULE OF THUMB:

Opt for no bun and grilled protein (when available). Avoid mayo-based and creamy sauces. You can find nutrition facts for fast food menus on their website.