



Diabetic Diet | After 60

for Beginners

**A Unique, Flexible System to
Master Your Blood Sugar with
120+ Easy Recipes & a 60-Day
Adaptive Meal Plan**

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Introduction

If you have come to know type 2 diabetes or prediabetes, then you may feel that your life is going to change dramatically. You must be asking yourself, what can I eat? Do I have to leave my favorite foods? How do I keep my blood sugar stable without feeling stressed? If these ideas are familiar, you are not alone—and this book is to help here. Managing diabetes does not mean following an impossible diet or leaving whatever you enjoy. It is about making small, durable changes that stabilize your blood sugar while allowing you to enjoy delicious food and learning to create innovative food options—without despair or confusion.

Why This Book?

This isn't just another diabetes cookbook. It's a practical, step-by-step guide designed for people over 60 who want a simple and effective way to take control of their health. With 120+ easy recipes and a 60-day adaptive meal plan, this book will show you how to enjoy food while confidently managing your blood sugar.

We focus on **flexibility, not restrictions**. That means:

- No complicated meal plans that make eating feel like a chore.
- No expensive, hard-to-find ingredients.
- There are no unrealistic expectations—just small, manageable changes that add to significant results.

What Makes This Book Unique?

Unlike different diabetes cookbooks, this manual offers whole manipulation over your meals based on your blood sugar ranges. Here's how:

- **Personalized Meal Choices**—At the end of every day, you'll discover a table with meal alternatives tailored to your blood sugar stage, permitting you to pick the most appropriate foods for your needs.
- **Flexible Meal Structure**—Instead of inflexible meal plans, this book offers a robust basis for combining foods independently. You can select among three meal types: Protein-Based, Vegetable-Based, and Balanced. At the end of every week, a second table enables you to alter your diet for this reason.

These two key benefits set this book aside:

- You regulate your diet based on your blood sugar levels.
- You don't feel restricted—you can choose meals that work best for you.

What do you get from this book?

By the time you finish this book, you will:

- Understand the most important principles of eating diabetes without confusion.
- Enjoy food while keeping your blood sugar stable.
- Follow an adaptive 60-day plan designed for different blood sugar levels.
- It is easy to prepare 120+ delicious dishes and is satisfactory.

This book is not just about handling diabetes—it is about control, confidence, and happiness in food. You are worth feeling good every day, and this guide will help you achieve that goal. Let's get started!

Chapter | 1

Key Facts About Type 2 Diabetes and Prediabetes

1.1 A Quick Overview: What Are Prediabetes and Type 2 Diabetes?

Prediabetes and type 2 diabetes are conditions that alter the way your body metabolizes glucose, the primary source of energy. Both conditions progress and are frequently associated with lifestyle issues, so early action is essential.

Prediabetes happens when blood sugar is above normal but not high enough to be diagnosed as diabetes. It is an early warning that, if ignored, may develop into type 2 diabetes. Prediabetes has no symptoms in most individuals, so blood sugar checks must be done regularly, particularly in those aged over 60. Fortunately, prediabetes is often reversible with diet and lifestyle changes. Reducing 5-10% of body weight, regular physical activity, and healthier food intake can dramatically lower the risk of type 2 diabetes.

Type 2 diabetes occurs when the body fails to produce enough insulin or is resistant to insulin's action, which leads to high blood sugar levels. Insulin is a hormone that enables glucose to pass through cells and be utilized as energy. When there is insulin resistance, the body cannot control blood sugar levels, and it becomes symptomatic through excessive thirst, urination, fatigue, blurring of vision, and slow healing of wounds. Type 2 diabetes, if not controlled, leads to severe complications in health in the form of heart disease, nerve damage, kidney issues, and loss of vision. One of the principal risk factors for type 2 diabetes is age. The older we are, the less capable our bodies may become of metabolizing glucose because of metabolic changes, decreased physical activity, and increased resistance to insulin. This is not to say that diabetes is unavoidable—it can be prevented or managed by proper diet, exercise, and lifestyle changes.

Some other risk factors are:

- Being overweight or obese.
- Leading a sedentary lifestyle.
- Having a family history of diabetes.
- High blood pressure or cholesterol levels.
- A history of gestational diabetes or polycystic ovary syndrome (PCOS) in women.

The good news is that both prediabetes and type 2 diabetes can be controlled—and even reversed—with the proper dietary and lifestyle modifications. A well-planned diet and exercise can stabilize blood sugar levels and avert complications, enabling you to lead a healthy and active life.

1.2 The Importance of Diet and Blood Sugar Management

Diet is very important in controlling diabetes. What you consume directly determines your blood sugar levels, and thus, optimal meal planning is vital in keeping your glucose levels stable.

- **Carbohydrate Management:** Carbohydrates are the primary macronutrient that impacts blood glucose. Proper selection of type and quantity is necessary. Simple carbohydrates, including white bread, pasta, and sweets, are quickly absorbed and result in blood glucose spikes.

Complex carbohydrates, such as whole grains, legumes, and non-starchy vegetables, digest more slowly and give a gradual energy supply without sudden high and low swings.

- **Protein and Health Fats:** Protein and fats are crucial for maintaining blood sugar stability. Protein-rich foods like lean meats, eggs, tofu, and fish slow digestion and help avert post-meal blood sugar elevations. Healthy fats like nuts, seeds, olive oil, and avocados facilitate heart health with feelings of fullness, thereby preventing cravings and overeating.
- **Portion Control:** Consuming the appropriate portions is as critical as eating the correct foods. Huge meals with too much carb content can overburden insulin function, causing blood sugar spikes. Opt for nutritionally balanced meals comprising protein, healthy fats, and fiber.
- **Meal Timing:** Regular food consumption may prevent energy crashes and keep blood sugar levels stable during the day. Skipping meals may cause a blood sugar imbalance, which will make it more difficult to control diabetes. If needed, adhering to three balanced meals and adding healthy snacks can facilitate steady glucose control.
- **Hydration:** Adequate water intake is essential for overall health and blood sugar balance. Dehydration can increase blood sugar levels, so drinking water or herbal teas can help keep things balanced.
- **Steering Clear of Hidden Sugars:** Processed foods often have hidden sugars that can lead to blood sugar imbalances. Reading labels and eating whole, unprocessed foods can help restrict unnecessary sugar consumption.

The Contribution of a Balanced Diet to Preventing Complications

A diet for diabetes doesn't only regulate blood sugar—it also lowers the risk of complications. Inefficient blood sugar management can result in long-term medical conditions, including:

- **Cardiovascular Disease:** Individuals with diabetes are at a greater risk for heart disease and stroke. A diet full of whole foods, healthy fats, and fiber contributes to maintaining good heart health.
- **Nerve Damage (Neuropathy):** Long-term high blood sugar can damage nerves, causing numbness, tingling, or pain in the hands and feet. Anti-inflammatory foods like leafy greens, berries, and nuts can support nerve health.
- **Kidney Disease:** Uncontrolled diabetes can put additional pressure on the kidneys. A low-sodium, processed food-free, and unhealthy fat-free diet supports kidney function.
- **Eye Issues:** Elevated blood sugar levels may impair vision and raise the risk of diabetic retinopathy. Eating foods rich in antioxidants, such as carrots, green leafy vegetables, and citrus fruits, can maintain healthy eyes.

By following these principles, you can **keep blood sugar levels in check, feel more energetic, and reduce the risk of diabetes-related complications.** A well-balanced diet helps support overall well-being, reducing the likelihood of developing severe diabetes complications.

1.3 Common Misconceptions About Diabetes

There is much misinformation regarding diabetes. Let's dispel some of the most prevalent myths:

Myth #1: “Diabetes is caused by eating too much sugar.”

Although overconsumption of sugar contributes to weight gain and insulin resistance, diabetes is multifactorial. Genetics, lifestyle, and total diet all play a role. Refined carbs and sugary foods may contribute to the exacerbation of blood glucose levels, yet they are not the only determinant of diabetes.

Myth #2: “If you have diabetes, you need to eliminate all carbs.”

Not all carbs are bad! The trick is to select high-fiber, nutrient-rich foods that deliver sustained energy without spiking blood sugar levels. Whole grains, legumes, and non-starchy vegetables are great options. Cutting out all carbs is unnecessary or advised, as carbohydrates contain vital nutrients and energy.

Myth #3: “Once you have diabetes, there’s nothing you can do about it.”

Lifestyle modifications, particularly diet and physical activity, can manage and even reverse pre-diabetes and type 2 diabetes. Most individuals can control their condition without medication by making long-term changes, including enhancing diet quality, boosting physical activity, and achieving a healthy weight.

Myth #4: “People with diabetes can’t eat fruit.”

Although many fruits have natural sugars, they are also rich in fiber, vitamins, and antioxidants that contribute to good health. The most important thing is portion control and opting for fruits low in glycemic index, such as berries, apples, and pears, over high-sugar fruits like bananas and grapes.

Myth #5: “If I take diabetes medication, I don’t need to worry about my diet.”

Medication controls blood sugar but is not a replacement for healthy living. A healthy diet, regular exercise, and a healthy weight complement the effects of medicines and eliminate the need for medication in the long run.

Knowing the facts about diabetes gives you the power to make well-informed choices about your health. Gaining control over your diet and lifestyle can improve how you feel daily. In the following chapters, we will examine how to organize your diet in a manner that is enjoyable and helpful for blood sugar management.



Chapter | 2

The Basics of Healthy Eating Without Overwhelm

2.1. The “Keep It Simple” Principle and Why It Matters for Those 60+

Eating healthy is more important as we age to maintain our energy levels, promote overall good health, and reduce the chance of developing chronic conditions such as diabetes. However, many individuals over 60 may feel overwhelmed by adopting a healthier diet. This is where the “Keep It Simple” principle comes in. This principle breaks the complicated aspects of nutrition into bite-sized steps you can understand and use while enjoying your meals without stress and confusion.

Why is Simplicity Important for Those 60?

Cognitive Load: As we age, we may experience memory challenges, short attention spans, and/or difficulty multitasking. Simplifying food choices reduces mental load and decision fatigue, allowing us to create a healthy habit.

Time and Energy: Meal plans can feel overwhelming or lengthy, particularly when we may have less energy or less ability to stand or walk. A simplified diet saves time and ensures cooking and eating remain fun, not a chore.

Health Management: Many people over 60 manage multiple health issues. Medication, doctor appointments, and lifestyle changes can be overwhelming. Simplifying your food choices will allow you to focus on what matters most: blood sugar control, energy, and maintaining a healthy activity level.

Sustainability: Complex diets may lead to burnout. The simpler the plan, the more likely you will successfully remain committed to the plan over time. This means better outcomes for your overall well-being.

Key Strategies for Keeping It Simple

- **Eat Whole, Familiar Foods:** Emphasize fresh vegetables, lean proteins, healthy fats, and whole grains you like. When enjoying your meals, there is no need for strange add-ins or fad diets.
- **Create a Routine:** A base meal structure (for example, three meals and two snacks) can eliminate the guesswork with meals and how to plan your day.

For instance, **breakfast consists of a protein and** a small amount of carbohydrates (an egg with a slice of whole-grain toast).

Snack: A handful of nuts or Greek yogurt.

Lunch: A colorful salad with lean protein dressed with olive oil.

Master Some Key Recipes: You don’t have to be a master chef to eat well. You should think of 5-10 simple recipes that are easy to prepare and continue to use throughout the week. Examples include the following.

- Grilled chicken with roasted veggies.
- Vegetable stir fry with tofu or shrimp.
- Lentil soup with whole-grain bread.

Use Time-Savers When Possible: Prewashed greens, frozen vegetables, and pre-portioned proteins are all great time savers and just as nutritious. Keep healthy staples stocked in your pantry and freezer for easy meal prep.

Listen to Your Body: Simplicity also means accurately following your body's requests. Are you hungry, or are you bored? Does your body need protein, water, or rest? If you can answer any of these questions, you'll know what you want to eat and avoid mindless snacking.

2.2. Proteins, Fats, and Carbohydrates: The Role of Each Macronutrient

It is important to comprehend the functions of macronutrients—proteins, fats, and carbohydrates—to put together meals that are balanced for healthy blood sugar levels and general well-being. Each macronutrient has a function in your body, and once you understand how to utilize it, it will help when planning meals.

Proteins: The Basic Components of Life Proteins are essential for tissue repair, muscle building, and immune health. We recommend adding protein to your daily diet, particularly for those > over 60 who experience muscle mass loss during aging.

Protein Sources:

- Lean meats: chicken, turkey, and lean cuts of beef.
- Fish: salmon, cod, mackerel, and tuna.
- Plant-based: lentils, chickpeas, tofu, and edamame.
- Dairy: Greek yogurt, cottage cheese, and low-fat cheese.
- Eggs: versatile, nutrient-dense protein source.

Importance of Protein:

- Stabilizes Blood Sugars: Slows carbohydrate absorption and reduces blood glucose spikes.
- Increases Satiety: Keeps you full longer and slows overeating.
- Preserves Muscle Mass: Promotes strength and mobility through aging.

Tip: Include a source of protein at each meal/snack—eggs for breakfast, grilled chicken for lunch, or tofu in stir fry for dinner.

Fats: *Necessary for Hormonal and Brain Health.* Fats sometimes get a bad reputation, but they are a key factor in energy, hormone production, and optimal brain function. The focus should be on unsaturated fats and on limiting saturated and trans fats.

Health Sources of Fats:

- Avocado: a very nutrient-dense food to eat for meals or snacks.
- Nuts and seeds: almonds, walnuts, chia seeds, or flaxseeds.
- Oils: olive oil, avocado oil, or sesame oil.
- Fatty fish: salmon, mackerel, or sardines have omega-3 fatty acids.

Why Are Fats Essential?

● **Support Blood Sugar Stability:** They slow down digestion and allow glucose to be released into the bloodstream slowly.

● **Provide Long-Lasting Energy:** They help you stay energized between meals.

● **Aid in Nutrient Absorption:** Fats help the body to absorb fat-soluble vitamins A, D, E, and K.

Tip: Use fats wisely. Drizzle olive oil on salads, add avocado to sandwiches, or have a handful of nuts as a snack.

Carbohydrates are the body's main energy source. They are also the most misunderstood foods, especially for blood sugar levels. The importance lies in selecting the correct carbohydrates in appropriate amounts to keep glucose levels steady.

Healthy Carbohydrate Sources:

- Whole Grains: Quinoa, brown rice, oats, whole grain bread.
- Vegetables: Leafy greens, broccoli, cauliflower, sweet potatoes.
- Fruits: Berries, apples, and pears (in moderation).
- Legumes: Lentils, black beans, chickpeas (in appropriate amounts).

Why Carbs Are Important:

- Quick Energy: Carbs are necessary for brain function and day-to-day activity.
- Fiber: Improves digestion and slows carbohydrate absorption.
- Satiety in Meals: They produce a balanced meal with protein and fat.

Tip: Use low-glycemic carbohydrates that produce minimal effects on blood glucose. Coupling protein and fat helps regulate glucose.

Balancing Macronutrients for Better Health

Creating balanced meals means including all three macronutrients in appropriate proportions:

- **Half your plate:** non-starchy vegetables (e.g., spinach, broccoli, or zucchini).
- **A quarter of your plate:** protein (e.g., chicken, fish, or tofu).
- **A quarter of your plate:** healthy carbs (e.g., quinoa or sweet potato).

This balance ensures you get the nutrients you need to maintain energy, support your health, and manage blood sugar effectively.

2.3. The Glycemic Index (GI) and Why It Can Be Useful

The glycemic index (GI) is a useful way to understand how your blood sugar levels respond to different foods. Eating low-GI foods can help you better manage your energy levels, minimize blood sugar spikes, and improve the odds of avoiding diabetes-related complications.

What Is the Glycemic Index?

The glycemic index gauges the speed at which a food containing carbohydrates influences blood sugar levels. It assigns every food a numerical value.

- **Low GI (55 or less):** Foods that lead to a slow, steady rise in blood sugar (ex., lentils, non-starchy vegetables, nuts).
- **Medium GI (56-69):** Foods that trigger a moderate rise in blood sugar (ex., brown rice, whole grain bread, sweet potato).
- **High GI (70 or above):** Foods that cause a quick spike in blood sugar (ex., white bread, sugar cereals, white rice).

Why the GI Is Beneficial

- **Blood Sugar Control:** Foods low on the GI scale deliver glucose into the bloodstream slowly, which assists with keeping blood sugar levels steady and minimizing fluctuations in energy.
- **Increased Energy Levels:** Eating food that is low on the GI scale can maintain consistent energy levels throughout the day, preventing feelings of tiredness, fatigue, and hunger.
- **Better Weight Control:** Low-GI foods help promote satiety, allowing you to feel full longer and prevent overeating.
- **Lower the Risk of Complications:** Effectively managing blood sugar levels minimizes the

likelihood of diabetes complications, such as heart disease and neuropathy.

Easy Suggestions for Implementing the GI.

- **Prefer low-GI foods:** Eat foods that will gradually raise blood sugar, such as leafy greens, whole grains, legumes, and nuts, to create steadier energy during the day.
- **Combine carbohydrates with protein and fat:** Combining carbohydrates with protein or fat slows digestion and settles blood sugar. For example, Eat a slice of whole-grain toast with avocado and an egg. Add nuts or Greek yogurt to a bowl of oatmeal.
- **Portion out your food:** Lower GI food can increase blood sugar levels if it is mainly eaten. Ensure your plate has a balanced amount of carbohydrates, protein, and non-starchy vegetables.
- **Be Mindful of Cooking Methods:** Cooking techniques can alter the GI of foods. For instance, al dente pasta has a lower GI than overcooked pasta.
- **Look for Fiber-Rich Options:** Foods high in fiber—like legumes, whole grains, and vegetables—are natural.

2.4: How to Choose the Right Foods (Reading Labels, Hidden Sugars)

Being mindful of food choices is key to controlling blood sugar levels and overall wellness! Over the following few pages, you will learn how to read food labels and find hidden sugars to help make the healthiest foods for your goals!

The Basics of Reading Food Labels

- **Check the Serving Size:**
 - Always begin with the serving size. Many packages have multiple servings, and the nutrition information is usually for one serving, not the complete package.
- **Look at Total Carbohydrates:**
 - Total carbohydrates include sugar, fiber, and starches. Foods with a higher fiber content and lower sugar content help maintain stable blood sugar levels.
- **Look for Hidden Sugars:**
 - Sugar can be labeled in several ways, including:
 - High fructose corn syrup.
 - Maltose.
 - Dextrose.
 - Cane sugar.
 - Agave nectar.
 - You want a product with less than 5 grams of added sugar per serving.
- **Check the Fiber Content:**
 - A product with 3 grams of fiber or more per serving is a good choice for slowing down sugar absorption and helping digestion.
- **Check the Ingredients List:**
 - The ingredients are listed in order of weight. If sugar or one of the substitutes is in the first three ingredients, it is possibly a sugar-heavy product.

How to Spot Hidden Sugars in Common Foods

Hidden sugars often lurk in foods you wouldn't expect. Here's where to look:

1. Breakfast Cereals and Granola Bars:

- Many are marketed as “healthy” but contain significant added sugar. Choose options labeled “unsweetened” or those made with natural sweeteners like stevia.

2. Flavored Yogurt:

- Yogurt can be a great source of protein, but flavored versions often have 10-20 grams of added sugar per serving. Opt for plain, unsweetened Greek yogurt and add fresh berries for sweetness.

Part II. Preparing for the 60-Day Plan

Chapter | 3

Setting Up Your Eating Habits and Lifestyle

Knowing your blood sugar level is the first step in developing a customized and working eating plan. This chapter will assist you in finding out what category you fall into—whether you have prediabetes, moderate diabetes, or high blood sugar that is high—and how to appropriately make adjustments to your eating plan.

3.1. Determining Your Blood Sugar Level

Prediabetes

- **What It Means:**

Prediabetes is when your blood sugar level is above normal, but you are not yet diabetic. This is an early warning sign that your body is starting to lose the battle of blood sugar and insulin.

- **Fasting Blood Sugar:** 100-125 mg/dL (5.6-6.9 mmol/L).

- **Why It Matters to Act Early:** Lifestyle changes can often reverse prediabetes and prevent type 2 diabetes from occurring.

Dietary Approach:

- Focus on low-glycemic index (GI) foods to stabilize blood sugar.
- Increase fiber intake through vegetables, legumes, and whole grains.
- Choose lean protein sources, such as chicken, fish, and tofu.

Moderate Diabetes (126-180 mg/dL)

What It Means:

Moderate diabetes indicates your body struggles to maintain blood sugar levels within a normal range. This requires more structured dietary and lifestyle adjustments.

- **Fasting Blood Sugar Level:** 126-180 mg/dL (7-10 mmol/L).

Dietary Approach:

- Balance meals with protein, fiber, and healthy fats to slow sugar absorption.
- Avoid refined carbohydrates, such as white bread and sugary snacks.
- Incorporate portion control to avoid overeating.

High Blood Sugar (Over 180 mg/dL)

What It Means:

Consistently high blood sugar levels can lead to complications such as nerve damage, kidney issues, and cardiovascular disease. Immediate and careful dietary management is essential.

- **Fasting Blood Sugar Level:** Over 180 mg/dL (10 mmol/L).

Dietary Approach:

- Reduce total carbohydrate intake and focus on vegetables and lean protein.
- Eliminate all added sugars and high-GI foods.
- Monitor portions strictly and eat smaller, frequent meals to prevent large sugar spikes.

How to Measure and Monitor Blood Sugar

- **Use a Glucose Monitor:**
 - Test your blood sugar at different times of the day (e.g., fasting, before meals, 2 hours after meals) to understand how your body responds to food.
- **Keep a Record:**
 - Track your blood sugar readings along with the foods you eat. This helps identify patterns and triggers.

3.2. Different Dietary Needs Based on These Categories

Each blood sugar section requires individualized food alternatives to control and stabilize blood sugar levels effectively. The following pages provide a brief overview of your diet based on your blood sugar level.

For Prediabetes

- **Goal:** Prevent blood sugar levels from going any further and decrease your risk of developing type 2 diabetes.

● Preferred Foods:

- **Low-GI carbohydrates:** Sweet potatoes, quinoa, oats, and whole grains.
- **Protein:** Lean meats, eggs, fish, and plant-based sources like lentils and chickpeas.
- **Healthy fats:** Avocado, olive oil, nuts, and seeds.
- **Vegetables:** Non-starchy vegetables such as spinach, broccoli, and bell peppers should fill half your plate.

- **Portion Sizes:** Eat balanced meals without overeating. Even healthy foods, when eaten in excess, are still unhealthy.

For Moderate Diabetes (126-180 mg/dL)

- **Goal:** To stabilize blood sugar by timing meals and balancing carbohydrates, fats, and protein.

● Focus Foods:

- Pair protein and healthy fats with every meal to break down the food more slowly, which reduces sugar spikes.
- Increase soluble fiber by incorporating flaxseeds, chia seeds, and vegetables.
- Minimize higher GI carbs (such as rice and bananas) or other high-sugar carbs and combine these foods with protein or fat.

- **Meal Timing:** Eat smaller early meals more frequently (about 3 meals and 2 snacks a day). Avoid going long periods of time without eating to maintain stable blood sugar levels.

For High Blood Sugar (Over 180 mg/dL)

- **Goal:** Lower blood sugar quickly and keep it under control through diet discipline.

- **Focus Foods:**

- Protein-rich foods: Skinless poultry, fish, eggs, tofu, and low-fat dairy products.
- Low-GI veggies: Leafy greens, cucumbers, cauliflower, and zucchini.
- Carbs: Keep carbs to a minimum and eat very low-GI, high-fiber foods such as legumes and small portions of berries.
- Heart-healthy fats: Include small amounts of olive oil, nuts, and seeds. Avoid trans and excess saturated fats.

- **Avoid:**

- All added sugars and sugar-sweetened drinks.
- Processed carbs like white bread, baked goods, and pasta.

3.3. How to Keep a Food Journal and Why It's Important

Maintaining a food journal is one of the easiest and most effective approaches to managing blood sugar levels. Writing down what, when, and how much you eat can help you see patterns and make changes if necessary.

The Importance of a Food Journal

- **Tracks Blood Sugar Trends:** Help you identify how each meal or snack can affect your blood sugar levels.
- **Identifies Trigger Foods:** Help identify foods that cause spikes or drops in blood sugar levels.
- **Promotes Mindful Eating:** Help you become more aware of portion sizes and meal times, which can curb over-eating.
- **Promotes Accountability:** Keeps you consistent and motivated to execute your plan.

How to Maintain a Food Journal?

- Document the Essentials:
 - Include the time that you had a meal or snack.
 - Outline the foods that you ate and the portion sizes.
- Share Blood Glucose Levels:
 - Check your blood glucose before and 1-2 hours after a meal, and record it.
- Include Other Information:
 - Note your energy levels, mood, and hunger levels after meals.
 - List your physical activities to get an overall sense of the effect of lifestyle habits on blood glucose.
- Use Technology:
 - Use apps or templates to help ease social tracking and analyzing your information.

Tips for Success

- **Be Honest:** Record everything you eat, even small snacks or indulgences.
- **Review Regularly:** Look for patterns or foods that may need adjustment.
- **Stay Consistent:** The more detailed and regular your tracking, the more accurate your insights will be.

Chapter | 4

Tools for a Smooth Start

“Changing your diet may feel like standing at the base of a big mountain and not knowing where to take the first step. The good news is that you don’t have to climb that mountain all at once. This chapter is about helping you take small, meaningful steps toward a healthier lifestyle—without overwhelming you. As you make small swaps like the examples below, realize that change does not have to be hard. This chapter is also designed to make you think of food as an ally—not an enemy. Getting healthier is not about giving up the foods you love but finding better versions—think of Greek yogurt as a parfait instead of sugary cereal or dark chocolate over milk chocolate. Small changes inspire confidence, and that confidence becomes the foundation for sustainable habits you will want to follow. Are you ready to take that first step? Here we go!”

4.1. Minimal Changes—What to Remove and What to Add

What to Take Out

Begin by eliminating foods and habits that are harmful to our blood sugar. Take it easy. We can make changes; we just can’t turn our lives upside down.

- **Sugary Foods & Drinks:** Do not drink soda, juice, candy, cake, or pastries.
- **Highly Processed Carbohydrates:** Choose whole-grain or slow-digestion carbohydrates instead of white bread, pasta, and rice.
- **Trans Fats:** Take out hydrogenated oils, margarine, fried foods, snack foods, and packaged baked goods.
- **Processed Food With High Sodium:** Avoid canned soups, frozen meals, and processed snack foods full of sodium.

What to Add

Incorporate small, manageable changes to stabilize blood sugar:

- **Fiber-Rich Vegetables:** Add spinach, kale, broccoli, and other non-starchy vegetables to meals.
- **Healthy Fats:** Add olive oil, nuts, seeds, and avocado in moderation.
- **Protein:** Rely on lean meats, fish, eggs, and plant-based proteins such as tofu and legumes.
- **Low-GI Carbs:** Slowly add foods like quinoa, barley, lentils, and sweet potatoes.

4.2. Common “Unhealthy” Foods and Healthier Alternatives

Snack & Treats

- Instead of chips, try air-popped popcorn or roasted chickpeas.
- Instead of a chocolate bar, choose dark chocolate (70% cacao) or a small handful of mixed nuts.

Carbohydrates

- Instead of white bread, choose whole-grain bread or sourdough.
- Instead of white rice, try quinoa, farro, or cauliflower rice.
- Use zucchini or spaghetti squash noodles instead of regular pasta.

Breakfast Foods

- Opt for plain Greek yogurt rather than flavored ones.
- You can replace sugary cereals with oatmeal, then top with nuts, seeds, and berries.

Dessert

- Instead of ice cream, you can make a homemade frozen yogurt or chia pudding
- You can also replace baked goods with refined flour and sugar with ones made with almond or coconut flour.

Drinks

- Instead of soda, consider switching to sparkling water with lemon, mint, or berries.
- Instead of store-bought smoothies, you can make a smoothie with whole fruit and unsweetened almond milk.

4.3. The Mental Shift: How to Approach Dietary Changes Confidently

Understanding the Reasons

- Stay focused on how dietary modifications will improve your health, energy, and quality of life.
- Changes are not about restriction but creating a sustainable and enjoyable lifestyle.

Break Changes into Small Steps

- Make one change at a time (e.g., swap out white bread for whole grain).
- Continue to layer on these small wins to create momentum and confidence.

Adjust Your Mindset

- Rather than viewing food simply as something to quell cravings, try to see it as necessary in fueling and nourishing your body and its activities.
- Acknowledge progress rather than perfection; celebrate even the small successes.

Build Coping Strategies

- Plan for social situations or cravings by keeping some healthy alternatives handy.
- Practice eating mindfully and savor your meal: be slow and listen to your body's hunger signals.

4.4. First Checklists and Mini-Assignments

Checklist 1: Audit the Pantry & Fridge

Remove all processed snacks, sugar-sweetened beverages, and food products with added sugars. Focus on stocking whole food: whole grains, vegetables, lean protein, and healthy fat!

Checklist 2: Eating Food Daily

Eat at least two servings of non-starchy vegetables for each meal (i.e., breakfast, lunch, or dinner). Ensure every meal has protein in it to help balance blood sugar. Consider replacing sugary beverages with unsweetened beverages or water.

Mini Assignment 1: Food Swaps

Identify three foods to swap out with healthier options in your diet this week.

Mini Assignment 2: One Small Change

Pick one meal to change (e.g., breakfast) this week. For five days, make it a balanced meal with low-GI carbohydrates, protein, and healthy fat!

Mini Assignment 3: Journal Progress

Start a journal of your meals, snacks, and any challenges this first week. What worked, and what didn't?

Chapter | 5

Weeks 1–2—“A Stress-Free Start”

Goal of This Phase: Small, Sustainable Changes

For many people, the greatest challenge in managing diabetes is feeling overwhelmed by drastic diet changes. That’s why we’re starting slow and simple. This phase focuses on **small, manageable adjustments** that will lay the foundation for long-term success.

Day 1 | Recipes

Breakfast: Oatmeal with Nuts and Cinnamon

A warm, fiber-rich breakfast that stabilizes blood sugar and keeps you full longer.



Ingredients (US & Metric):

- Rolled oats ½ cup (50g)
- Water or unsweetened almond milk 1 cup (240ml)
- Chopped walnuts 1 tbsp (7g)
- Cinnamon ½ tsp (1g)
- Vanilla extract ½ tsp (2ml)
- Chia seeds 1 tsp (5g)

Instructions:

1. Bring water or almond milk to a boil in a small pot.
2. Add oats and cook for 5 minutes, stirring occasionally.
3. Remove from heat and mix in cinnamon, vanilla extract, and chia seeds.
4. Top with chopped walnuts before serving.

Nutritional Information (Per Serving):

- **Calories:** 220 kcal
- **Carbohydrates:** 35g
- **Protein:** 7g
- **Fats:** 8g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation & Cooking Time: 15 mins

Snack: Greek Yogurt with walnut

A creamy, protein-packed snack with healthy fats and fiber



Ingredients (US & Metric):

- Greek yogurt, 1/2 cup (120g)
- Walnuts, 1 tbsp (10g), chopped
- Cinnamon, 1/2 tsp (1g)

Instructions:

1. Mix all ingredients in a bowl and let sit for 5 minutes before eating.

Nutritional Information (Per Serving):

- **Calories:** 160 kcal
- **Carbohydrates:** 15g
- **Protein:** 12g
- **Fats:** 5g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Cooking Time: 5 mins

Lunch: Grilled Chicken with Roasted Vegetables

A high-protein, nutrient-dense meal with slow-digesting carbs for stable blood sugar.



Ingredients (US & Metric):

- Chicken breast 1 medium (150g)
- Olive oil 1 tbsp (15ml)
- Zucchini, sliced ½ cup (60g)
- Bell peppers, chopped ½ cup (60g)
- Cherry tomatoes ½ cup (75g)
- Garlic powder ½ tsp (1g)
- Dried oregano ½ tsp (1g)
- Salt and pepper to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini, bell peppers, and cherry tomatoes with olive oil, garlic powder, oregano, salt, and pepper.
3. Spread vegetables on a baking sheet and roast for 20 minutes.
4. Meanwhile, season chicken breast with salt and pepper, then grill for 5-6 minutes per side.
5. Serve grilled chicken alongside roasted vegetables.

Nutritional Information (Per Serving):

- **Calories:** 350 kcal
- **Carbohydrates:** 12 g
- **Protein:** 40g
- **Fats:** 15 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Cooking Time: 30 mins

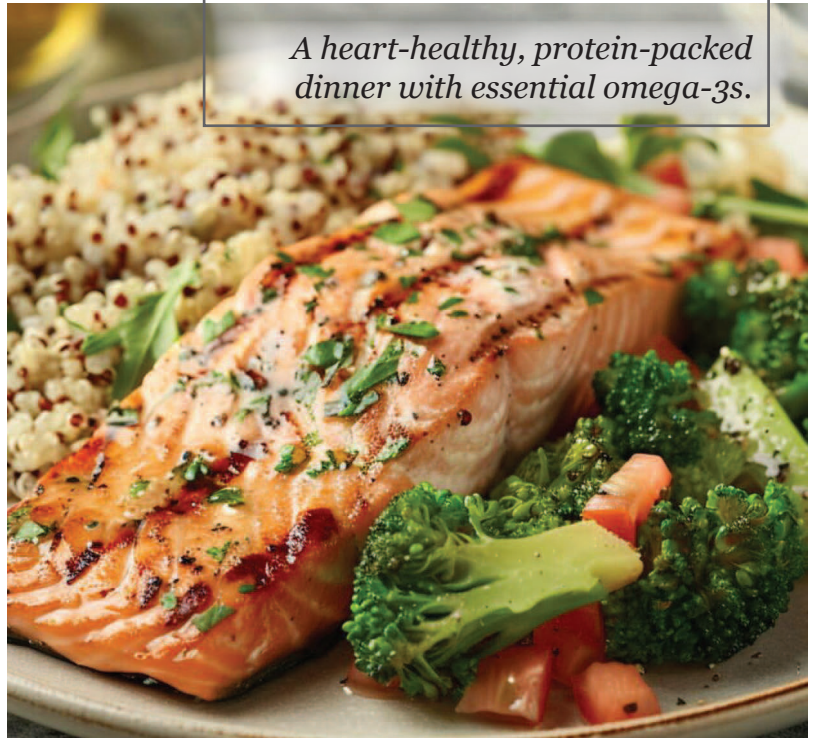
Dinner: Salmon with Steamed Broccoli and Quinoa

Ingredients (US & Metric):

- Salmon fillet 1 (120g)
- Cooked quinoa ½ cup (90g)
- Steamed broccoli 1 cup (150g)
- Lemon juice 1 tbsp (15ml)
- Olive oil ½ tbsp (7ml)
- Dried dill ½ tsp (1g)
- Salt and pepper to taste

Instructions:

1. Preheat oven to 180°C (350°F).
2. Place salmon on a baking tray, drizzle with olive oil and lemon juice, and season with dill, salt, and pepper.
3. Bake for 12-15 minutes until salmon is cooked through.
4. Serve with steamed broccoli and cooked quinoa.



Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 30g
- **Protein:** 42g
- **Fats:** 18g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Cooking Time: 20 mins

Week 1–2 | Day 1 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Oatmeal with nuts & cinnamon	Broccoli & Avocado Smoothie	Scrambled eggs with spinach
Snack	Greek yogurt with walnuts	Celery sticks with hummus	Cottage cheese with walnuts
Lunch	Grilled chicken with roasted vegetables	Grilled zucchini & asparagus	Chicken with spinach
Dinner	Salmon with Steamed Broccoli and Quinoa	Stir-fried vegetables with tofu	Grilled cod with spinach

Day 2 | Recipes

Breakfast: Scrambled Eggs with Avocado

A protein-rich breakfast that provides steady energy and keeps cravings in check.



Ingredients (US & Metric):

- Large eggs, 4
- Avocado, sliced 1/2
- Olive oil 1 tbsp (15ml)
- Salt 1/2 tsp (1g)
- Black pepper 1/4 tsp (0.5g)
- Paprika (optional) 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Whisk eggs with salt, pepper, and paprika.
3. Pour eggs into the pan and scramble gently for 3-4 minutes until cooked through.
4. Serve with sliced avocado on top.

Nutritional Information (Per Serving):

- **Calories:** 280 kcal
- **Carbohydrates:** 3 g
- **Protein:** 18 g
- **Fats:** 22 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Cooking Time: 10 mins

Snack: Greek Yogurt with Berries & Flaxseeds

A balanced snack with protein, fiber, and antioxidants.



Ingredients (US & Metric):

- Greek yogurt (unsweetened), 1 cup (240g)
- Mixed berries (blueberries, raspberries), ½ cup (75g)
- Ground flaxseeds, 1 tbsp (10g)
- Honey or sugar-free sweetener (optional), 1 tsp (5ml)

Instructions:

1. Mix Greek yogurt with flaxseeds in a bowl.
2. Top with mixed berries.
3. Drizzle with honey if desired and serve.

Nutritional Information (Per Serving):

- **Calories:** 220 kcal
- **Carbohydrates:** 18 g
- **Protein:** 20g
- **Fats:** 8 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Cooking Time: 5 mins

Lunch: Turkey and Spinach Salad with Quinoa

A nutrient-packed, balanced meal with lean protein and complex carbohydrates.



Ingredients (US & Metric):

- Baby spinach, 2 cups (60g)
- Cooked turkey breast, shredded, 1 cup (150g)
- Cooked quinoa, 1/2 cup (90g)
- Avocado, diced, 1/2
- Cherry tomatoes, halved, 1/2 cup (75g)
- Olive oil, 2 tbsp (30ml)
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. In a large bowl, combine spinach, turkey, quinoa, avocado, and cherry tomatoes.
2. Drizzle with olive oil and lemon juice.
3. Toss gently and season with salt and pepper before serving.

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 35 g
- **Protein:** 38g
- **Fats:** 16 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Cooking Time: 10 mins

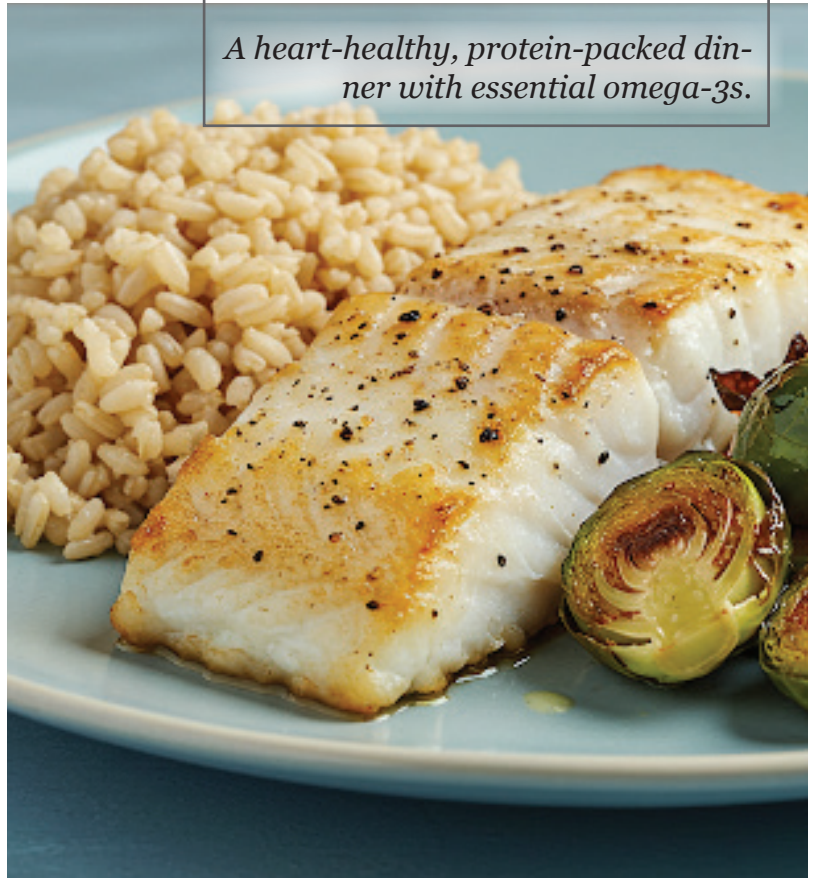
Dinner: Baked Cod with Brown Rice & Brussels Sprouts

Ingredients (US & Metric):

- Cod fillets, 2 (120g each)
- Brussels sprouts, halved, 2 cups (200g)
- Cooked brown rice, 1/2 cup (90g)
- Olive oil, 1 tbsp (15ml)
- Garlic, minced, 2 cloves
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)
- Dried thyme, 1/2 tsp (1g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss Brussels sprouts with half the olive oil, garlic, salt, and pepper.
3. Spread Brussels sprouts on a baking sheet and roast for 10 minutes.
4. Meanwhile, drizzle cod fillets with remaining olive oil and sprinkle with thyme and a pinch of salt.
5. Add cod fillets to the baking sheet and roast for another 12-15 minutes, until fish flakes easily with a fork.
6. Serve cod with cooked brown rice and Brussels sprouts.



Nutritional Information (Per Serving):



Portion Size: 2 servings
Preparation & Cooking Time: 30 mins

- **Calories:** 380 kcal
- **Carbohydrates:** 40 g
- **Protein:** 42g
- **Fats:** 10 g
- **Glycemic Index:** Low to Medium

Week 1–2 | Day 2 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Scrambled Eggs with Avocado	Spinach & Cucumber Smoothie	Omelet with Mushrooms & Parmesan
Snack	Greek Yogurt with Berries & Flaxseeds	Cucumber Slices with Guacamole	Hard-Boiled Egg with Almonds
Lunch	Turkey and Spinach Salad with Quinoa	Roasted Zucchini & Asparagus	Chicken with Spinach & Avocado
Dinner	Baked Cod with Brown Rice & Brussels Sprouts	Vegetable Stir-Fry with Mushrooms	Beef with Steamed Broccoli

Day 3 | Recipes

Breakfast: Whole Grain Toast with Cottage Cheese & Nuts

A satisfying high-fiber breakfast that supports stable blood sugar and energy throughout the morning.



Ingredients (US & Metric):

- Whole grain bread – 2 slices (60g)
- Low-fat cottage cheese – ½ cup (120g)
- Walnuts – 2 tbsp (15g), chopped
- Ground flaxseeds – 1 tsp (3g) (optional)

Instructions:

1. Toast the whole grain bread until golden.
2. Spread cottage cheese evenly over each slice.
3. Top with chopped walnuts and sprinkle flaxseeds if desired.
4. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 240 kcal
- **Carbohydrates:** 18 g
- **Protein:** 13 g
- **Fats:** 13 g
- **Glycemic Index:** Medium



Portion Size: 2 servings
Preparation & Cooking Time: 5 mins

Snack: Cottage Cheese with Flaxseeds & Berries

A balanced snack with protein, fiber, and antioxidants.



Ingredients (US & Metric):

- Cottage cheese (unsweetened), 1 cup (200g)
- Mixed berries (blueberries, raspberries), ½ cup (75g)
- Ground flaxseeds, 1 tbsp (10g)
- Honey or sugar-free sweetener (optional), 1 tsp (5ml)

Instructions:

1. Mix cottage cheese with flaxseeds in a bowl.
2. Top with mixed berries.
3. Drizzle with honey if desired and serve.

Nutritional Information (Per Serving):

- **Calories:** 220 kcal
- **Carbohydrates:** 18 g
- **Protein:** 22 g
- **Fats:** 8 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Cooking Time: 10 mins

Salmon with Quinoa & Steamed Greens

A heart-healthy, omega-3 rich dish that balances lean protein with low-GI whole grains and vegetables.



Ingredients (US & Metric):

- Salmon fillets – 2 pieces (5 oz / 140g each)
- Cooked quinoa – 1 cup (185g)
- Steamed spinach or kale – 2 cups (100g)
- Olive oil – 1 tbsp (15ml)
- Lemon juice – 1 tbsp (15ml)
- Garlic – 1 clove (3g), minced
- Salt & pepper – to taste

Instructions:

1. Season salmon with garlic, salt, and pepper.
2. Pan-sear or bake the salmon at 375°F (190°C) for 12–15 minutes.
3. Steam the greens for 5–6 minutes until tender.
4. Plate the quinoa, top with greens, and place the salmon on top.
5. Drizzle with olive oil and lemon juice.

Nutritional Information (Per Serving):

- **Calories:** 390 kcal
- **Carbohydrates:** 18 g
- **Protein:** 34 g
- **Fats:** 22 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 mins
Cooking Time: 10 mins

Dinner: Turkey with Quinoa & Sautéed Vegetables

Ingredients (US & Metric):

- Ground turkey (lean) – 8 oz (225g)
- Cooked quinoa – 1 cup (185g)
- Zucchini – 1 cup (130g), sliced
- Bell peppers – 1 cup (100g), sliced
- Olive oil – 1 tbsp (15ml)
- Onion – ½ (50g), chopped
- Garlic – 1 clove (3g), minced
- Italian herbs – 1 tsp (2g)
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a skillet, add onion and garlic, and sauté until translucent.
2. Add turkey and cook until browned, about 8–10 minutes.
3. Stir in zucchini and bell peppers, cook for another 5–7 minutes.
4. Mix in the cooked quinoa and herbs. Stir to combine and heat through.
5. Serve warm.



Nutritional Information (Per Serving):



Portion Size: 2 servings
Preparation Time: 10 mins
Cooking Time: 20 mins

- **Calories:** 420 kcal
- **Carbohydrates:** 22 g
- **Protein:** 35 g
- **Fats:** 2 g
- **Glycemic Index:** Low

Week 1–2 | Day 3 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Whole Grain Toast with Cottage Cheese & Nuts	Green Vegetable Smoothie	Scrambled Eggs with Avocado
Snack	Cottage Cheese with Flaxseeds & Berries	Zucchini sticks with salsa	Turkey roll-ups with cheese
Lunch	Salmon with Quinoa & Steamed Greens	Roasted Vegetable Soup	Chicken with Roasted Asparagus
Dinner	Turkey with Quinoa & Sautéed Vegetables	Roasted Zucchini & Mushrooms	Beef with Spinach
Dessert	#1 Dark Chocolate Chia Pudding	Mixed Berry Greek Yogurt	Almond Butter Protein Balls

Day 4 | Recipes

Breakfast: Whole-Grain Toast with Cottage Cheese and Tomato



A balanced breakfast with protein, fiber, and slow-digesting carbs.

Ingredients (US & Metric):

- Whole-grain bread 2 slices
- Cottage cheese 1/2 cup (120g)
- Tomato, sliced 1 small
- Olive oil 1 tbsp (15ml)
- Black pepper 1/4 tsp (0.5g)
- Dried oregano 1/4 tsp (0.5g)

Instructions:

1. Toast the whole-grain bread.
2. Spread cottage cheese on each slice.
3. Top with tomato slices, drizzle with olive oil, and sprinkle with black pepper and oregano.

Nutritional Information (Per Serving):

- **Calories:** 250 kcal
- **Carbohydrates:** 30 g
- **Protein:** 15 g
- **Fats:** 10 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation & Cooking Time: 10 mins

Snack: Mixed Nuts with Apple Slices

A simple, energy-boosting snack with fiber, healthy fats, and protein.



Ingredients (US & Metric):

- Mixed nuts (almonds, walnuts, cashews), 1/4 cup (30g)
- Apple, 1 small, sliced

Instructions:

1. Portion out mixed nuts and apple slices.
2. Enjoy as a quick, balanced snack.

Nutritional Information (Per Serving):

- **Calories:** 220 kcal
- **Carbohydrates:** 20 g
- **Protein:** 6 g
- **Fats:** 14 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings

Preparation

Time: 5 min

Lunch: Grilled Salmon with Quinoa & Spinach

A protein-rich, omega-3-packed meal with fiber-rich quinoa.



Ingredients (US & Metric):

- Salmon fillets, 2 (120g each)
- Cooked quinoa, 1/2 cup (90g)
- Baby spinach, 2 cups (60g)
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 10 mins

Instructions:

1. Preheat a grill or stovetop pan over medium heat.
2. Season salmon with salt, pepper, and lemon juice.
3. Grill for 4-5 minutes per side until cooked through.
4. Serve with cooked quinoa and fresh spinach.

Nutritional Information (Per Serving):

- **Calories:** 450 kcal
- **Carbohydrates:** 35 g
- **Protein:** 42 g
- **Fats:** 18 g
- **Glycemic Index:** Low

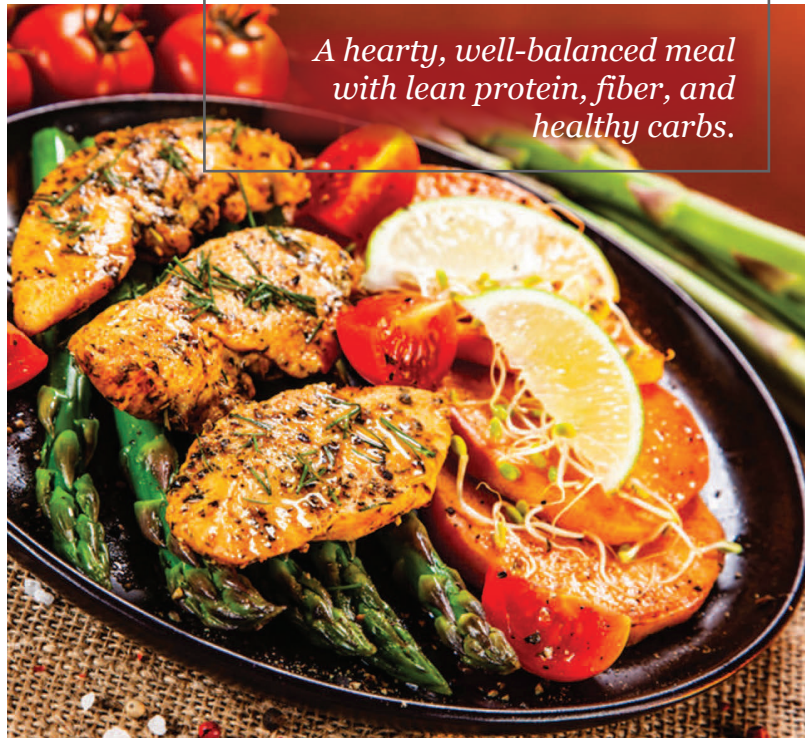
Dinner: Chicken with Sweet Potato & Roasted Asparagus

Ingredients (US & Metric):

- Chicken breast, 1 medium (150g)
- Sweet potato, 1/2 cup (100g), diced
- Asparagus, 1 cup (100g), trimmed
- Olive oil, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss sweet potato and asparagus with olive oil, garlic powder, salt, and black pepper.
3. Spread on a baking sheet and roast for 15-20 minutes.
4. Grill or bake chicken breast until fully cooked (about 6 minutes per side).
5. Serve chicken with roasted sweet potato and asparagus.



A hearty, well-balanced meal with lean protein, fiber, and healthy carbs.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 38 g
- **Protein:** 40 g
- **Fats:** 10 g
- **Glycemic Index:** Low to Medium

Week 1-2 | Day 4 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Whole-Grain Toast with Cottage Cheese & Tomato	Green Vegetable Smoothie	Spinach & Goat Cheese Omelet
Snack	Mixed Nuts with Apple Slices	Radish slices with tahini	Boiled Egg with Cheese
Lunch	Grilled Salmon with Quinoa & Spinach	Roasted Cauliflower Soup	Grilled Salmon with Spinach Salad
Dinner	Chicken with Sweet Potato & Roasted Asparagus	Grilled Eggplant with Tomato & Herb Filling	Stuffed Bell Peppers with Lean Ground Turkey

Day 5 | Recipes

Breakfast: High-Protein Pancakes with Berries

A nutritious, low-carb pancake alternative packed with protein.



Ingredients (US & Metric):

- 2 large eggs
- 1/2 cup (120g) cottage cheese
- 1/4 cup (30g) almond flour
- 1/2 tsp (1g) baking powder
- 1/2 tsp (2ml) vanilla extract
- 1/4 cup (40g) mixed berries
- 1/2 tsp (1g) cinnamon
- 1 tsp (5ml) Olive oil

Instructions:

1. In a blender, mix eggs, cottage cheese, almond flour, baking powder, vanilla extract, and cinnamon until smooth.
2. Heat a non-stick skillet over medium heat and lightly grease with oil.
3. Pour small portions of batter to form pancakes.
4. Cook for 2-3 minutes per side until golden brown.
5. Serve with mixed berries on top.

Nutritional Information (Per Serving):

- **Calories:** 250 kcal
- **Carbohydrates:** 14 g
- **Protein:** 18 g
- **Fats:** 12 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Cooking Time: 15 mins

Snack: Apple Slices with Almond Butter

A fiber-rich snack with healthy fats and protein.



Ingredients (US & Metric):

- ½ apple, sliced
- 1 tbsp (15g) almond butter

Instructions:

1. Spread almond butter over apple slices and enjoy.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 22 g
- **Protein:** 4 g
- **Fats:** 9 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation &
Cooking Time: 5 mins

Lunch: Baked Chicken with Roasted Sweet Potatoes

A balanced meal with lean protein, fiber-rich carbs, and healthy fats.



Ingredients (US & Metric):

- 1 medium chicken breast (150g)
- 1 medium sweet potato, cubed
- 1 tbsp (15ml) olive oil
- ½ tsp (1g) garlic powder
- ½ tsp (1g) dried thyme
- ¼ tsp (0.5g) salt
- ¼ tsp (0.5g) black pepper

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss cubed sweet potatoes with olive oil, garlic powder, thyme, salt, and pepper.
3. Spread on a baking sheet and bake for 20 minutes.
4. Meanwhile, season chicken breast with salt and pepper and bake alongside sweet potatoes for 20-25 minutes.
5. Serve together and enjoy.

Nutritional Information (Per Serving):

- **Calories:** 380 kcal
- **Carbohydrates:** 40 g
- **Protein:** 10 g
- **Fats:** 9 g
- **Glycemic Index:** Medium



Portion Size: 2 servings
Preparation & Cooking Time: 30 mins

Dinner: Shrimp Stir-Fry with Brown Rice

Ingredients (US & Metric):

- 1 cup (150g) shrimp, peeled and deveined
- 1 cup (150g) cooked brown rice
- 1 tbsp (15ml) sesame oil
- 1 cup (150g) bell peppers, sliced
- 1 clove garlic, minced
- 1 tbsp (15ml) low-sodium soy sauce
- ½ tsp (1g) ginger, grated
- ½ tsp (1g) red pepper flakes (optional)

Instructions:

1. Heat sesame oil in a pan over medium heat.
2. Add shrimp and cook for 2-3 minutes per side until pink.
3. Remove shrimp and add bell peppers, garlic, ginger, and soy sauce to the pan.
4. Stir-fry for 3-4 minutes until vegetables are tender.
5. Return shrimp to the pan, mix well, and serve over brown rice.



A flavorful, nutrient-dense meal with lean protein and whole grains.

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 42 g
- **Protein:** 38 g
- **Fats:** 12 g
- **Glycemic Index:** Medium



Portion Size: 2 servings
Preparation & Cooking Time: 25 mins

Week 1–2 | Day 5 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	High-protein pancakes with berries	Green vegetable salad	Turkey & Avocado Scramble
Snack	Apple slices with almond butter	Carrot sticks with hummus	Cottage cheese with flaxseeds
Lunch	Baked chicken with roasted sweet potatoes	Fresh vegetable salad	Baked chicken with spinach
Dinner	Shrimp stir-fry with brown rice	Grilled tofu with stir-fried veggies	Beef with roasted Brussels sprouts

Day 6 | Recipes

Breakfast: Greek Yogurt with Walnuts & Mixed Berries

A protein-packed breakfast with fiber and antioxidants to support stable blood sugar levels.



Ingredients (US & Metric):

- Greek yogurt, 1 cup (240g)
- Walnuts, 2 tbsp (20g), chopped
- Mixed berries (blueberries, raspberries, strawberries), 1/2 cup (75g)
- Honey (optional), 1/2 tsp (3g)
- Cinnamon, 1/2 tsp (1g)

Instructions:

1. In a bowl, add Greek yogurt.
2. Sprinkle chopped walnuts and mixed berries on top.
3. Drizzle with honey (if using) and sprinkle with cinnamon.
4. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 250 kcal
- **Carbohydrates:** 20 g
- **Protein:** 18 g
- **Fats:** 10 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation Time: 5 mins

Snack: Cottage Cheese with Blueberries

A protein-rich snack with natural sweetness from berries.



Ingredients (US & Metric):

- 1/2 cup (120g) cottage cheese
- 1/4 cup (40g) fresh blueberries

Instructions:

1. Mix cottage cheese and blueberries in a bowl and enjoy.

Nutritional Information (Per Serving):

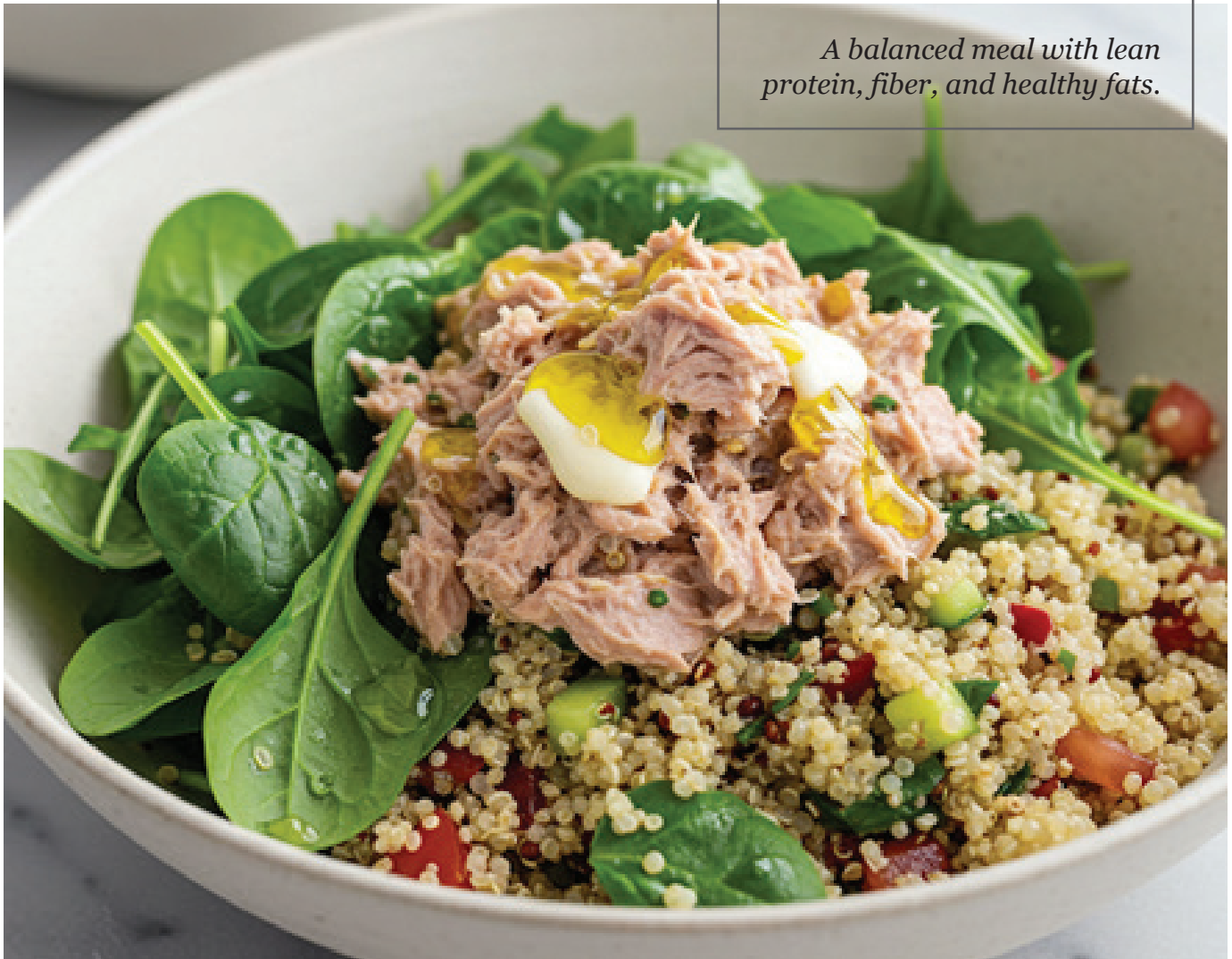
- **Calories:** 150 kcal
- **Carbohydrates:** 12 g
- **Protein:** 14 g
- **Fats:** 5 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Cooking Time: 5 mins

Lunch: Tuna Salad with Quinoa and Leafy Greens and Olive Oil

A balanced meal with lean protein, fiber, and healthy fats.



Ingredients (US & Metric):

- Canned tuna (in water), 1 can (150g), drained
- Cooked quinoa, 1/2 cup (90g)
- Mixed leafy greens, 2 cups (100g)
- Cherry tomatoes, 1/2 cup (75g), halved
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Combine all ingredients in a bowl and toss well.
2. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 380 kcal
- **Carbohydrates:** 30 g
- **Protein:** 40 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 mins

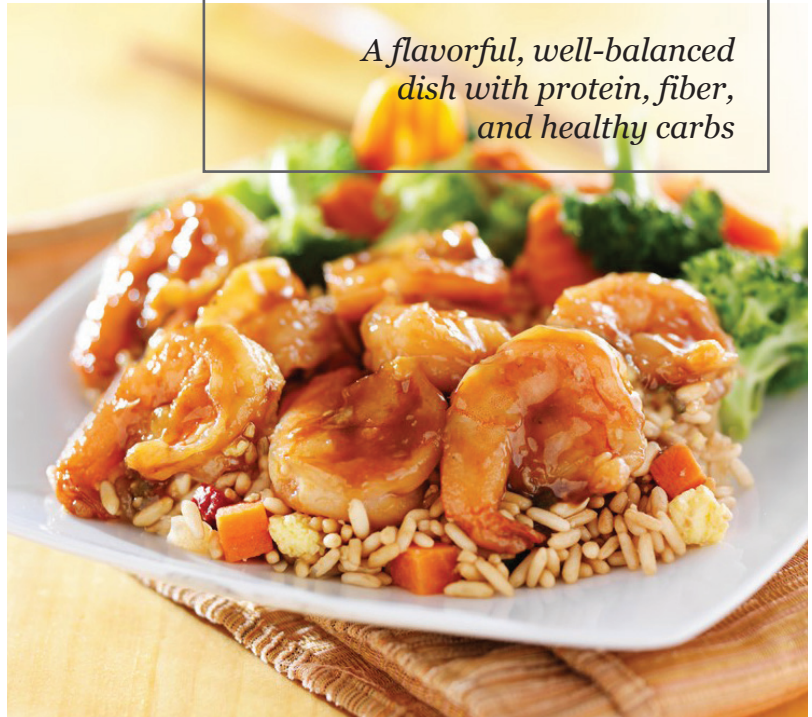
Dinner: Shrimp Stir-Fry with Brown Rice & Vegetables

Ingredients (US & Metric):

- Shrimp, 1 cup (150g), peeled & deveined
- Cooked brown rice, 1/2 cup (90g)
- Bell peppers, 1/2 cup (50g), sliced
- Zucchini, 1/2 cup (50g), sliced
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Soy sauce (low sodium), 1 tbsp (15ml)
- Salt, 1/4 tsp (0.5g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Sauté garlic, bell peppers, and zucchini for 5 minutes.
3. Add shrimp, cook for another 5-6 minutes until pink.
4. Stir in cooked brown rice and soy sauce, cook for 2 more minutes.
5. Serve warm.



A flavorful, well-balanced dish with protein, fiber, and healthy carbs



Portion Size: 2 servings

Preparation Time: 10 min

Cooking Time: 15 mins

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 35 g
- **Protein:** 42 g
- **Fats:** 10 g
- **Glycemic Index:** Medium

Week 1–2 | Day 6 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Greek Yogurt with Walnuts & Mixed Berries	Zucchini & Basil Smoothie	Cottage Cheese with Pumpkin Seeds
Snack	Cottage Cheese with Blueberries	Carrot Sticks with Guacamole	Beef jerky with cucumber
Lunch	Tuna Salad with Quinoa & Leafy Greens	Grilled Zucchini with Light Vegetables	Tuna Salad with Avocado
Dinner	Shrimp Stir-Fry with Brown Rice & Vegetables	Roasted Brussels Sprouts with Tahini	Beef with Roasted Cauliflower
Dessert	#2 Greek Yogurt Cheesecake with Berries	Dark Chocolate Avocado Mousse	Almond Butter Cookies (No Flour, Low-Carb)

Day 7 | Recipes

Breakfast: Oatmeal with Quinoa & Berries

A fiber-rich breakfast that helps stabilize blood sugar levels.



Ingredients (US & Metric):

- Rolled oats, 1/4 cup (30g)
- Cooked quinoa, 1/4 cup (40g)
- Unsweetened almond milk, 1 cup (240ml)
- Mixed berries (blueberries, raspberries), 1/2 cup (75g)
- Chia seeds, 1 tsp (5g)
- Cinnamon, 1/2 tsp (1g)



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Instructions:

1. Heat almond milk in a pot over medium heat.
2. Stir in oats and quinoa, cook for 5 minutes.
3. Remove from heat and mix in chia seeds and cinnamon.
4. Top with mixed berries before serving.

Nutritional Information (Per Serving):

- **Calories:** 230 kcal
- **Carbohydrates:** 35 g
- **Protein:** 8 g
- **Fats:** 6 g
- **Glycemic Index:** Low to Medium

Snack: Greek Yogurt with with walnuts & Berries



A balanced snack with protein, fiber, and antioxidants

Ingredients (US & Metric):

- Greek yogurt (unsweetened), 1 cup (240g)
- Pumpkin seeds, 1 tbsp (10g)
- Mixed berries (blueberries, raspberries), ½ cup (75g)
- Honey or sugar-free sweetener (optional), 1 tsp (5ml)



Portion Size: 2 servings

Preparation

Time: 5 min

Instructions:

1. Mix Greek yogurt with pumpkin seeds in a bowl.
2. Top with mixed berries.
3. Drizzle with honey if desired and serve.

Nutritional Information (Per Serving):

- **Calories:** 220 kcal
- **Carbohydrates:** 18 g
- **Protein:** 22 g
- **Fats:** 8 g
- **Glycemic Index:** Low

Lunch: Quinoa Bowl with Grilled Salmon



A balanced meal with lean protein, fiber, and healthy fats.

Ingredients (US & Metric):

- 1 salmon fillet (150g)
- 1/2 cup (90g) cooked quinoa
- 1 tbsp (15ml) olive oil
- 1/2 cup (75g) cherry tomatoes, halved
- 1 tbsp (15ml) lemon juice
- 1/2 tsp (1g) salt
- 1/4 tsp (0.5g) black pepper

Instructions:

1. Preheat grill or stovetop pan over medium heat.
2. Season salmon with salt and pepper, then grill for 4-5 minutes per side.
3. Mix quinoa with cherry tomatoes and lemon juice.
4. Serve grilled salmon on top of quinoa.

Nutritional Information (Per Serving):

- **Calories:** 400 kcal
- **Carbohydrates:** 30 g
- **Protein:** 42 g
- **Fats:** 18 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 25 min
Cooking Time: 25 mins

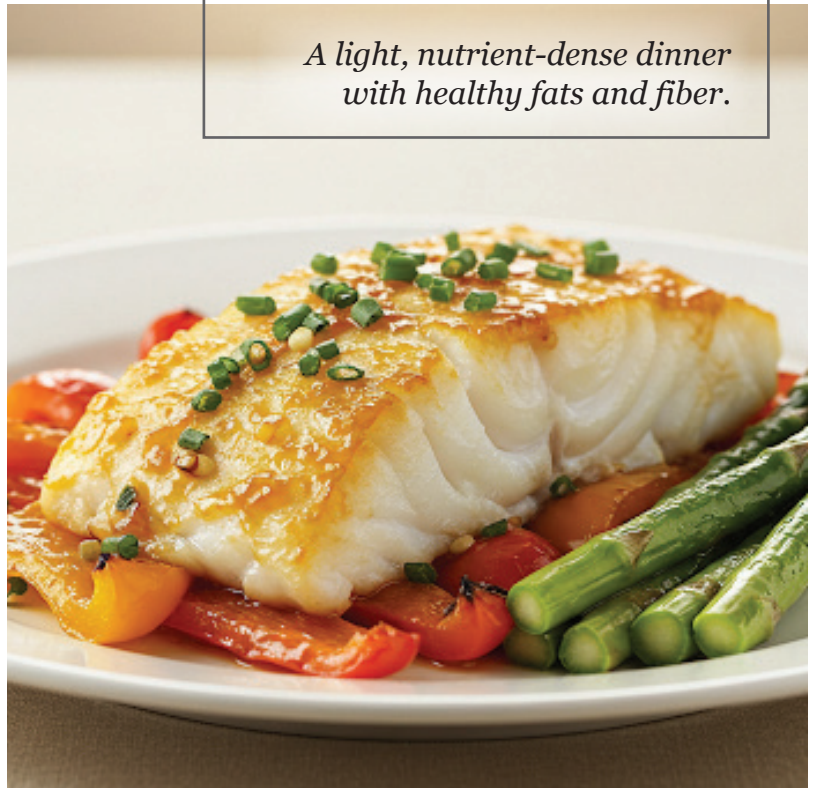
Dinner: Baked Cod with Roasted Vegetables

Ingredients (US & Metric):

- Cod fillet, 1 (150g)
- Bell peppers, 1/2 cup (50g), chopped
- Zucchini, 1/2 cup (50g), sliced
- Olive oil, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)
- Lemon juice, 1 tbsp (15ml)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Season cod with garlic powder, salt, and black pepper.
3. Arrange chopped bell peppers and zucchini on a baking sheet.
4. Drizzle everything with olive oil and lemon juice.
5. Bake for 15-20 minutes until fish is cooked through.



A light, nutrient-dense dinner with healthy fats and fiber.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 35 g
- **Protein:** 42 g
- **Fats:** 10 g
- **Glycemic Index:** Medium

Week 1–2 | Day 7 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Oatmeal with quinoa & berries	Green vegetable salad	Scrambled eggs with avocado
Snack	Greek Yogurt with walnuts & Berries	Bell pepper strips with avocado mash	Tofu cubes with chili flakes
Lunch	Quinoa Bowl with Grilled Salmon	Roasted cauliflower & zucchini	Grilled chicken with greens
Dinner	Baked cod with roasted vegetables	Vegetable stew with mushrooms	Grilled Chicken with Garlic Greens

Week -1

“Each week’s meal plan should be followed as written, then repeated once before progressing to the next phase. This structure allows for consistency and helps your body adapt to the changes gradually.”

Weeks 3–4—“Building New Habits”

“As you progress into Weeks 3 and 4, the goal is to **solidify healthy eating habits** while keeping the approach **flexible and sustainable**. Unlike restrictive diets that feel overwhelming, this phase focuses on **gradual improvements** that seamlessly fit into your daily routine.”

Day 1 | Recipes

Breakfast: Whole Grain Toast with Almond Butter & Berries

A balanced breakfast with fiber, protein, and healthy fats.



Ingredients (US & Metric):

- Whole grain bread, 2 slices
- Almond butter, 1 tbsp (15g)
- Mixed berries (blueberries, raspberries), ½ cup (75g)

Instructions:

1. Toast the whole grain bread.
2. Spread almond butter on each slice.
3. Top with mixed berries and serve.

Nutritional Information (Per Serving):

- **Calories:** 250 kcal
- **Carbohydrates:** 30 g
- **Protein:** 8g
- **Fats:** 12g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings

Preparation

Time: 5 mins

Snack: Cottage Cheese with Walnuts & Blueberries

A creamy, protein-packed snack with a touch of natural sweetness and brain-boosting omega-3s.



Ingredients (US & Metric):

- Low-fat cottage cheese – ½ cup (120g)
- Blueberries – ¼ cup (35g), fresh
- Walnuts – 1 tbsp (7g), chopped

Instructions:

1. Scoop cottage cheese into a bowl.
2. Top with blueberries and walnuts.
3. Serve immediately or chill for later.

Nutritional Information (Per Serving):

- **Calories:** 170 kcal
- **Carbohydrates:** 9 g
- **Protein:** 14 g
- **Fats:** 9 g
- **Glycemic Index:** Low



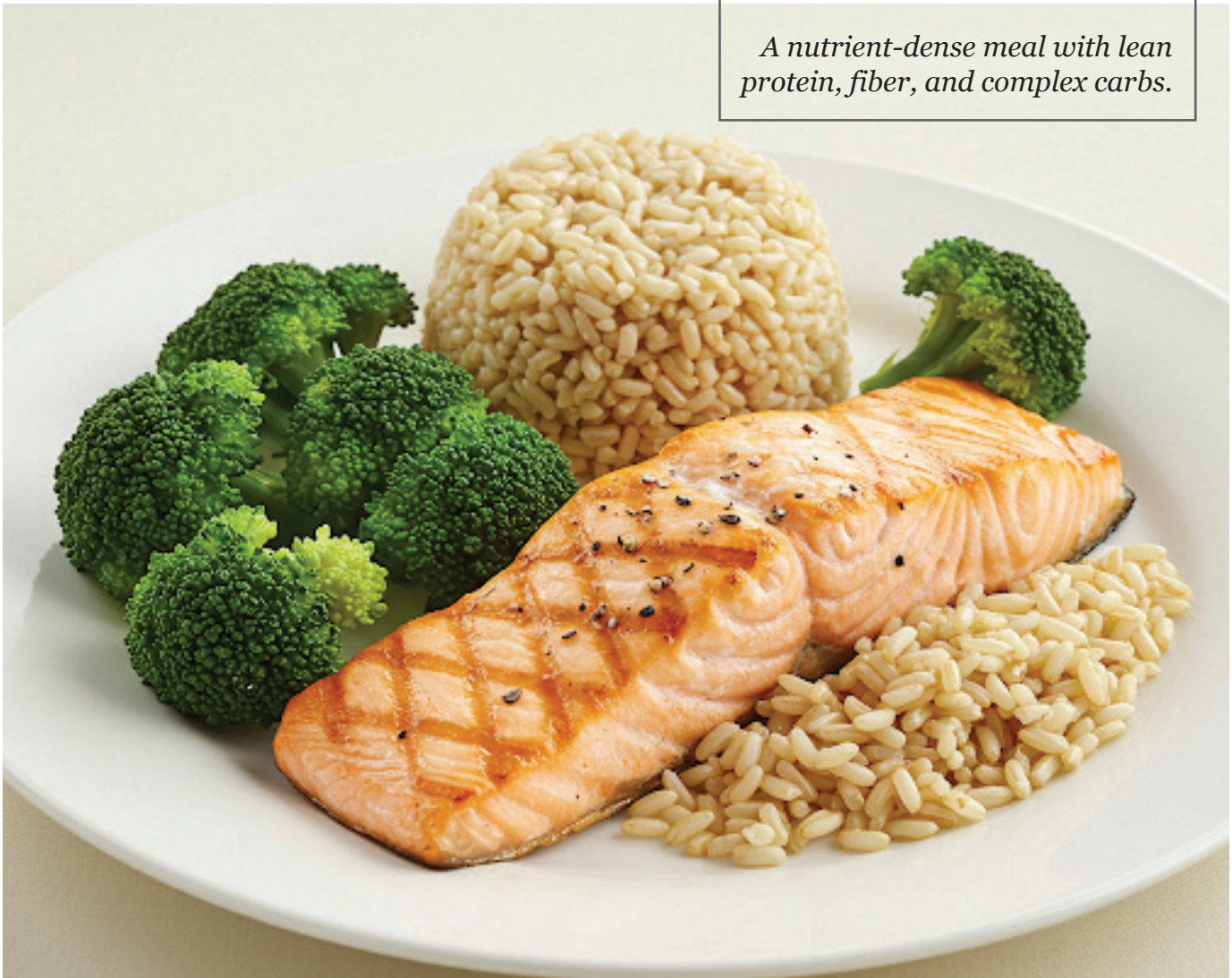
Portion Size: 1 servings

Preparation

Time: 1 min

Lunch: Grilled Salmon with Brown Rice & Steamed Broccoli

A nutrient-dense meal with lean protein, fiber, and complex carbs.



Ingredients (US & Metric):

- Salmon fillet, 1 (150g)
- Cooked brown rice, 1/2 cup (90g)
- Broccoli, 1 cup (100g), steamed
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat grill or stovetop pan over medium heat.
2. Season salmon with garlic powder, salt, and black pepper.
3. Grill for 5-6 minutes per side.
4. Serve with cooked brown rice and steamed broccoli. Drizzle with lemon juice.

Nutritional Information (Per Serving):

- **Calories:** 450 kcal
- **Carbohydrates:** 35 g
- **Protein:** 42 g
- **Fats:** 16 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

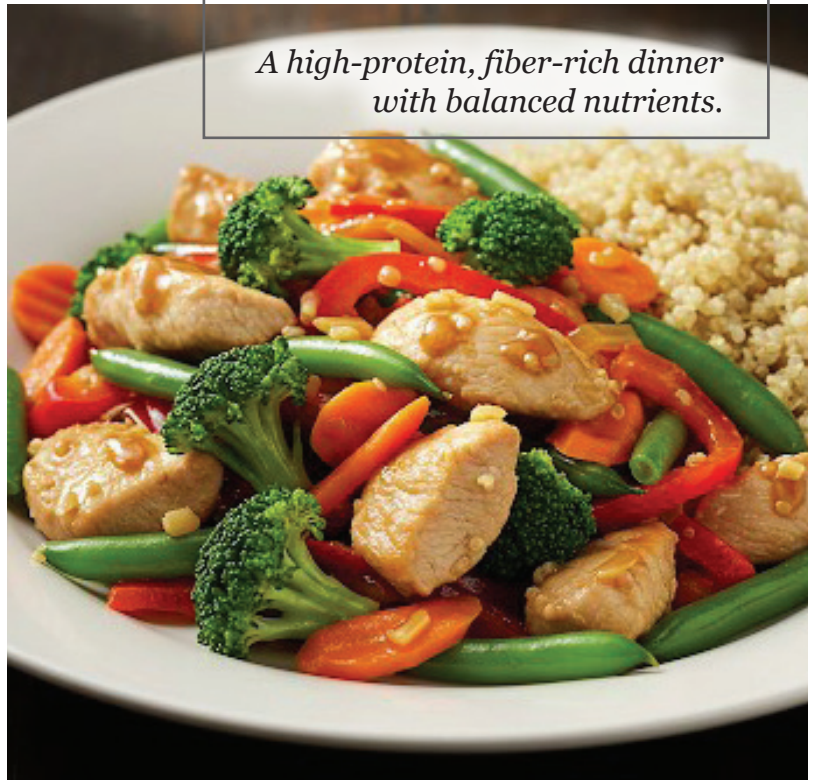
Dinner: Turkey Stir-Fry with Quinoa & Mixed Vegetables

Ingredients (US & Metric):

- Salmon fillet, 1 (150g)
- Cooked brown rice, 1/2 cup (90g)
- Broccoli, 1 cup (100g), steamed
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Sauté garlic, bell peppers, and zucchini for 5 minutes.
3. Add turkey slices, cook for another 5-6 minutes.
4. Stir in cooked quinoa and soy sauce, cook for 2 more minutes.
5. Serve warm.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 15 mins

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 30 g
- **Protein:** 44 g
- **Fats:** 12 g
- **Glycemic Index:** Low

Week 3-4 | Day 1 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Whole grain toast with almond butter & berries	Green smoothie with spinach & cucumber	Scrambled eggs with cheese & avocado
Snack	Cottage cheese with walnuts & blueberries	Roasted Brussels sprouts with mustard dip	Grilled chicken bites
Lunch	Grilled salmon with brown rice & steamed broccoli	Roasted zucchini & bell peppers	Grilled chicken with spinach
Dinner	Turkey stir-fry with quinoa & mixed vegetables	Baked Portobello Mushrooms with Tomato Sauce	Baked cod with asparagus

Day 2 | Recipes

Breakfast: Whole Grain Toast with Ricotta & Berries

A high-protein, fiber-rich breakfast with natural sweetness.



Ingredients (US & Metric):

- Whole grain bread, 2 slices
- Ricotta cheese, 2 tbsp (30g)
- Mixed berries (blueberries, raspberries), 1/2 cup (75g)
- Cinnamon, 1/2 tsp (1g)

Instructions:

1. Toast the whole grain bread.
2. Spread ricotta cheese on each slice.
3. Top with mixed berries and sprinkle with cinnamon.
4. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 250 kcal
- **Carbohydrates:** 30 g
- **Protein:** 12 g
- **Fats:** 8 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation
Time: 5 min

Snack: Almond Butter & Celery Sticks

A crunchy, fiber-rich snack with healthy fats.



Ingredients (US & Metric):

- Celery sticks, 1 cup (100g)
- Almond butter, 1 tbsp (15g)
- Pumpkin seeds, 1 tsp (5g)

Instructions:

1. Spread almond butter on celery sticks.
2. Sprinkle with pumpkin seeds and serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 190 kcal
- **Carbohydrates:** 8 g
- **Protein:** 6 g
- **Fats:** 15 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation
Time: 5 min

Lunch: Grilled Turkey with Quinoa & Roasted Vegetables

*A well-balanced meal
with lean protein, fiber, and
healthy carbs.*



Ingredients (US & Metric):

- Turkey breast, 1 medium (150g)
- Cooked quinoa, 1/2 cup (90g)
- Zucchini, 1/2 cup (50g), sliced
- Bell peppers, 1/2 cup (50g), chopped
- Olive oil, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini and bell peppers with olive oil, garlic powder, salt, and black pepper.
3. Spread on a baking sheet and roast for 20 minutes.
4. Grill turkey breast for 5-6 minutes per side.
5. Serve with cooked quinoa and roasted vegetables.

Nutritional Information (Per Serving):

- **Calories:** 430 kcal
- **Carbohydrates:** 35 g
- **Protein:** 48 g
- **Fats:** 12 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

Dinner: Baked Cod with Roasted Vegetables

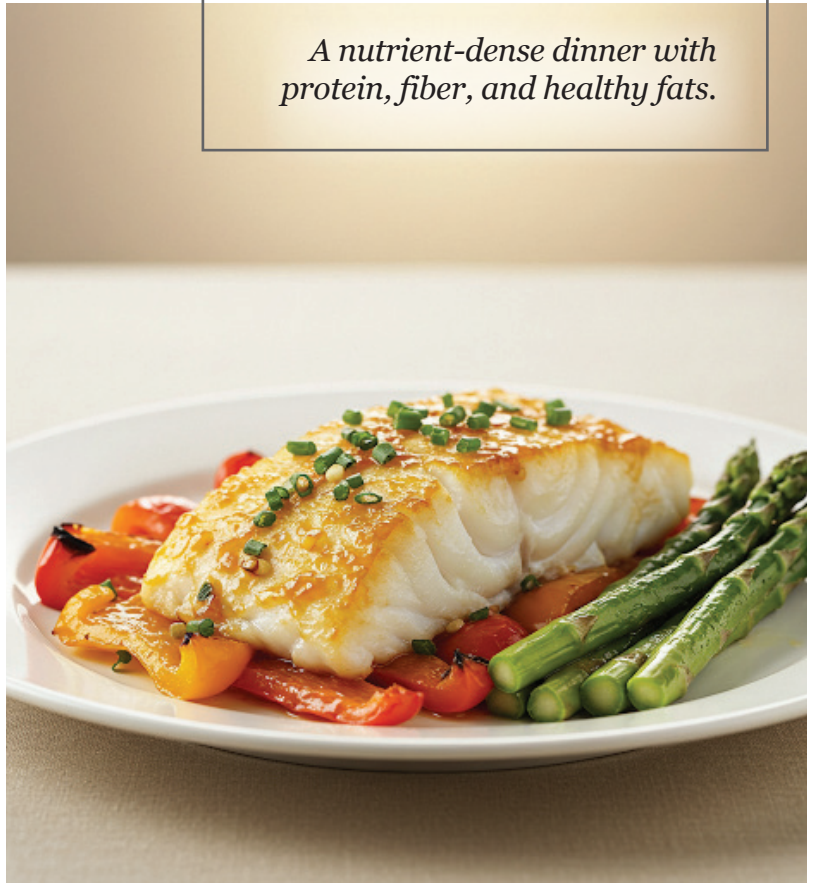
Ingredients (US & Metric):

- Cod fillet, 1 (150g)
- Bell peppers, 1/2 cup (50g), chopped
- Asparagus, 1 cup (100g), steamed
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss bell peppers with olive oil, garlic powder, salt, and black pepper.
3. Spread bell peppers on a baking sheet and roast for 20 minutes.
4. Season cod with garlic powder, salt, and black pepper.
5. Bake for 15-20 minutes until fish is flaky.
6. Serve with roasted bell peppers and steamed asparagus.
7. Drizzle with olive oil and lemon juice before serving.

A nutrient-dense dinner with protein, fiber, and healthy fats.



Portion Size: 2 servings

Preparation Time: 10 min

Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 400 kcal
- **Carbohydrates:** 30 g
- **Protein:** 45 g
- **Fats:** 10 g
- **Glycemic Index:** Low

Week 3-4 | Day 2 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Whole Grain Toast with Ricotta & Berries	Green Vegetable Smoothie	Frittata with Spinach & Turkey Bacon
Snack	Almond Butter & Celery Sticks	Cherry tomatoes with almond ricotta	Hard-Boiled Egg with Walnuts
Lunch	Grilled turkey with Quinoa & Roasted Vegetables	Roasted Cauliflower & Bell Peppers	Chicken with Steamed Spinach
Dinner	Baked Cod with Roasted Vegetables	Zucchini Boats with Chickpeas & Spinach	Grilled Salmon with Asparagus
Dessert	#3 Almond Butter Protein Balls	Chia Seed Pudding with Almond Butter & Cocoa	Greek Yogurt Parfait with Walnuts & Berries

Day 3 | Recipes

Breakfast: Buckwheat Porridge with Nuts & Berries



A fiber-rich, slow-digesting breakfast to support stable blood sugar.

Ingredients (US & Metric):

- Buckwheat groats, 1/2 cup (90g)
- Unsweetened almond milk, 1 cup (240ml)
- Walnuts, 1 tbsp (10g), chopped
- Mixed berries (blueberries, raspberries), 1/2 cup (75g)
- Cinnamon, 1/2 tsp (1g)

Instructions:

1. Rinse the buckwheat under cold water.
2. Cook in almond milk over medium heat for 8-10 minutes until soft.
3. Stir in cinnamon and top with berries and walnuts.
4. Serve warm.

Nutritional Information (Per Serving):

- **Calories:** 250 kcal
- **Carbohydrates:** 32 g
- **Protein:** 8 g
- **Fats:** 9 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Snack: Roasted Chickpeas with Paprika

A crunchy, protein-packed snack with fiber.



Ingredients (US & Metric):

- Chickpeas, 1 cup (150g), drained & rinsed
- Olive oil, 1 tbsp (15ml)
- Paprika, 1/2 tsp (1g)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss chickpeas with olive oil, paprika, garlic powder, salt, and black pepper.
3. Spread on a baking sheet and roast for 20-25 minutes, shaking halfway through.
4. Let cool slightly before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 22 g
- **Protein:** 7 g
- **Fats:** 6 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 25 mins

Lunch: Baked Chicken with Roasted Carrots & Quinoa

A balanced meal with lean protein, fiber, and complex carbs.



Ingredients (US & Metric):

- Chicken breast, 2 pieces (300g)
- Cooked quinoa, 1/2 cup (90g)
- Carrots, 1/2 cup (60g), sliced
- Olive oil, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Paprika, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss carrots with olive oil, garlic powder, paprika, salt, and black pepper.
3. Spread on a baking sheet and roast for 20 minutes.
4. Brush the chicken breasts with the remaining olive oil and season lightly with salt and pepper.
5. Bake chicken breast for 20-25 minutes at 180°C (350°F).
6. Serve with cooked quinoa.

Nutritional Information (Per Serving):

- **Calories:** 450 kcal
- **Carbohydrates:** 35 g
- **Protein:** 45 g
- **Fats:** 12 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

Dinner: Baked Cod with Roasted Vegetables

Ingredients (US & Metric):

- Shrimp, (300g)
- Eggplant, 1 cup (100g), sliced
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat grill or stovetop pan over medium heat.
2. Season shrimp with garlic powder, salt, and black pepper.
3. Grill for 5-6 minutes per side.
4. Roast eggplant slices with olive oil, garlic powder, and salt until golden brown.
5. Serve shrimp over roasted eggplant, drizzled with lemon juice.



A light, protein-rich meal with a low-carb vegetable base.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 18 g
- **Protein:** 45 g
- **Fats:** 10 g
- **Glycemic Index:** Low

Week 3-4 | Day 3 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Buckwheat porridge with nuts & berries	Grilled tomato & avocado on whole grain toast	Cottage Cheese Omelet with Tomato & Herbs
Snack	Roasted Chickpeas with Paprika	Bell pepper slices with guacamole	Greek yogurt with pumpkin seeds
Lunch	Baked chicken with roasted carrots & quinoa	Grilled zucchini & eggplant with tahini sauce	Beef steak with sautéed mushrooms
Dinner	Grilled shrimp with roasted eggplant & garlic sauce	Stuffed bell peppers with lentil & veggie mix	Baked turkey with roasted asparagus

Day 4 | Recipes

Breakfast: Avocado Toast with Poached Egg

A nutrient-dense breakfast with fiber, healthy fats, and protein.



Ingredients (US & Metric):

- Whole grain bread, 2 slices
- Avocado, 1/2 (75g), mashed
- Eggs, 2 large
- Lemon juice, 1 tsp (5ml)
- Salt, 1/4 tsp (0.5g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Toast the whole grain bread.
2. Mash avocado with lemon juice, salt, and black pepper, then spread on toast.
3. Poach eggs by simmering water in a pot, gently adding eggs, and cooking for 3 minutes.
4. Place poached eggs on avocado toast and serve.

Nutritional Information (Per Serving):

- **Calories:** 320 kcal
- **Carbohydrates:** 28 g
- **Protein:** 14 g
- **Fats:** 18 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min

Snack: Roasted Almonds & Dark Chocolate



A satisfying snack with protein, healthy fats, and antioxidants.

Ingredients (US & Metric):

- Raw almonds – 1 cup (140g)
- Unsweetened coconut flakes – ¼ cup (20g)
- Olive oil – 1 tbsp (15ml)
- Cinnamon – ½ tsp (1g)
- Salt – a pinch
- Honey or stevia (optional) – ½ tsp (3g)

Instructions:

1. Preheat the oven to 180°C (350°F).
2. In a bowl, toss the raw almonds with olive oil, cinnamon, and salt.
3. Spread the almonds on a baking sheet in a single layer.
4. Roast the almonds for 10–12 minutes, stirring halfway through to ensure even roasting.
5. Remove from the oven and immediately toss with coconut flakes while still warm.
6. (Optional) Drizzle with a small amount of honey or sprinkle with stevia for sweetness.
7. Allow the mixture to cool before serving.

Nutritional Information (Per Serving):

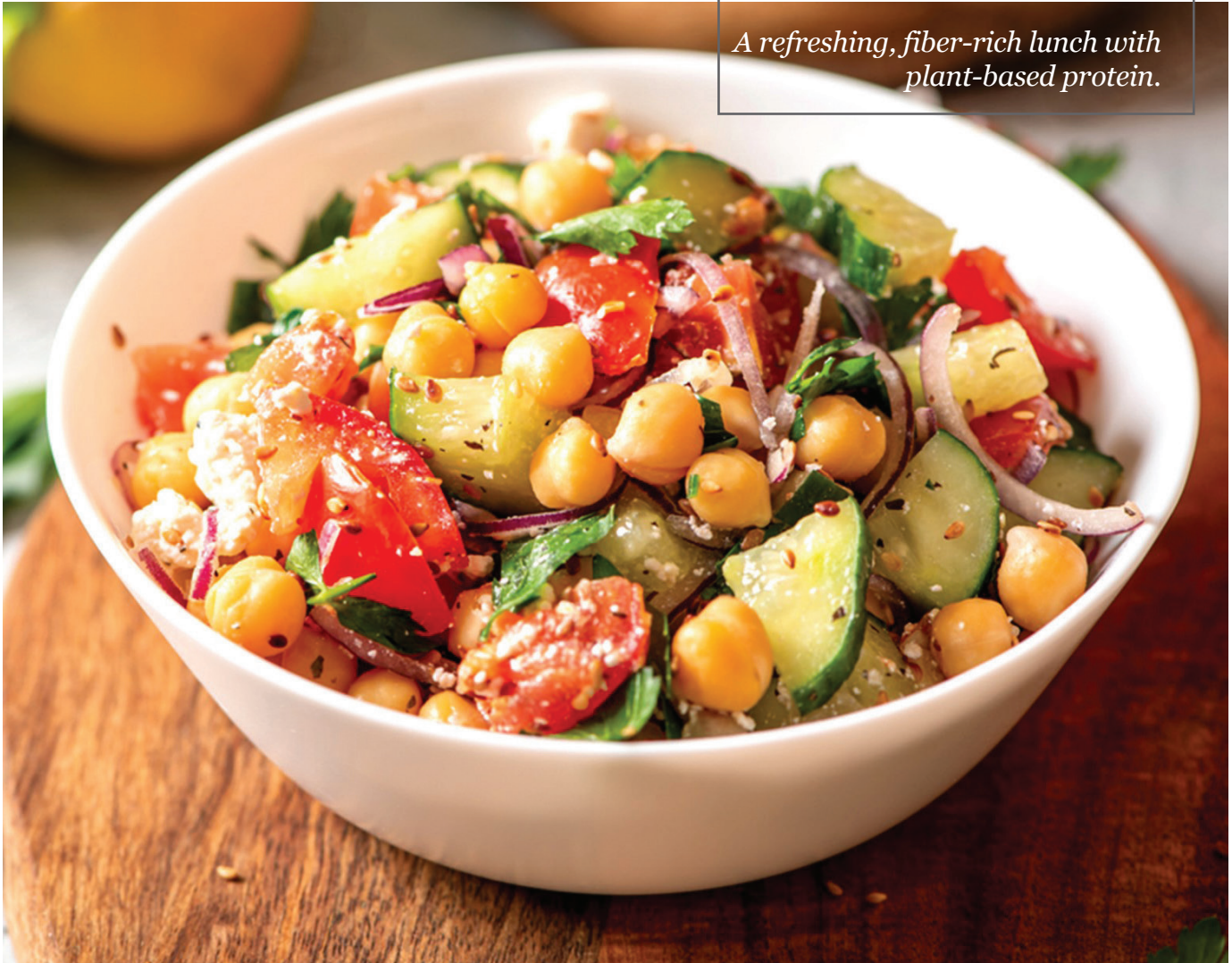
- **Calories:** 200 kcal
- **Carbohydrates:** 12 g
- **Protein:** 6 g
- **Fats:** 15 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation
Time: 5 min

Lunch: Mediterranean Chickpea Salad with Feta

A refreshing, fiber-rich lunch with plant-based protein.



Ingredients (US & Metric):

- Chickpeas, 1 cup (150g), cooked
- Cucumber, ½ cup (50g), diced
- Cherry tomatoes, ½ cup (75g), halved
- Red onion, ¼ cup (40g), diced
- Feta cheese, ¼ cup (40g), crumbled
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Salt, ¼ tsp (0.5g)
- Black pepper, ¼ tsp (0.5g)



Portion Size: 2 servings

Preparation

Time: 10 min

Instructions:

1. Combine all ingredients in a large bowl.
2. Toss with olive oil, lemon juice, salt, and black pepper.
3. Serve immediately or chill before serving.

Nutritional Information (Per Serving):

- **Calories:** 350 kcal
- **Carbohydrates:** 40 g
- **Protein:** 14 g
- **Fats:** 15 g
- **Glycemic Index:** Low to Medium

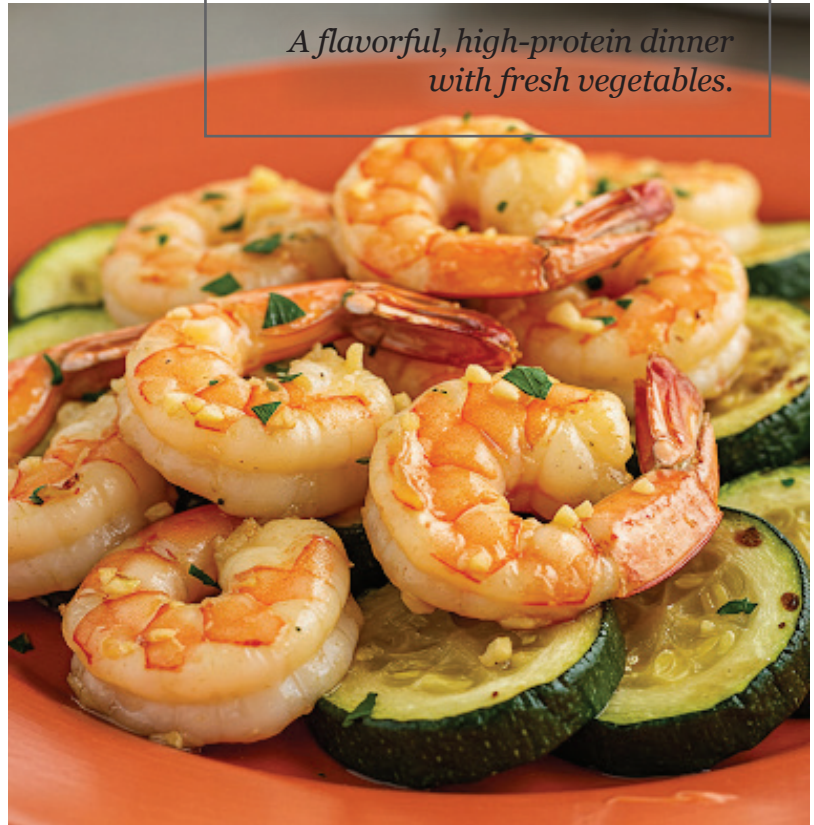
Dinner: Garlic Butter Shrimp with Roasted Zucchini

Ingredients (US & Metric):

- Shrimp, 1 cup (150g), peeled and deveined
- Zucchini, 1 cup (100g), sliced
- Olive oil, 1 tbsp (15ml)
- Garlic, 2 cloves, minced
- Butter, 1 tbsp (15g)
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini with olive oil, salt, and black pepper, then spread on a baking sheet. Roast for 15 minutes.
3. In a pan over medium heat, melt butter and sauté garlic for 1 minute.
4. Add shrimp, season with salt and black pepper, and cook for 3-4 minutes per side.
5. Drizzle with lemon juice and serve with roasted zucchini.



A flavorful, high-protein dinner with fresh vegetables.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 15 mins

Nutritional Information (Per Serving):

- **Calories:** 380 kcal
- **Carbohydrates:** 15 g
- **Protein:** 40 g
- **Fats:** 18 g
- **Glycemic Index:** Low

Week 3-4 | Day 4 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Avocado Toast with Poached Egg	Sautéed spinach with mushrooms & avocado	Scrambled eggs with feta cheese & tomatoes
Snack	Roasted Almonds & Dark Chocolate	Seaweed snacks with tahini dip	Tuna-stuffed olives
Lunch	Mediterranean Chickpea Salad with Feta	Roasted cauliflower with tahini sauce	Baked turkey with green beans
Dinner	Garlic Butter Shrimp with Roasted Zucchini	Stuffed zucchini with mushrooms	Grilled chicken with sautéed spinach

Day 5 | Recipes

Breakfast: Spinach & Feta Omelet with Whole Grain Toast

A protein-packed, fiber-rich breakfast to keep blood sugar stable.



Ingredients (US & Metric):

- Eggs, 2 large
- Spinach, 1/2 cup (30g), chopped
- Feta cheese, 1/4 cup (40g), crumbled
- Olive oil, 1 tsp (5ml)
- Whole grain toast, 2 slices
- Salt, 1/4 tsp (0.5g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Sauté spinach for 1-2 minutes until wilted.
3. In a bowl, whisk eggs with salt and pepper, then pour into the pan.
4. Sprinkle feta cheese over the eggs and cook until set.
5. Serve with whole grain toast.

Nutritional Information (Per Serving):

- **Calories:** 320 kcal
- **Carbohydrates:** 28 g
- **Protein:** 18 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Snack: Mixed Nuts & Dried Berries

A simple, balanced snack with protein, fiber, and healthy fats.



Ingredients (US & Metric):

- Almonds, 1/4 cup (30g)
- Walnuts, 1/4 cup (30g)
- Dried cranberries (unsweetened), 2 tbsp (20g)



Portion Size: 2 servings
Preparation
Time: 5 min

Instructions:

1. Mix all ingredients in a small bowl and enjoy.

Nutritional Information (Per Serving):

- **Calories:** 200 kcal
- **Carbohydrates:** 15 g
- **Protein:** 7 g
- **Fats:** 14 g
- **Glycemic Index:** Low

Lunch: Grilled Chicken with Roasted Sweet Potatoes

A well-balanced meal with lean protein, fiber, and healthy carbs.



Ingredients (US & Metric):

- Chicken breast, 1 medium (150g)
- Sweet potatoes, 1/2 cup (100g), diced
- Olive oil, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss sweet potatoes with olive oil, garlic powder, salt, and black pepper.
3. Roast for 20 minutes.
4. Grill chicken breast for 5-6 minutes per side until fully cooked.
5. Serve with roasted sweet potatoes.

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 40 g
- **Protein:** 42 g
- **Fats:** 10 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

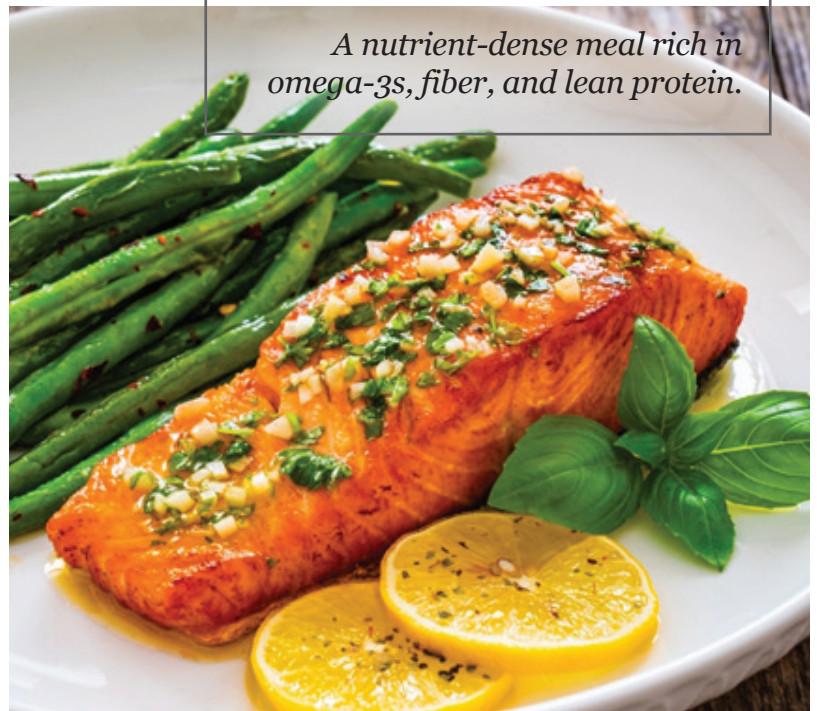
Dinner: Baked Salmon with Garlic Green Beans

Ingredients (US & Metric):

- Salmon fillet, 1 medium (150g)
- Green beans, 1 cup (100g), trimmed
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss green beans with olive oil, garlic, salt, and black pepper.
3. Spread on a baking sheet and roast for 15 minutes.
4. Place salmon fillet on another sheet, season, and bake for 15-18 minutes.
5. Serve salmon with green beans and drizzle with lemon juice



Portion Size: 2 servings

Preparation Time: 10 min

Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 450 kcal
- **Carbohydrates:** 15 g
- **Protein:** 45 g
- **Fats:** 18 g
- **Glycemic Index:** Low

Week 3–4 | Day 5 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Spinach & Feta Omelet with Whole Grain Toast	Sautéed mushrooms & bell peppers with avocado	Scrambled eggs with turkey sausage
Snack	Mixed Nuts & Dried Berries	Cucumber slices with tahini	Mini meatballs with mustard dip
Lunch	Grilled Chicken with Roasted Sweet Potatoes	Quinoa & Roasted Vegetable Bowl	Beef Stir-Fry with Broccoli
Dinner	Baked Salmon with Garlic Green Beans	Bell Pepper Stir-Fry with Cashew Sauce	Grilled Lamb Chops with Asparagus
Dessert	#4 Baked Cinnamon Apples	Roasted Cinnamon Apples with Walnuts & Pumpkin Seeds	Baked Cinnamon Apples with Cottage Cheese

Day 6 | Recipes

Breakfast: Cottage Cheese with Flaxseeds & Berries

A protein-rich breakfast with fiber and healthy fats.



Ingredients (US & Metric):

- Cottage cheese, 1 cup (200g)
- Flaxseeds, 1 tbsp (10g)
- Mixed berries (blueberries, raspberries), 1/2 cup (75g)
- Cinnamon, 1/2 tsp (1g)
- Almonds, 1 tbsp (10g), chopped

Instructions:

1. Mix cottage cheese with flaxseeds and cinnamon.
2. Top with mixed berries and chopped almonds.
3. Serve chilled or at room temperature.

Nutritional Information (Per Serving):

- **Calories:** 280 kcal
- **Carbohydrates:** 20 g
- **Protein:** 25 g
- **Fats:** 10 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min

Snack: Roasted Pumpkin Seeds with Paprika

A crunchy, fiber-rich snack with essential minerals.



Ingredients (US & Metric):

- Pumpkin seeds, 1/2 cup (60g)
- Olive oil, 1 tsp (5ml)
- Paprika, 1/2 tsp (1g)
- Salt, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 180°C (350°F).
2. Toss pumpkin seeds with olive oil, paprika, and salt.
3. Spread on a baking sheet and roast for 10 minutes, stirring halfway.
4. Let cool before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 5 g
- **Protein:** 9 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Lunch: Grilled Eggplant with Tahini Sauce

A flavorful, Mediterranean-inspired plant-based meal.



Ingredients (US & Metric):

- Eggplant, 1 large, sliced
- Olive oil, 1 tbsp (15ml)
- Tahini, 2 tbsp (30g)
- Lemon juice, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Salt, ½ tsp (1g)
- Black pepper, ¼ tsp (0.5g)
- Parsley, 1 tbsp (5g), chopped

Instructions:

1. Preheat grill or stovetop pan over medium heat.
2. Brush eggplant slices with olive oil and season with salt and black pepper.
3. Grill for 3-4 minutes per side until tender.
4. In a small bowl, mix tahini, lemon juice, garlic, and a bit of water to create a smooth sauce.
5. Drizzle sauce over grilled eggplant and garnish with chopped parsley.
6. Serve warm.

Nutritional Information (Per Serving):

- **Calories:** 320 kcal
- **Carbohydrates:** 22 g
- **Protein:** 8 g
- **Fats:** 24 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

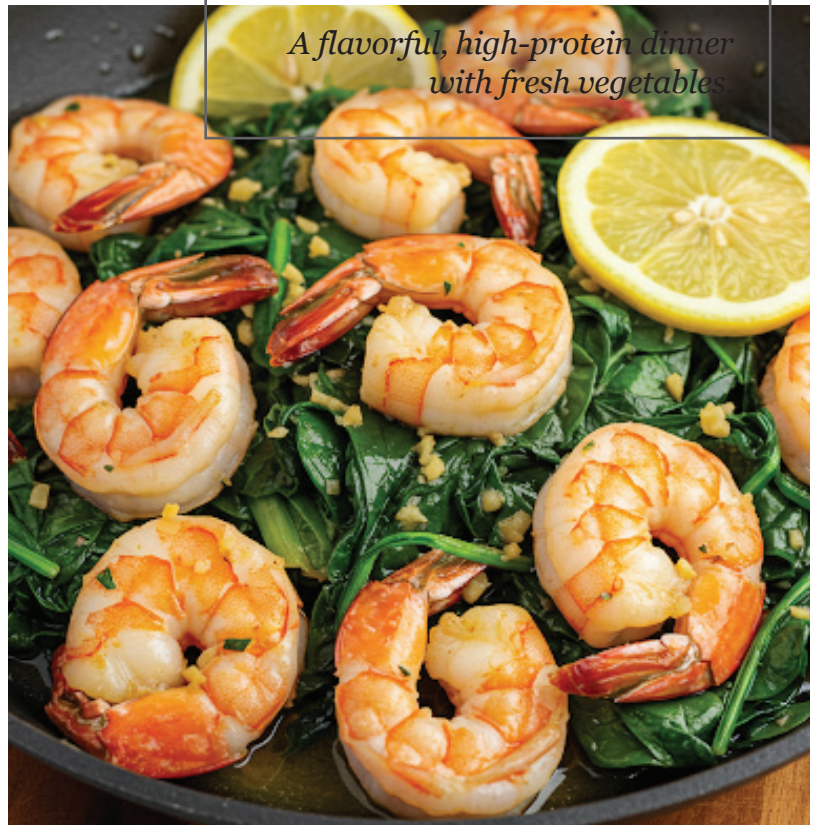
Dinner: Lemon Garlic Shrimp with Sautéed Spinach

Ingredients (US & Metric):

- Shrimp, 1 cup (150g), peeled and deveined
- Spinach, 2 cups (100g), chopped
- Olive oil, 1 tbsp (15ml)
- Garlic, 2 cloves, minced
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté for 1 minute until fragrant.
3. Add shrimp, season with salt and black pepper, and cook for 3-4 minutes per side until pink and opaque.
4. Remove shrimp and add spinach to the same pan, sautéing for 2-3 minutes until wilted.
5. Return shrimp to the pan, drizzle with lemon juice, and serve.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 15 mins

Nutritional Information (Per Serving):

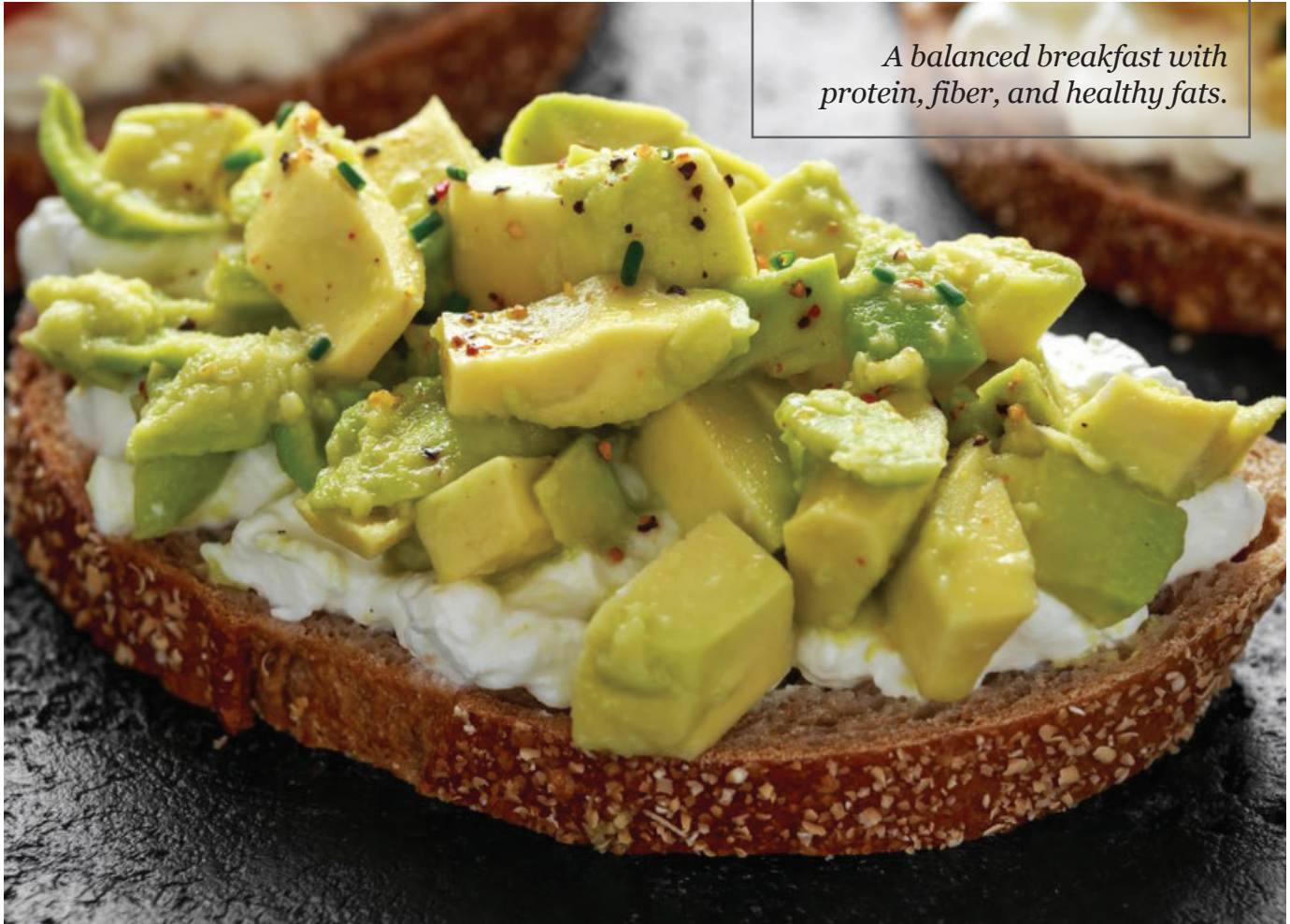
- **Calories:** 380 kcal
- **Carbohydrates:** 12 g
- **Protein:** 45 g
- **Fats:** 14 g
- **Glycemic Index:** Low

Week 3–4 | Day 6 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Cottage Cheese with Flaxseeds & Berries	Sautéed Kale with Avocado	Scrambled Eggs with Smoked Salmon
Snack	Roasted Pumpkin Seeds with Paprika	Carrot sticks with hummus	Boiled quail eggs with paprika
Lunch	Grilled Eggplant with Tahini Sauce	Mediterranean Lentil & Quinoa Bowl	Beef with Roasted Brussels Sprouts
Dinner	Lemon Garlic Shrimp with Sautéed Spinach	Roasted Cauliflower & Chickpeas	Grilled Chicken with Steamed Broccoli

Day 7 | Recipes

Breakfast: Avocado & Cottage Cheese Toast



A balanced breakfast with protein, fiber, and healthy fats.

Ingredients (US & Metric):

- Whole grain bread, 2 slices
- Cottage cheese, 1/2 cup (100g)
- Avocado, 1/2 (75g), mashed
- Lemon juice, 1 tsp (5ml)
- Salt, 1/4 tsp (0.5g)
- Black pepper, 1/4 tsp (0.5g)
- Pumpkin seeds, 1 tbsp (10g), for topping

Instructions:

1. Toast whole grain bread slices.
2. In a small bowl, mix mashed avocado with lemon juice, salt, and black pepper.
3. Spread cottage cheese on toast, then top with avocado mixture.
4. Sprinkle with pumpkin seeds and serve.

Nutritional Information (Per Serving):

- **Calories:** 320 kcal
- **Carbohydrates:** 30 g
- **Protein:** 18 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min

Snack: Spiced Roasted Almonds

A crunchy, protein-rich snack with a hint of spice.



Ingredients (US & Metric):

- Raw almonds, 1/2 cup (60g)
- Olive oil, 1 tsp (5ml)
- Smoked paprika, 1/2 tsp (1g)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/4 tsp (0.5g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 180°C (350°F).
2. Toss almonds with olive oil, paprika, garlic powder, salt, and black pepper.
3. Spread on a baking sheet and roast for 10 minutes, stirring halfway.
4. Let cool before serving.

Nutritional Information (Per Serving):

- **Calories:** 190 kcal
- **Carbohydrates:** 7 g
- **Protein:** 6 g
- **Fats:** 16 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Lunch: Lemon Herb Chicken with Quinoa

A lean protein meal with fiber-rich whole grains.



Ingredients (US & Metric):

- Chicken breast, 1 medium (150g)
- Cooked quinoa, 1/2 cup (90g)
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)
- Parsley, 1 tbsp (5g), chopped

Instructions:

1. Preheat oven to 200°C (400°F).
2. Marinate chicken with olive oil, lemon juice, garlic, salt, and black pepper.
3. Bake for 20-25 minutes until fully cooked.
4. Serve over cooked quinoa and garnish with chopped parsley.

Nutritional Information (Per Serving):

- **Calories:** 450 kcal
- **Carbohydrates:** 38 g
- **Protein:** 45 g
- **Fats:** 12 g
- **Glycemic Index:** Low



Portion Size: 2 servings

Preparation Time: 10 min

Cooking Time: 25 mins

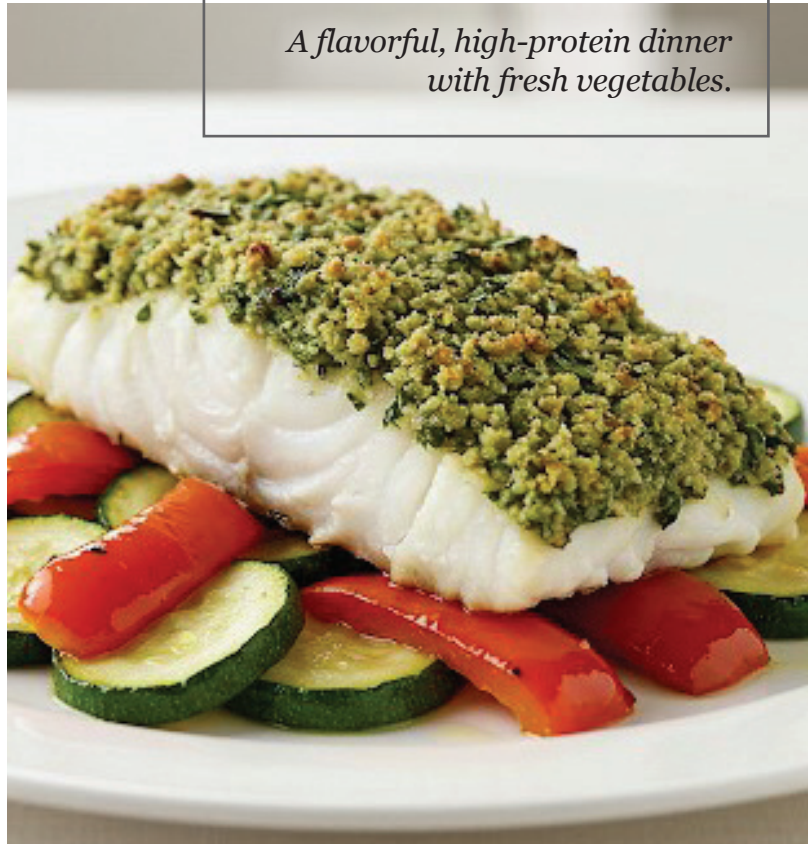
Dinner: Herb-Crusted Cod with Roasted Vegetables

Ingredients (US & Metric):

- Cod fillet, 1 medium (150g)
- Zucchini, 1 cup (100g), sliced
- Bell pepper, 1 medium, sliced
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Lemon juice, 1 tbsp (15ml)
- Dried oregano, 1/2 tsp (1g)
- Dried thyme, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini and bell pepper with olive oil, garlic, salt, and black pepper.
3. Spread vegetables on a baking sheet and roast for 15 minutes.
4. Season cod fillet with lemon juice, oregano, thyme, salt, and black pepper.
5. Place cod on a separate baking sheet and bake for 12-15 minutes until flaky.
6. Serve cod with roasted vegetables.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 380 kcal
- **Carbohydrates:** 18 g
- **Protein:** 42 g
- **Fats:** 12 g
- **Glycemic Index:** Low

Week 3-4 | Day 7 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Avocado & Cottage Cheese Toast	Green Vegetable Smoothie	Scrambled Eggs with Cheese & Avocado
Snack	Spiced Roasted Almonds	Mini cucumber-avocado cups	Smoked salmon cucumber bites
Lunch	Lemon Herb Chicken with Quinoa	Roasted Cauliflower & Bell Peppers	Chicken with Steamed Spinach
Dinner	Herb-Crusted Cod with Roasted Vegetables	Stuffed Peppers with Mushrooms & Zucchini	Grilled Salmon with Asparagus

Chapter | 6

Weeks 3–4 – Building New Habits

6.1. Goal of This Phase: Balanced Eating Without Drastic Lifestyle Changes

As you progress into Weeks 3 and 4, the goal is to **solidify healthy eating habits** while keeping the approach **flexible and sustainable**. Unlike restrictive diets that feel overwhelming, this phase focuses on **gradual improvements** that seamlessly fit into your daily routine.

“Habit of the Week” Practice:

This will go at the end of **each week’s section**. For example:

Habit of the Week: Slow Eating

- Put your fork down between bites.
- Eat the first 3 spoonfuls with your eyes closed.
- Pause when 70% full and notice how your body feels.

Key Objectives of Weeks 3–4:

- **Maintain stable blood sugar levels** by making informed food choices.
- **Balance carbohydrates, proteins, and fats** to avoid blood sugar spikes.
- **Introduce meal flexibility** while ensuring proper portion control.
- **Focus on food combinations** that support long-term health.
- **Continue a structured eating pattern** (3 main meals + 2 snacks) to sustain energy levels and prevent cravings.

Why This Phase Matters

Many people struggle with consistency when it comes to healthy eating. By this stage, you will have already made small, manageable adjustments to your diet. Now, it’s about **reinforcing these habits** so that they become second nature. This means:

- Learning how to adjust meals based on blood sugar levels.
- Understanding how different foods impact your metabolism.
- Creating a **personalized, adaptable approach** to nutrition that works for your lifestyle.

Practical Steps to Strengthen Habits

- **Replace fast carbs** with fiber-rich alternatives (e.g., swap white rice for quinoa or cauli-flower rice).
- **Increase lean protein intake** to enhance satiety and muscle maintenance.
- **Incorporate more non-starchy vegetables** to improve digestion and nutrient intake.
- **Experiment with new recipes** to avoid monotony while staying within the recommended nutritional guidelines.
- **Listen to your body** and recognize how specific foods affect your energy and blood sugar.

In the next sections, we will explore simple ways to control carbohydrates, effective meal combinations, and diabetes-friendly recipes that keep blood sugar steady while offering variety and enjoyment in your meals.

6.2. Controlling Carbohydrates and Simple Ways to Lower Blood Sugar

Managing carbohydrates effectively is essential for maintaining stable blood sugar levels. This phase focuses on choosing the right types of carbs, optimizing portion sizes, and combining foods in a way that prevents glucose spikes.

Key Strategies for Carbohydrate Control

1. Prioritize Low-Glycemic Carbs

Opt for whole, fiber-rich carbs such as:

- Quinoa, brown rice, or cauliflower rice instead of white rice.
- Whole-grain bread or almond flour-based alternatives instead of white bread.
- Legumes like lentils and chickpeas in moderation.

Example:

❌ “I ate only quinoa and vegetables, but still felt tired.”

✅ “I added an egg or some fish — energy came back.”

2. Pair Carbs with Protein and Healthy Fats

Combining carbohydrates with protein and fat helps slow digestion, leading to a gradual release of glucose. Examples include:

- Oatmeal with nuts and Greek yogurt.
- Whole-grain toast with avocado and eggs.
- Brown rice with salmon and steamed vegetables.

3. Increase Fiber Intake

Fiber helps regulate blood sugar by slowing down carbohydrate absorption. Aim for:

- Leafy greens, cruciferous vegetables (broccoli, cauliflower, Brussels sprouts).
- Chia seeds, flaxseeds, and psyllium husk.
- Berries and nuts as lower-glycemic snack options.

4. Time Carbohydrate Intake Wisely

- **Start your day with balanced meals** to prevent mid-day sugar crashes.
- **Limit high-carb meals in the evening** to promote better overnight glucose stability.
- **Space carbs evenly throughout the day** rather than consuming them all at once.

5. Make Smart Snack Choices

Opt for **protein and fiber-rich snacks** instead of sugar-laden options:

- Cottage cheese with walnuts.
- Celery sticks with hummus.
- Hard-boiled eggs with a handful of almonds.

6. Stay Hydrated and Active

- Drink plenty of water to aid digestion and reduce sugar cravings.
- Incorporate light physical activity (a short walk after meals) to help lower blood sugar naturally.

Making These Changes Sustainable

Rather than seeing carb control as a restriction, focus on making better swaps and balancing your meals. This will help:

- Keep energy levels steady throughout the day.
- Avoid cravings and unnecessary snacking.
- Improve overall metabolic health.

The next section will provide specific recipes that help maintain steady glucose levels while keeping meals satisfying and enjoyable.

Weeks 5–6—“Turning Diet into a Lifestyle”

“At this point, you have walked the path many begin but few stick with. You have developed confidence in making healthier choices, listening to your body, and managing your blood sugar in ways that were once unfathomable to you”

Day 1 | Meal Plan

Breakfast: Low-Carb Almond Flour Pancakes

A fluffy, diabetes-friendly breakfast alternative to traditional pancakes.



Ingredients (US & Metric):

- Almond flour, 1/2 cup (50g)
- Eggs, 2 large
- Unsweetened almond milk, 1/4 cup (60ml)
- Baking powder, 1/2 tsp (2g)
- Vanilla extract, 1/2 tsp (2ml)
- Cinnamon, 1/2 tsp (1g)
- Butter or coconut oil, for cooking

Instructions:

1. In a bowl, whisk together eggs, almond milk, and vanilla extract.
2. Add almond flour, baking powder, and cinnamon, mixing until smooth.
3. Heat a small amount of butter or coconut oil in a pan over medium heat.
4. Pour small amounts of batter into the pan and cook for 2–3 minutes per side until golden brown.
5. Serve warm with a sprinkle of cinnamon or a few fresh berries.

Nutritional Information (Per Serving):

- **Calories:** 250 kcal
- **Carbohydrates:** 6 g
- **Protein:** 12 g
- **Fats:** 20 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Snack: Chia Pudding with Almonds & Blueberries

A creamy, fiber-packed snack to stabilize blood sugar.



Ingredients (US & Metric):

- Chia seeds, 3 tbsp (45g)
- Unsweetened almond milk, 1 cup (240ml)
- Blueberries, 1/4 cup (40g)
- Almonds, 1 tbsp (10g), chopped
- Vanilla extract, 1/2 tsp (2ml)

Instructions:

1. Mix chia seeds, almond milk, and vanilla extract in a jar or bowl.
2. Let sit for 1 hour (or overnight) until thickened.
3. Top with blueberries and chopped almonds before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 12 g
- **Protein:** 5 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Chill Time: 1 hour

Lunch: Baked Fish with Herbs & Lemon Quinoa



A light, protein-packed meal with whole grains and fresh herbs.

Ingredients (US & Metric):

- White fish fillet (cod or tilapia), 2 pieces (150g each)
- Cooked quinoa, ½ cup (90g)
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic, 2 cloves, minced
- Fresh parsley, 1 tbsp (5g), chopped
- Salt, ½ tsp (1g)
- Black pepper, ¼ tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. In a small bowl, mix olive oil, lemon juice, garlic, parsley, salt, and black pepper.
3. Place fish fillets on a baking sheet and brush with the herb mixture.
4. Bake for 15–20 minutes until fish flakes easily with a fork.
5. Serve with cooked quinoa.

Nutritional Information (Per Serving):

- **Calories:** 380 kcal
- **Carbohydrates:** 35 g
- **Protein:** 42 g
- **Fats:** 10 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

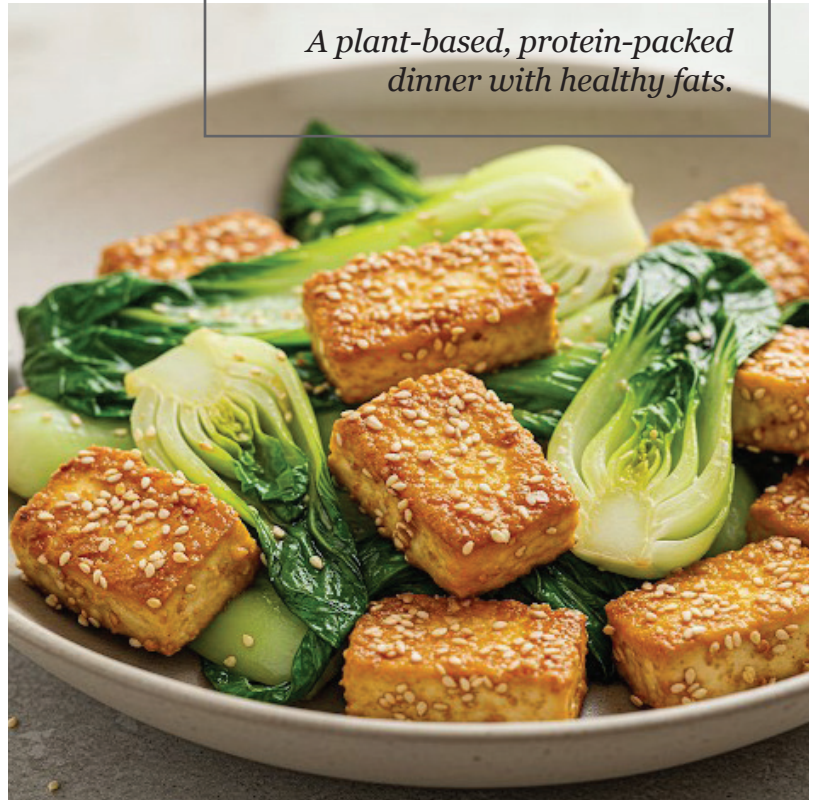
Dinner: Sesame-Crusted Tofu with Bok Choy Stir-Fry

Ingredients (US & Metric):

- Firm tofu, 1 cup (150g), sliced
- Bok choy, 1 cup (100g), chopped
- Olive oil, 1 tbsp (15ml)
- Sesame seeds, 1 tbsp (10g)
- Soy sauce (low sodium), 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Ginger, 1/2 tsp (1g), grated
- Salt, 1/4 tsp (0.5g)

Instructions:

1. Press tofu to remove excess moisture, then coat in sesame seeds.
2. Heat olive oil in a pan over medium heat and sear tofu for 3-4 minutes per side.
3. In another pan, sauté garlic and ginger for 1 minute.
4. Add bok choy, soy sauce, and salt, stir-fry for 3-4 minutes.
5. Serve tofu with stir-fried bok choy.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 15 mins

Nutritional Information (Per Serving):

- **Calories:** 350 kcal
- **Carbohydrates:** 15 g
- **Protein:** 30 g
- **Fats:** 20 g
- **Glycemic Index:** Low

Week 5–6 | Day 1 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Low-Carb Almond Flour Pancakes	Zucchini & Avocado Smoothie	Omelet with Mushrooms & Feta
Snack	Chia Pudding with Almonds & Blueberries	Cucumber Sticks with Hummus	Turkey jerky strips
Lunch	Baked Fish with Herbs & Lemon + Quinoa	Stuffed Eggplant with Spinach & Tomatoes	Herb-Crusted Turkey Breast with Roasted Brussels Sprouts
Dinner	Sesame-Crusted Tofu with Bok Choy Stir-Fry	Vegetable Ratatouille with Basil	Chicken Cutlets with Garlic Asparagus

Day 2 | Meal Plan

Breakfast: Scrambled Eggs with Whole-Grain Toast

A protein-packed breakfast with fiber and healthy fats.



Ingredients (US & Metric):

- Large eggs, 4
- Whole-grain bread, 2 slices
- Olive oil, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Whisk eggs with salt and black pepper.
3. Pour eggs into the pan and scramble for 3-4 minutes until fully cooked.
4. Serve with toasted whole-grain bread.

Nutritional Information (Per Serving):

- **Calories:** 320 kcal
- **Carbohydrates:** 28 g
- **Protein:** 22 g
- **Fats:** 14 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Snack: Greek Yogurt with Almonds & Strawberries

A delicious, nutrient-rich snack to support blood sugar balance.



Ingredients (US & Metric):

- Greek yogurt (unsweetened), 1 cup (240g)
- Almonds, 1 tbsp (10g), chopped
- Strawberries, ½ cup (75g), sliced

Instructions:

1. Mix Greek yogurt with chopped almonds.
2. Top with sliced strawberries and serve.

Nutritional Information (Per Serving):

- **Calories:** 200 kcal
- **Carbohydrates:** 15 g
- **Protein:** 18 g
- **Fats:** 8 g
- **Glycemic Index:** Low



Portion Size: 2 servings

Preparation

Time: 5 min

Lunch: Lemon Garlic Chicken with Quinoa & Roasted Vegetables

A protein-rich, fiber-packed meal for sustained energy.



Ingredients (US & Metric):

- Chicken breast, 1 medium (150g)
- Cooked quinoa, 1/2 cup (90g)
- Bell peppers, 1/2 cup (75g), chopped
- Zucchini, 1/2 cup (75g), chopped
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Marinate chicken with olive oil, lemon juice, garlic, salt, and black pepper.
3. Bake for 20-25 minutes until fully cooked.
4. Serve over cooked quinoa and roasted vegetables.

Nutritional Information (Per Serving):

- **Calories:** 450 kcal
- **Carbohydrates:** 38 g
- **Protein:** 45 g
- **Fats:** 12 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

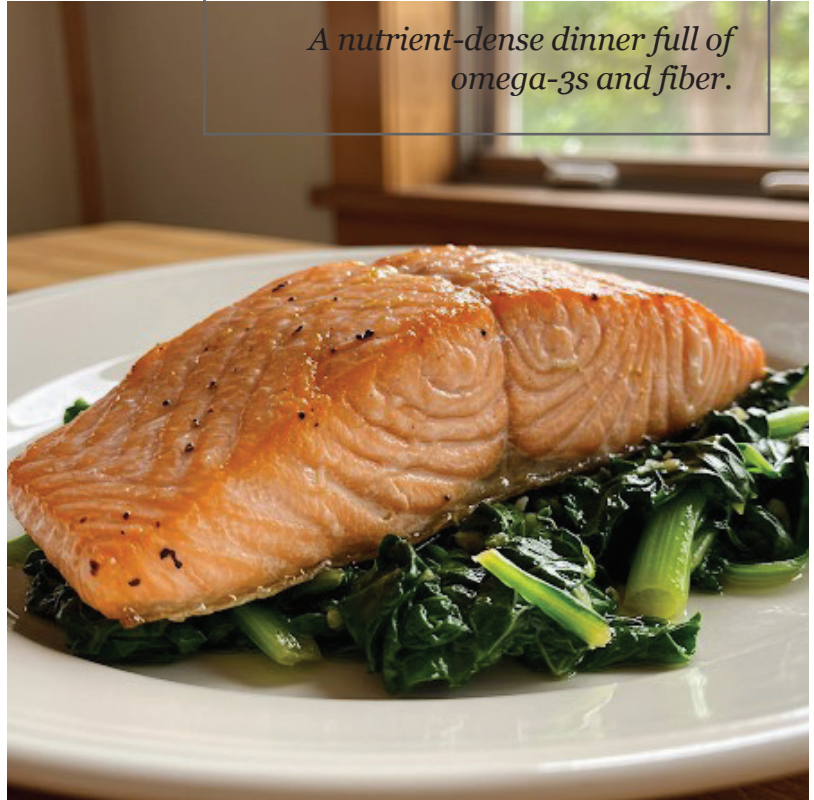
Dinner: Baked Salmon with Sautéed Greens

Ingredients (US & Metric):

- Salmon fillet, 2 pieces (150g each)
- Spinach, 1 cup (30g), chopped
- Kale, 1 cup (30g), chopped
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Season salmon with olive oil, lemon juice, salt, and black pepper.
3. Bake for 15-20 minutes until flaky.
4. Heat olive oil in a pan and sauté garlic, spinach, and kale for 3-4 minutes until wilted.
5. Serve salmon with sautéed greens.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 12 g
- **Protein:** 22 g
- **Fats:** 12 g
- **Glycemic Index:** Low

Week 5–6 | Day 2 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Scrambled Eggs with Whole-Grain Toast	Spinach & Avocado Smoothie	Scrambled Eggs with Feta & Olives
Snack	Greek Yogurt with Almonds & Strawberries	Pickled beets with pumpkin seeds	Greek yogurt with pumpkin seeds
Lunch	Lemon Garlic Chicken with Quinoa & Roasted Vegetables	Roasted Eggplant & Bell Peppers	Grilled Turkey with Steamed Broccoli
Dinner	Baked Salmon with Sautéed Greens	Stuffed Zucchini with Mushrooms & Tomatoes	Turkey Patties with Green Bean Salad

Day 3 | Meal Plan

Breakfast: Flaxseed Porridge with Almond Butter

A fiber-rich, blood sugar-friendly breakfast.



Ingredients (US & Metric):

- Ground flaxseeds, ¼ cup (30g)
- Unsweetened almond milk, 1 cup (240ml)
- Almond butter, 1 tbsp (15g)
- Cinnamon, ½ tsp (1g)
- Berries (blueberries, raspberries), ½ cup (75g)

Instructions:

1. Heat almond milk over low heat, then stir in flaxseeds and cinnamon.
2. Cook for 3-4 minutes until thickened.
3. Stir in almond butter and top with berries.

Nutritional Information (Per Serving):

- **Calories:** 280 kcal
- **Carbohydrates:** 15 g
- **Protein:** 9 g
- **Fats:** 18 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 5 mins

Snack: Almond Butter Energy Balls

A nutrient-dense, on-the-go snack.



Ingredients (US & Metric):

- Almond butter, 2 tbsp (30g)
- Rolled oats, 1/2 cup (50g)
- Chia seeds, 1 tbsp (10g)
- Honey, 1/2 tsp (3g)
- Dark chocolate chips (85% cocoa), 1 tbsp (10g)



Portion Size: 2 servings
Preparation Time: 2 min
Cooking Time: 10 mins

Instructions:

1. Mix all ingredients in a bowl and form small balls.
2. Refrigerate for 30 minutes before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 15 g
- **Protein:** 6 g
- **Fats:** 10 g
- **Glycemic Index:** Low

Lunch: Lemon Garlic Shrimp with Brown Rice

A flavorful, protein-packed meal.



Ingredients (US & Metric):

- Shrimp, 1 cup (150g), peeled & deveined
- Cooked brown rice, 1/2 cup (90g)
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Lemon juice, 1 tbsp (15ml)
- Fresh parsley, 1 tbsp (5g), chopped
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Add garlic and shrimp, cook for 3-4 minutes per side.
3. Stir in lemon juice, salt, and black pepper.
4. Serve over brown rice, garnished with parsley.

Nutritional Information (Per Serving):

- **Calories:** 380 kcal
- **Carbohydrates:** 32 g
- **Protein:** 42 g
- **Fats:** 12 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Dinner: Baked Herb Salmon with Roasted Green Beans

Ingredients (US & Metric):

- Salmon fillet, 2 pieces (150g each)
- Green beans, 1 cup (100g)
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Lemon juice, 1 tbsp (15ml)
- Dried oregano, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss green beans with olive oil, garlic, salt, and black pepper.
3. Spread green beans on a baking sheet and roast for 15 minutes.
4. Season salmon with lemon juice, oregano, salt, and black pepper.
5. Place salmon on another tray and bake for 12-15 minutes until flaky.
6. Serve salmon with roasted green beans.



A nutrient-rich, high-protein meal.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 12 g
- **Protein:** 42 g
- **Fats:** 22 g
- **Glycemic Index:** Low

Week 5–6 | Day 3 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Flaxseed Porridge with Almond Butter	Cucumber & Kale Detox Smoothie	Mushroom & Spinach Omelet
Snack	Almond Butter Energy Balls	Grilled zucchini slices with olive tapenade	Baked chicken bites with herbs
Lunch	Lemon Garlic Shrimp with Brown Rice	Stuffed Zucchini with Vegetables	Grilled Chicken with Sautéed Peppers
Dinner	Baked Herb Salmon with Roasted Green Beans	Eggplant Parmesan (No Breadcrumbs)	Baked Salmon with Garlic Spinach
Dessert	#5 Sugar-free Vanilla Pudding	Cinnamon baked apple	Almond butter energy ball

Day 4 | Meal Plan

Breakfast: Coconut Flour Pancakes with Berries

A low-carb, fiber-rich breakfast with a touch of sweetness.



Ingredients (US & Metric):

- Coconut flour, 1/4 cup (30g)
- Eggs, 2 large
- Unsweetened almond milk, 1/4 cup (60ml)
- Baking powder, 1/2 tsp (2g)
- Vanilla extract, 1/2 tsp (2ml)
- Olive oil, 1 tbsp (15ml)
- Mixed berries, 1/2 cup (75g)

Instructions:

1. Whisk eggs, almond milk, and vanilla extract.
2. Add coconut flour and baking powder, mix well.
3. Heat olive oil in a pan over medium heat and pour batter into small pancakes.
4. Cook for 2-3 minutes per side until golden brown.
5. Serve with fresh berries.

Nutritional Information (Per Serving):

- **Calories:** 280 kcal
- **Carbohydrates:** 12 g
- **Protein:** 14 g
- **Fats:** 18 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Snack: Roasted Pumpkin Seeds with Dark Chocolate

A crunchy, nutritious snack with a hint of sweetness.



Ingredients (US & Metric):

- Pumpkin seeds, 1/4 cup (30g)
- Dark chocolate (85% cocoa or higher), 1 square (10g), chopped
- Olive oil, 1 tsp (5ml)
- Cinnamon, 1/2 tsp (1g)
- Sea salt, a pinch

Instructions:

1. Preheat oven to 180°C (350°F).
2. Toss pumpkin seeds with olive oil, cinnamon, and sea salt.
3. Spread on a baking sheet and roast for 15 minutes.
4. Let cool, then mix with dark chocolate pieces.

Nutritional Information (Per Serving):

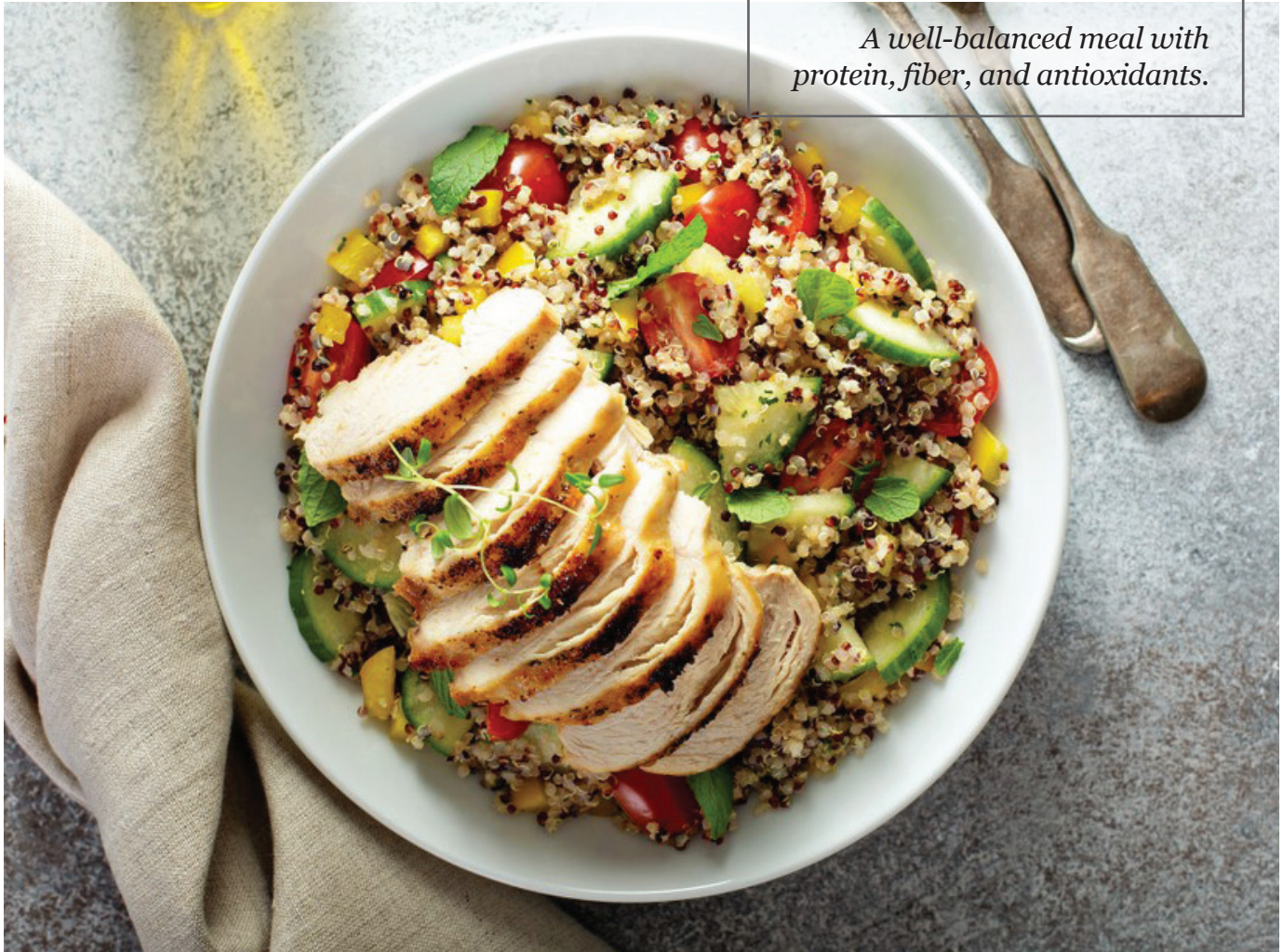
- **Calories:** 210 kcal
- **Carbohydrates:** 10 g
- **Protein:** 8 g
- **Fats:** 16 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 15 mins

Lunch: Mediterranean Chicken with Quinoa Salad

A well-balanced meal with protein, fiber, and antioxidants.



Ingredients (US & Metric):

- Chicken breast, 1 medium (150g)
- Cooked quinoa, 1/2 cup (90g)
- Cherry tomatoes, 1/2 cup (75g), halved
- Cucumber, 1/2 cup (75g), diced
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Grill chicken breast for 5-6 minutes per side until fully cooked.
2. In a bowl, mix quinoa, tomatoes, cucumber, olive oil, lemon juice, garlic, salt, and black pepper.
3. Serve chicken with quinoa salad.

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 35 g
- **Protein:** 45 g
- **Fats:** 12 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Dinner: Lemon Garlic Turkey with Sautéed Green Beans

Ingredients (US & Metric):

- Turkey breast, 2 small pieces (150g each)
- Green beans, 1 cup (100g), trimmed
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Season turkey breast with salt, black pepper, garlic, and lemon juice.
3. Cook turkey for 5-7 minutes per side until fully cooked.
4. In another pan, sauté green beans for 3-4 minutes until tender.
5. Serve turkey with sautéed green beans.



A protein-rich meal with fresh greens and healthy fats.



Portion Size: 2 servings

Preparation Time: 10 min

Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 10 g
- **Protein:** 50 g
- **Fats:** 18 g
- **Glycemic Index:** Low

Week 5–6 | Day 4 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Coconut Flour Pancakes with Berries	Avocado & Cucumber Toast	Scrambled Eggs with Spinach & Feta
Snack	Roasted Pumpkin Seeds with Dark Chocolate	Cauliflower florets with curry dip	Mozzarella balls with basil
Lunch	Mediterranean Chicken with Quinoa Salad	Grilled Portobello Mushrooms with Roasted Veggies	Beef & Avocado Lettuce Wraps
Dinner	Lemon Garlic Turkey with Sautéed Green Beans	Stuffed Zucchini with Tomato & Herbs	Grilled Chicken with Mashed Cauliflower

Day 5 | Meal Plan

Breakfast: Almond Butter & Banana Chia Toast

A fiber-rich breakfast with healthy fats and slow-digesting carbs.



Ingredients (US & Metric):

- Whole grain bread, 2 slices
- Almond butter, 2 tbsp (30g)
- Banana, 1/2, sliced
- Chia seeds, 1 tbsp (10g)
- Cinnamon, 1/2 tsp (1g)

Instructions:

1. Toast whole grain bread slices.
2. Spread almond butter evenly on toast.
3. Top with banana slices and sprinkle with chia seeds and cinnamon.
4. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 320 kcal
- **Carbohydrates:** 35 g
- **Protein:** 10 g
- **Fats:** 14 g
- **Glycemic Index:** Medium



Portion Size: 2 servings
Preparation
Time: 5 min

Snack: Greek Yogurt with Flaxseeds & Peaches



A creamy, probiotic-rich snack with fiber and antioxidants.

Ingredients (US & Metric):

- Greek yogurt, 1 cup (240g)
- Flaxseeds, 1 tbsp (10g)
- Peach, 1/2, diced
- Honey (optional), 1/2 tsp (3g)

Instructions:

1. Mix Greek yogurt with flaxseeds.
2. Top with diced peaches and drizzle with honey (if using).
3. Serve chilled.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 18 g
- **Protein:** 16 g
- **Fats:** 6 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 15 mins

Lunch: Spiced Lentil & Quinoa Bowl



A protein-packed, plant-based lunch with warming spices.

Ingredients (US & Metric):

- Cooked quinoa, ½ cup (90g)
- Red lentils, ½ cup (100g), cooked
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Cumin, ½ tsp (1g)
- Turmeric, ½ tsp (1g)
- Cherry tomatoes, ½ cup (75g), halved
- Spinach, 1 cup (30g), chopped
- Salt, ½ tsp (1g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Add garlic, cumin, and turmeric, sauté for 1 minute.
3. Stir in cooked lentils, quinoa, tomatoes, and spinach.
4. Cook for 5 minutes, season with salt, and serve warm.

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 40 g
- **Protein:** 30 g
- **Fats:** 12 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Dinner: Garlic Roasted Chicken Thighs with Sautéed Greens

Ingredients (US & Metric):

- Chicken thighs (skinless), 2 pieces (150g each)
- Olive oil, 1 tbsp (15ml)
- Garlic, 2 cloves, minced
- Lemon juice, 1 tbsp (15ml)
- Kale, 2 cups (60g), chopped
- Spinach, 1 cup (30g), chopped
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Season chicken thighs with olive oil, garlic, lemon juice, salt, and black pepper.
3. Roast in the oven for 20-25 minutes until fully cooked.
4. In a pan, sauté kale and spinach for 3-4 minutes until wilted.
5. Serve roasted chicken with sautéed greens.



A hearty, protein-rich dinner with fiber-rich greens.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

Nutritional Information (Per Serving):

- **Calories:** 430 kcal
- **Carbohydrates:** 10 g
- **Protein:** 50 g
- **Fats:** 22 g
- **Glycemic Index:** Low

Week 5–6 | Day 5 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Almond Butter & Banana Chia Toast	Zucchini & Basil Frittata	Scrambled Eggs with Cottage Cheese & Herbs
Snack	Greek Yogurt with Flaxseeds & Peaches	Cucumber & Bell Pepper Sticks with Hummus	Boiled egg with sunflower seeds
Lunch	Spiced Lentil & Quinoa Bowl	Grilled Stuffed Portobello Mushrooms	Lemon Herb Turkey with Roasted Brussels Sprouts
Dinner	Garlic Roasted Chicken Thighs with Sautéed Greens	Eggplant & Tomato Casserole	Lemon Turkey Skillet with Broccoli

Day 6 | Meal Plan

Breakfast: Coconut Yogurt with Granola & Berries

A refreshing, probiotic-rich breakfast packed with fiber and antioxidants.



Ingredients (US & Metric):

- Unsweetened coconut yogurt, 1 cup (240g)
- Low-carb granola, ¼ cup (30g)
- Mixed berries (blueberries, raspberries, strawberries), ½ cup (75g)
- Chia seeds, 1 tbsp (10g)
- Cinnamon, ½ tsp (1g)

Instructions:

1. Spoon coconut yogurt into a bowl.
2. Sprinkle granola, chia seeds, and cinnamon on top.
3. Add mixed berries and serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 250 kcal
- **Carbohydrates:** 20 g
- **Protein:** 8 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation
Time: 5 min

Snack: Roasted Almonds with Coconut Flakes

A protein-rich snack with healthy fats and a mild sweetness.



Ingredients (US & Metric):

- Raw almonds – 1 cup (140g)
- Unsweetened coconut flakes – ¼ cup (20g)
- Olive oil – 1 tbsp (15ml)
- Cinnamon – ½ tsp (1g)
- Salt – a pinch
- Honey or stevia (optional) – ½ tsp (3g)

Instructions:

1. Preheat the oven to 180°C (350°F).
2. In a bowl, toss the raw almonds with olive oil, cinnamon, and salt.
3. Spread the almonds on a baking sheet in a single layer.
4. Roast the almonds for 10–12 minutes, stirring half-way through to ensure even roasting.
5. Remove from the oven and immediately toss with coconut flakes while still warm.
6. (Optional) Drizzle with a small amount of honey or sprinkle with stevia for sweetness.
7. Allow the mixture to cool before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 10 g
- **Protein:** 15 g
- **Fats:** 7 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min

Lunch: Lemon Dill Chicken with Roasted Sweet Potatoes

A protein-rich, hearty meal with balanced carbs and healthy fats.



Ingredients (US & Metric):

- Chicken breast, 1 medium (150g)
- Sweet potato, 1 medium (150g), cubed
- Olive oil, 1 tbsp (15ml)
- Fresh dill, 1 tbsp (5g), chopped
- Lemon juice, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss sweet potato cubes with half the olive oil, salt, and pepper. Roast for 20 minutes.
3. Season chicken with lemon juice, garlic, dill, and remaining olive oil.
4. Grill or bake chicken for 20-25 minutes until fully cooked.
5. Serve with roasted sweet potatoes.

Nutritional Information (Per Serving):

- **Calories:** 450 kcal
- **Carbohydrates:** 35 g
- **Protein:** 45 g
- **Fats:** 12 g
- **Glycemic Index:** Medium



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Dinner: Balsamic Glazed Beef with Roasted Brussels Sprouts

Ingredients (US & Metric):

- Lean beef strips, 1 cup (150g)
- Brussels sprouts, 1 cup (100g), halved
- Olive oil, 1 tbsp (15ml)
- Balsamic vinegar, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss Brussels sprouts with half the olive oil, salt, and pepper. Roast for 20 minutes.
3. Heat remaining olive oil in a pan over medium heat.
4. Add beef strips and garlic, cooking for 5-7 minutes until browned.
5. Stir in balsamic vinegar and cook for another 2 minutes.
6. Serve beef with roasted Brussels sprouts.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

Nutritional Information (Per Serving):

- **Calories:** 450 kcal
- **Carbohydrates:** 18 g
- **Protein:** 45 g
- **Fats:** 18 g
- **Glycemic Index:** Low

Week 5–6 | Day 6 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Coconut Yogurt with Granola & Berries	Avocado & Tomato Breakfast Wrap	Scrambled Tofu with Spinach & Mushrooms
Snack	Roasted Almonds with Coconut Flakes	Roasted Chickpeas with Paprika	Hard-Boiled Egg with Cheese
Lunch	Lemon Dill Chicken with Roasted Sweet Potatoes	Grilled Cauliflower Steaks with Pesto	Garlic Butter Shrimp with Sautéed Greens
Dinner	Balsamic Glazed Beef with Roasted Brussels Sprouts	Eggplant & Lentil Casse-rolé	Grilled Chicken with Roasted Zucchini
Dessert	#6 Chocolate Avocado Mousse	Chia Seed Pudding with Almond Butter & Cocoa	Greek Yogurt Cheese-cake with Berries

Day 7 | Meal Plan

Breakfast: Buckwheat Porridge with Walnuts & Berries

A fiber-rich breakfast with slow-releasing energy and healthy fats.



Ingredients (US & Metric):

- Buckwheat groats, ½ cup (80g)
- Unsweetened almond milk, 1 cup (240ml)
- Walnuts, 2 tbsp (20g), chopped
- Mixed berries, ½ cup (75g)
- Cinnamon, ½ tsp (1g)

Instructions:

1. Rinse buckwheat and bring almond milk to a boil.
2. Add buckwheat, reduce heat, and simmer for 12-15 minutes until soft.
3. Stir in cinnamon, top with walnuts and berries, and serve warm.

Nutritional Information (Per Serving):

- **Calories:** 320 kcal
- **Carbohydrates:** 40 g
- **Protein:** 10 g
- **Fats:** 12 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 15 mins

Snack: Zucchini Chips with Greek Yogurt Dip

A light, crunchy, and fiber-packed



Ingredients (US & Metric):

- Zucchini, 1 medium (150g), thinly sliced
- Olive oil, 1 tbsp (15ml)
- Sea salt, ¼ tsp (1g)
- Black pepper, ¼ tsp (1g)
- Greek yogurt, ½ cup (120g)
- Garlic powder, ½ tsp (1g)
- Lemon juice, 1 tsp (5ml)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini slices with olive oil, sea salt, and black pepper.
3. Arrange on a baking sheet and bake for 15-20 minutes until crisp.
4. Mix Greek yogurt with garlic powder and lemon juice.
5. Serve zucchini chips with Greek yogurt dip.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 12 g
- **Protein:** 8 g
- **Fats:** 10 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Lunch: Grilled Lemon Chicken with Bulgur & Asparagus

A lean protein meal with a fiber-rich whole grain and fresh greens.



Ingredients (US & Metric):

- Chicken breast, 1 medium (150g)
- Cooked bulgur, 1/2 cup (90g)
- Asparagus, 1 cup (100g), trimmed
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat grill to medium heat.
2. Season chicken with lemon juice, garlic, salt, and pepper.
3. Grill for 5-7 minutes per side until cooked through.
4. Sauté asparagus in olive oil for 3-4 minutes.
5. Serve chicken with cooked bulgur and asparagus.

Nutritional Information (Per Serving):

- **Calories:** 430 kcal
- **Carbohydrates:** 38 g
- **Protein:** 45 g
- **Fats:** 12 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

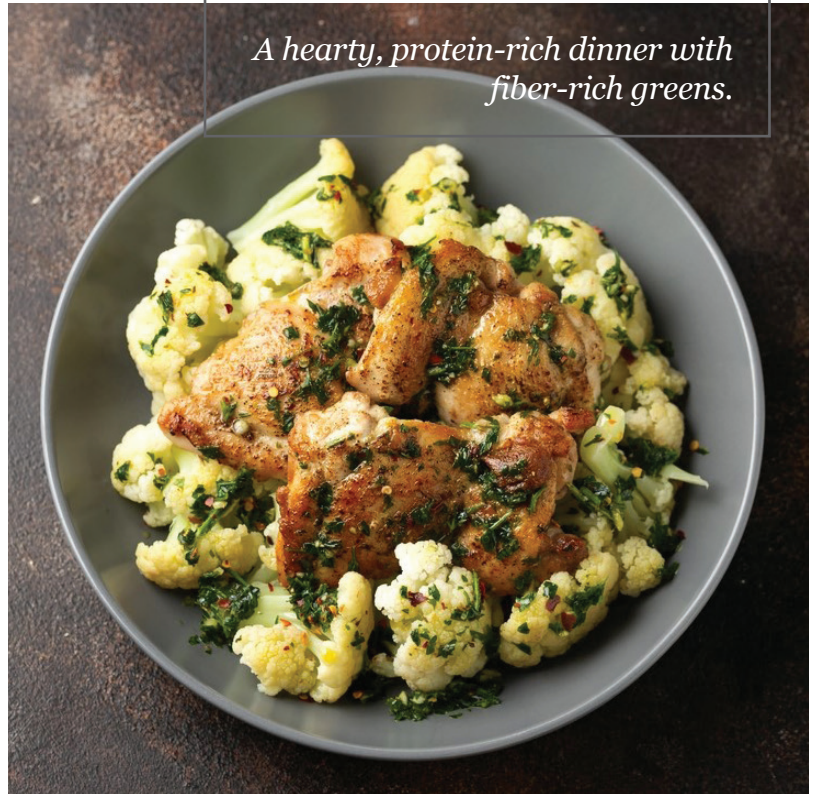
Dinner: Herb-Crusted Turkey with Roasted Cauliflower

Ingredients (US & Metric):

- Turkey breast, 2 small pieces (150g each)
- Cauliflower, 1 cup (100g), florets
- Olive oil, 1 tbsp (15ml)
- Dried thyme, 1/2 tsp (1g)
- Dried oregano, 1/2 tsp (1g)
- Garlic, 1 clove, minced
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss cauliflower with olive oil, garlic, salt, and pepper. Roast for 20 minutes.
3. Season turkey with thyme, oregano, and olive oil.
4. Grill or bake turkey for 15-20 minutes until fully cooked.
5. Serve turkey with roasted cauliflower.



A hearty, protein-rich dinner with fiber-rich greens.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

Nutritional Information (Per Serving):

- **Calories:** 430 kcal
- **Carbohydrates:** 12 g
- **Protein:** 50 g
- **Fats:** 18 g
- **Glycemic Index:** Low

Week 5–6 | Day 7 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Buckwheat Porridge with Walnuts & Berries	Roasted Tomato & Spinach Omelet	Scrambled Eggs with Smoked Salmon & Avocado
Snack	Zucchini Chips with Greek Yogurt Dip	Cucumber Sticks with Tahini Dip	Mini turkey sausage bites
Lunch	Grilled Lemon Chicken with Bulgur & Asparagus	Stuffed Sweet Potatoes with Chickpeas & Herbs	Beef & Avocado Bowl with Cabbage Slaw
Dinner	Herb-Crusted Turkey with Roasted Cauliflower	Mediterranean Lentil & Roasted Eggplant Stew	Grilled Lamb Chops with Garlic Spinach

Weeks 7–8–“Personalization and Flexibility”

“The last stage of your journey is where everything truly falls into place. It’s the point when the slight modifications you’ve employed seem more “natural,” almost second nature.”

Day 1 | Meal Plan

Breakfast: Veggie & Cheese Egg Muffins



Low-carb, protein-packed breakfast muffins that are easy to prep ahead.

Ingredients (US & Metric):

- Eggs, 6 large
- Spinach, 1 cup (30g), chopped
- Bell pepper, 1 small (60g), diced
- Cheddar cheese, 1/4 cup (30g), shredded
- Olive oil, 1 tsp (5ml) for greasing
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 180°C (350°F).
2. Grease a muffin tin with olive oil.
3. In a bowl, whisk the eggs with salt and pepper.
4. Add spinach, bell pepper, and shredded cheese to the egg mixture.
5. Pour the mixture evenly into the muffin tin (about 2/3 full for each).
6. Bake for 18-20 minutes or until the muffins are set.
7. Let cool slightly before removing from the tin. Serve warm or store for later.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 220 kcal
- **Carbohydrates:** 4 g
- **Protein:** 18 g
- **Fats:** 15 g
- **Glycemic Index:** Low

Snack: Dark Chocolate & Almond Bark

A rich, antioxidant-packed snack with healthy fats.



Ingredients (US & Metric):

- Dark chocolate (85% cocoa or higher), 1/2 cup (80g), melted
- Almonds, 1/4 cup (30g), chopped
- Sea salt, a pinch

Instructions:

1. Melt dark chocolate in a microwave or double boiler.
2. Mix in chopped almonds and spread the mixture on parchment paper.
3. Sprinkle with sea salt and refrigerate for 15 minutes until hardened.
4. Break into pieces and serve.

Nutritional Information (Per Serving):

- **Calories:** 200 kcal
- **Carbohydrates:** 10 g
- **Protein:** 4 g
- **Fats:** 18 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 15 mins

Lunch: Grilled chicken Wrap with Avocado & Veggies

A protein-packed, low-carb lunch with fresh veggies



Ingredients (US & Metric):

- Whole-grain tortilla, 2 small (60g each)
- Chicken breast, 1 cup (150g), grilled and sliced
- Avocado, 1/2 (75g), sliced
- Romaine lettuce, 1 cup (50g), shredded
- Tomato, 1 small (60g), sliced
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat the tortilla on a dry pan for 1-2 minutes until warm.
2. In a bowl, toss lettuce, tomato slices, olive oil, lemon juice, salt, and pepper.
3. Place grilled chicken, avocado slices, and the tossed veggies on the tortilla.
4. Roll into a wrap, slice in half, and serve.

Nutritional Information (Per Serving):

- **Calories:** 370 kcal
- **Carbohydrates:** 25 g
- **Protein:** 35 g
- **Fats:** 12 g
- **Glycemic Index:** Low

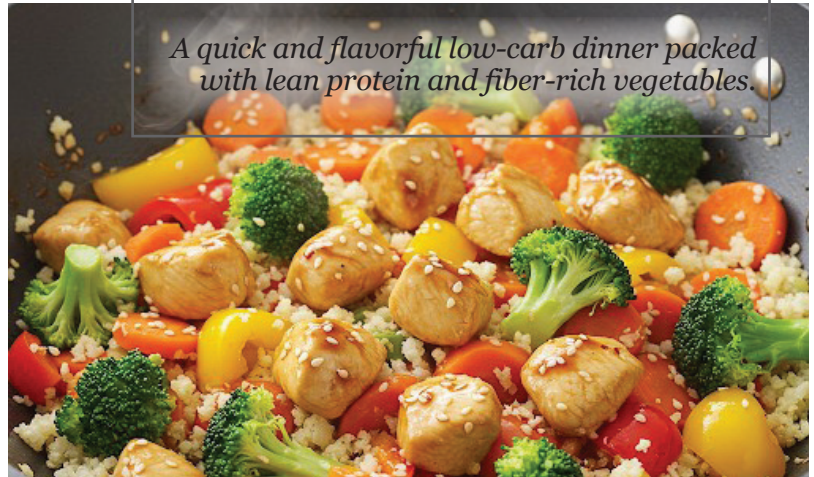


Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 10 mins

Dinner: Chicken and Vegetable Stir-Fry with Cauliflower Rice

Ingredients (US & Metric):

- Chicken breast, diced, 1 cup (150g)
- Cauliflower rice, 2 cups (200g)
- Bell pepper, sliced, 1 medium (120g)
- Broccoli florets, 1 cup (100g)
- Carrot, julienned, 1 medium (60g)
- Garlic, minced, 1 clove
- Soy sauce (low sodium), 2 tbsp (30ml)
- Sesame oil, 1 tsp (5ml)
- Olive oil, 1 tbsp (15ml)
- Fresh ginger, grated, 1 tsp (2g)
- Salt, 1/4 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)



Instructions:

1. Heat olive oil in a large pan or wok over medium-high heat.
2. Add diced chicken and cook for 5-6 minutes until browned and cooked through. Remove and set aside.
3. In the same pan, add garlic and ginger. Sauté for 1 minute until fragrant.
4. Add broccoli, bell pepper, and carrot to the pan. Stir-fry for 5 minutes until tender-crisp.
5. Stir in cooked chicken and soy sauce. Toss to coat.
6. Heat sesame oil in a separate pan and stir-fry cauliflower rice for 3 minutes.
7. Serve stir-fry over cauliflower rice and garnish with sesame seeds if desired.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 15 mins

Nutritional Information (Per Serving):

- **Calories:** 350 kcal
- **Carbohydrates:** 12 g
- **Protein:** 40 g
- **Fats:** 14 g
- **Glycemic Index:** Low

Week 7–8 | Day 1 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Veggie & Cheese Egg Muffins	Spinach & Zucchini Scramble	Scrambled Eggs with Smoked Salmon & Avocado
Snack	Dark Chocolate & Almond Bark	Roasted Bell Peppers with Hummus	Mini turkey sausage bites
Lunch	Grilled chicken Wrap with Avocado & Veggies	Roasted Cauliflower & Chickpea Salad	Grilled Chicken with Spinach & Avocado
Dinner	Chicken and Vegetable Stir-Fry with Cauliflower Rice	Stuffed Bell Peppers with Quinoa & Vegetables	Garlic Butter Shrimp with Asparagus

Day 2 | Meal Plan

Breakfast: Buckwheat Porridge with Walnuts & Berries

Fluffy and lightly spiced pancakes packed with fiber and flavor.



Ingredients (US & Metric):

- Almond flour, 1/2 cup (50g)
- Pumpkin puree, 1/4 cup (60g)
- Eggs, 2 large
- Baking powder, 1/2 tsp (2g)
- Cinnamon, 1/2 tsp (1g)
- Nutmeg, 1/4 tsp (0.5g)
- Olive oil, 1 tbsp (15ml) for cooking

Instructions:

1. In a bowl, whisk together eggs, pumpkin puree, almond flour, baking powder, cinnamon, and nutmeg.
2. Heat olive oil in a skillet over medium heat.
3. Pour batter into small rounds and cook for 2-3 minutes per side until golden.
4. Serve warm with a dollop of Greek yogurt or fresh berries (optional).

Nutritional Information (Per Serving):

- **Calories:** 230 kcal
- **Carbohydrates:** 10 g
- **Protein:** 12 g
- **Fats:** 18 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Snack: Pear Slices with Almond Butter

A naturally sweet snack paired with healthy fats.



Ingredients (US & Metric):

- Pear, 1 medium, sliced
- Almond butter, 2 tbsp (30g)

Instructions:

1. Slice pear into wedges.
2. Dip pear slices into almond butter and enjoy.

Nutritional Information (Per Serving):

- **Calories:** 190 kcal
- **Carbohydrates:** 22 g
- **Protein:** 5 g
- **Fats:** 9 g
- **Glycemic Index:** Low



Portion Size: 2 servings

Preparation

Time: 5 min

Lunch: Grilled Chicken Bowl with Farro & Veggies

A hearty, balanced bowl with lean protein and whole grains.



Ingredients (US & Metric):

- Grilled chicken breast, 1 medium (150g), sliced
- Cooked farro, 1/2 cup (90g)
- Mixed greens, 2 cups (100g)
- Cherry tomatoes, 1/2 cup (75g), halved
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. In a bowl, layer cooked farro, mixed greens, grilled chicken, and cherry tomatoes.
2. Drizzle with olive oil and lemon juice.
3. Toss gently and season with salt and pepper before serving.

Nutritional Information (Per Serving):

- **Calories:** 400 kcal
- **Carbohydrates:** 35 g
- **Protein:** 40 g
- **Fats:** 12 g
- **Glycemic Index:** Medium



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Dinner: Lemon Garlic Shrimp with Quinoa & Asparagus

Ingredients (US & Metric):

- Shrimp, 1 cup (150g), peeled and deveined
- Cooked quinoa, 1/2 cup (90g)
- Asparagus, 1 cup (100g), trimmed
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Sauté garlic for 1 minute, then add shrimp and asparagus.
3. Cook shrimp for 5-6 minutes until pink and asparagus is tender.
4. Stir in lemon juice, season with salt and pepper, and serve over cooked quinoa.



A light, flavorful dinner with lean protein and healthy carbs.



Portion Size: 2 servings

Preparation Time: 10 min

Cooking Time: 15 mins

Nutritional Information (Per Serving):

- **Calories:** 380 kcal
- **Carbohydrates:** 30 g
- **Protein:** 38 g
- **Fats:** 12 g
- **Glycemic Index:** Low

Week 7–8 | Day 2 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Low-Carb Pumpkin Pancakes	Vegetable & Tofu Scramble	Avocado Egg Salad on Romaine
Snack	Pear Slices with Almond Butter	Roasted Spiced Chickpeas	Cottage Cheese with Sesame Seeds
Lunch	Grilled Chicken Bowl with Farro & Veggies	Lentil & Roasted Beet Salad	Herb-Crusted Salmon with Steamed Spinach
Dinner	Lemon Garlic Shrimp with Quinoa & Asparagus	Stuffed Portobello Mushrooms with Vegetables	Grilled Steak with Roasted Brussels Sprouts
Dessert	#7 Coconut Chia Pudding	Coconut Chia Pudding with Steamed Pears & Cinnamon	Coconut Chia Pudding with Greek Yogurt & Almond Butter

Day 3 | Meal Plan

Breakfast: Spinach & Feta Omelette

A savory, protein-rich breakfast with healthy greens.



Ingredients (US & Metric):

- Eggs, 4 large
- Spinach, 1 cup (30g), chopped
- Feta cheese, 1/4 cup (30g), crumbled
- Olive oil, 1 tbsp (15ml)
- Salt, 1/4 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Whisk eggs with salt and pepper in a bowl.
2. Heat olive oil in a pan over medium heat.
3. Add spinach and sauté for 1-2 minutes until wilted.
4. Pour in the eggs and cook until set on the edges.
5. Sprinkle feta on top, fold the omelette, and serve warm.

Nutritional Information (Per Serving):

- **Calories:** 220 kcal
- **Carbohydrates:** 3 g
- **Protein:** 18 g
- **Fats:** 15 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Snack: Celery Sticks with Cream Cheese

A crunchy, satisfying snack with creamy texture and healthy fats.



Ingredients (US & Metric):

- Celery stalks, 2 medium, cut into sticks
- Cream cheese, 2 tbsp (30g)

Instructions:

1. Spread cream cheese onto celery sticks and serve.

Nutritional Information (Per Serving):

- **Calories:** 110 kcal
- **Carbohydrates:** 3 g
- **Protein:** 3 g
- **Fats:** 10 g
- **Glycemic Index:** Low



Portion Size: 2 servings

Preparation

Time: 5 min

Lunch: Turkey & Avocado Lettuce Wraps

A light and refreshing lunch with lean protein and healthy fats.



Ingredients (US & Metric):

- Cooked turkey breast, 1 cup (150g), sliced
- Romaine lettuce leaves, 6 large
- Avocado, 1/2 (75g), sliced
- Tomato, 1 small (60g), diced
- Dijon mustard, 1 tbsp (15ml)
- Olive oil, 1 tsp (5ml)
- Salt, 1/4 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Lay lettuce leaves flat and spread a small amount of Dijon mustard on each.
2. Top with turkey slices, avocado, and tomato.
3. Drizzle with olive oil and season with salt and pepper.
4. Roll into wraps and serve.

Nutritional Information (Per Serving):

- **Calories:** 290 kcal
- **Carbohydrates:** 6 g
- **Protein:** 30 g
- **Fats:** 17 g
- **Glycemic Index:** Medium



Portion Size: 2 servings
Preparation
Time: 10 min

Dinner: Grilled Lamb Chops with Roasted Cauliflower

Ingredients (US & Metric):

- Lamb chops, 2 (150g each)
- Cauliflower florets, 2 cups (200g)
- Olive oil, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Rosemary, 1 tsp (1g), chopped
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss cauliflower florets with olive oil, garlic, rosemary, salt, and pepper. Spread on a bak-ing sheet and roast for 20 minutes.
3. Season lamb chops with salt and pepper. Grill over medium-high heat for 3-4 minutes per side.
4. Serve lamb chops with roasted cauliflower.



A hearty, protein-packed dinner with nutrient-dense vegetables.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20 mins

Nutritional Information (Per Serving):

- **Calories:** 450 kcal
- **Carbohydrates:** 10 g
- **Protein:** 40 g
- **Fats:** 25 g
- **Glycemic Index:** Low

Week 7–8 | Day 3 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Spinach & Feta Omelette	Savory Cauliflower Pancakes	Scrambled Eggs with Turkey Sausage & Spinach
Snack	Celery Sticks with Cream Cheese	Roasted Zucchini Sticks with Tahini	Hard-Boiled Eggs with Cheese
Lunch	Turkey & Avocado Lettuce Wraps	Ratatouille with Lentils	Herb-Crusted Cod with Steamed Green Beans
Dinner	Grilled Lamb Chops with Roasted Cauliflower	Stuffed Zucchini Boats with Vegetables & Herbs	Grilled Chicken with Zucchini Noodles

Day 4 | Meal Plan

Breakfast: Low-Carb Zucchini Fritters with Greek Yogurt Dip

A savory, fiber-rich breakfast packed with vegetables.



Ingredients (US & Metric):

- Zucchini, 1 medium (150g), grated
- Almond flour, 1/4 cup (25g)
- Egg, 1 large
- Garlic powder, 1/2 tsp (1g)
- Olive oil, 1 tbsp (15ml)
- Greek yogurt, 1/4 cup (60g), for dipping
- Lemon juice, 1 tsp (5ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Grate the zucchini, then squeeze out excess moisture with a paper towel.
2. Mix zucchini, almond flour, egg, garlic powder, salt, and pepper in a bowl.
3. Heat olive oil in a skillet over medium heat. Drop spoonfuls of the mixture into the skillet, flattening into patties.
4. Cook for 3-4 minutes per side until golden brown.
5. Mix Greek yogurt and lemon juice for dipping and serve with fritters.

Nutritional Information (Per Serving):

- **Calories:** 220 kcal
- **Carbohydrates:** 8 g
- **Protein:** 10 g
- **Fats:** 16 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 10 mins

Snack: Cottage Cheese with Fresh Blueberries

A crunchy, satisfying snack with creamy texture and healthy fats.



Ingredients (US & Metric):

- Cottage cheese, 1/2 cup (120g)
- Fresh blueberries, 1/4 cup (40g)

Instructions:

1. Combine cottage cheese and fresh blueberries in a bowl.
2. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 140 kcal
- **Carbohydrates:** 8 g
- **Protein:** 14 g
- **Fats:** 5 g
- **Glycemic Index:** Low



Portion Size: 2 servings

Preparation

Time: 5 min

Lunch: Chicken Caesar Salad with Quinoa

A light and refreshing lunch with lean protein and healthy fats.



Ingredients (US & Metric):

- Grilled chicken breast, 1 cup (150g), sliced
- Cooked quinoa, 1/2 cup (90g)
- Romaine lettuce, 2 cups (100g), chopped
- Parmesan cheese, 2 tbsp (10g), grated
- Caesar dressing (low-sugar), 2 tbsp (30ml)
- Olive oil, 1 tsp (5ml)
- Salt, 1/4 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Toss romaine lettuce, quinoa, grilled chicken, and Parmesan cheese in a large bowl.
2. Drizzle with Caesar dressing and olive oil, then season with salt and pepper.
3. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 400 kcal
- **Carbohydrates:** 22 g
- **Protein:** 38 g
- **Fats:** 15 g
- **Glycemic Index:** Low to Medium



Portion Size: 2 servings
Preparation
Time: 10 min

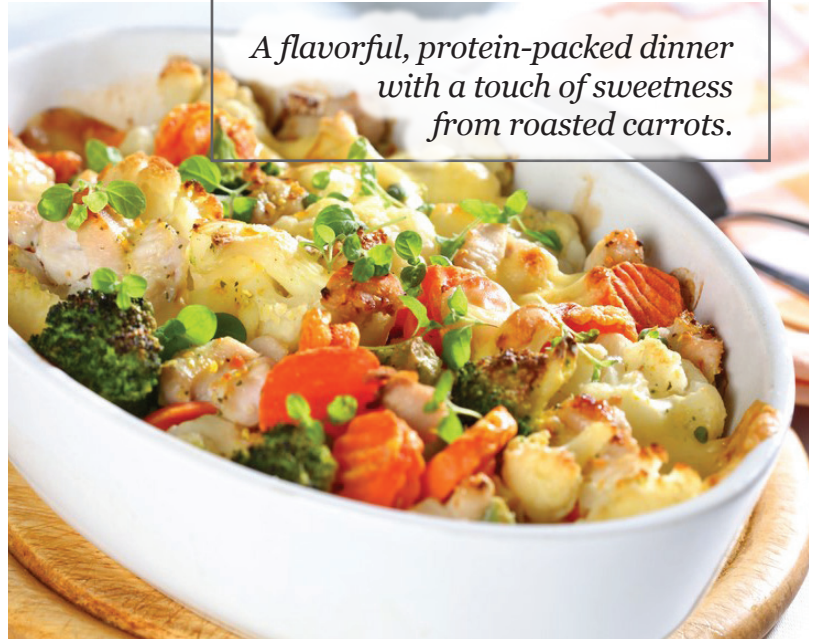
Dinner: Baked Herb-Crusted Chicken with Roasted Carrots

Ingredients (US & Metric):

- Chicken breast, 2 medium (150g each)
- Carrots, 2 medium (150g), sliced
- Olive oil, 1 tbsp (15ml)
- Dijon mustard, 1 tbsp (15ml)
- Breadcrumbs, 1/4 cup (30g)
- Parmesan cheese, 2 tbsp (15g), grated
- Dried thyme, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. In a small bowl, mix breadcrumbs, Parmesan cheese, thyme, salt, and pepper.
3. Brush chicken breasts with Dijon mustard, then coat with the breadcrumb mixture.
4. Place chicken on a baking sheet and arrange carrot slices around it.
5. Drizzle olive oil over the carrots and season with a pinch of salt and pepper.
6. Bake for 20-25 minutes or until the chicken is fully cooked and the carrots are tender.
7. Serve warm.



A flavorful, protein-packed dinner with a touch of sweetness from roasted carrots.

Nutritional Information (Per Serving):

- **Calories:** 400 kcal
- **Carbohydrates:** 18 g
- **Protein:** 42 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings

Preparation Time: 10 min

Cooking Time: 25 mins

Week 7–8 | Day 4 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Low-Carb Zucchini Fritters with Greek Yogurt Dip	Vegetable Breakfast Bowl with Avocado	Spinach Omelette with Turkey Bacon
Snack	Cottage Cheese with Fresh Blueberries	Kohlrabi sticks with avocado yogurt dip	Hard-Boiled Egg with Pumpkin Seeds
Lunch	Chicken Caesar Salad with Quinoa	Grilled Vegetables with Hummus	Lemon Herb Baked Cod with Spinach
Dinner	Baked Herb-Crusted Chicken with Roasted Carrots	Stuffed Eggplant with Mushrooms	Grilled Steak with Steamed Broccoli

Day 5 | Meal Plan

Breakfast: Spinach & Goat Cheese Wrap

A protein-packed, low-carb breakfast that's quick and portable.



Ingredients (US & Metric):

- Whole-grain tortilla, 1 medium (40g)
- Spinach, 1 cup (30g), chopped
- Goat cheese, 2 tbsp (30g)
- Egg, 1 large, scrambled
- Olive oil, 1 tsp (5ml)
- Salt, 1/4 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Heat olive oil in a skillet and lightly sauté spinach for 1-2 minutes.
2. Add the scrambled egg and cook until set.
3. Warm the tortilla, spread goat cheese, and add the spinach-egg mixture.
4. Season with salt and pepper, then roll into a wrap and serve.

Nutritional Information (Per Serving):

- **Calories:** 230 kcal
- **Carbohydrates:** 12 g
- **Protein:** 14 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 5 mins

Snack: Zucchini Chips with Greek Yogurt Dip



A crunchy, low-carb snack with a creamy dip.

Ingredients (US & Metric):

- Zucchini, 1 medium (150g), thinly sliced
- Olive oil, 1 tbsp (15ml)
- Garlic powder, 1/4 tsp (0.5g)
- Paprika, 1/4 tsp (0.5g)
- Greek yogurt, 1/4 cup (60g)
- Lemon juice, 1 tsp (5ml)
- Salt, 1/4 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini slices with olive oil, garlic powder, paprika, salt, and pepper.
3. Arrange on a baking sheet in a single layer and bake for 15-20 minutes until crisp.
4. Mix Greek yogurt with lemon juice for the dip and serve alongside zucchini chips.

Nutritional Information (Per Serving):

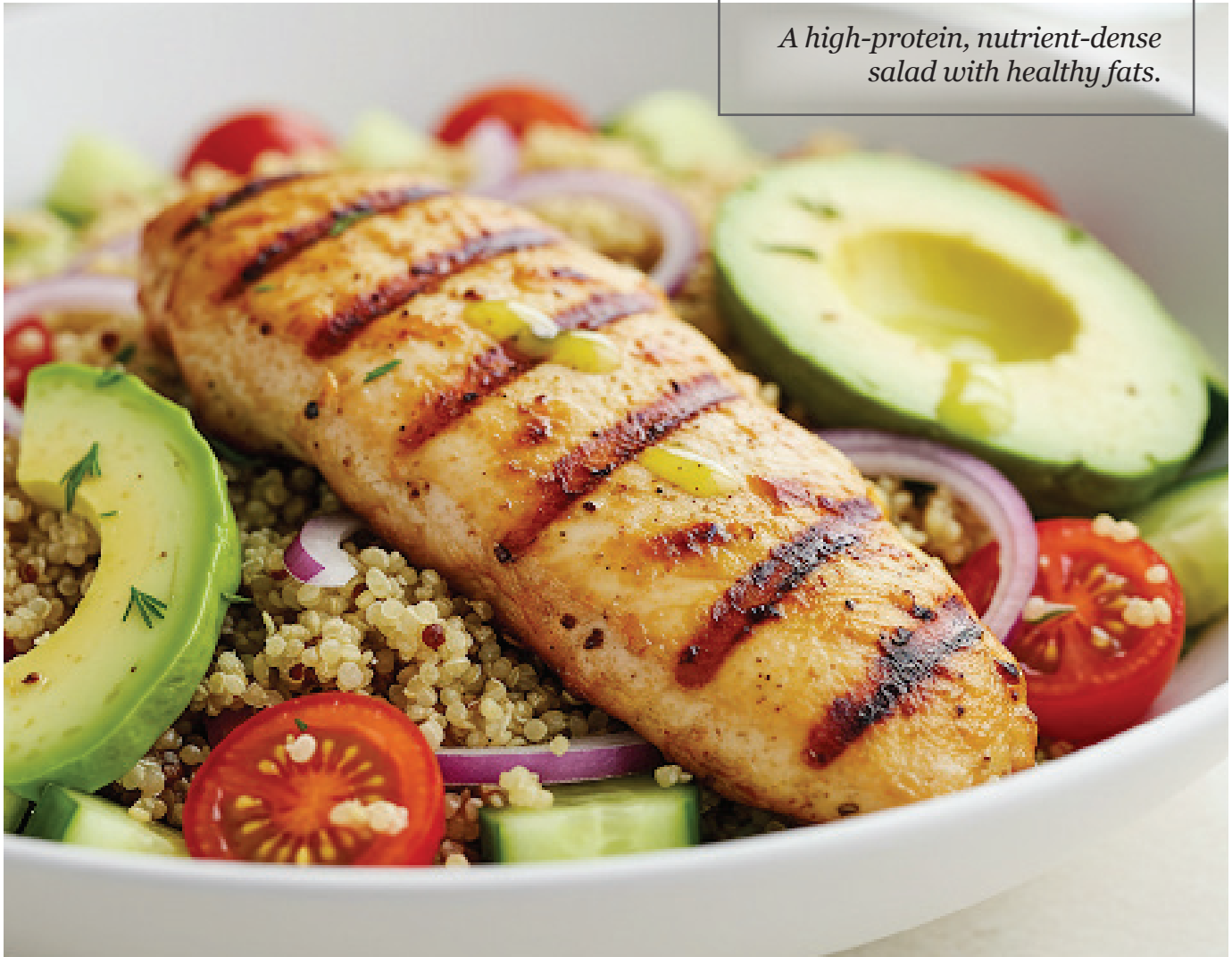
- **Calories:** 120 kcal
- **Carbohydrates:** 6 g
- **Protein:** 5 g
- **Fats:** 8 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 5 mins

Lunch: Grilled Chicken Salad with Quinoa & Avocado

A high-protein, nutrient-dense salad with healthy fats.



Ingredients (US & Metric):

- Grilled chicken breast, 1 cup (150g), sliced
- Cooked quinoa, 1/2 cup (90g)
- Mixed greens, 2 cups (100g)
- Avocado, 1/2 (75g), sliced
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 15 mins

Instructions:

1. In a large bowl, combine mixed greens, quinoa, grilled chicken, and avocado.
2. Drizzle with olive oil and lemon juice.
3. Season with salt and pepper, then toss gently.
4. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 380 kcal
- **Carbohydrates:** 20 g
- **Protein:** 40 g
- **Fats:** 15 g
- **Glycemic Index:** Low to Medium

Dinner: Baked Cod with Herb Quinoa & Steamed Broccoli

Ingredients (US & Metric):

- Cod fillets, 2 (120g each)
- Cooked quinoa, 1/2 cup (90g)
- Broccoli florets, 2 cups (200g)
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic, 1 clove, minced
- Dried parsley, 1 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Season cod fillets with olive oil, lemon juice, garlic, parsley, salt, and pepper.
3. Place cod on a baking sheet and bake for 12-15 minutes until flaky.
4. Steam broccoli for 5-7 minutes until tender.
5. Serve cod over cooked quinoa with steamed broccoli on the side.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 20mins

Nutritional Information (Per Serving):

- **Calories:** 400 kcal
- **Carbohydrates:** 25 g
- **Protein:** 42 g
- **Fats:** 12 g
- **Glycemic Index:** Low to Medium

Week 7-8 | Day 5 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Spinach & Goat Cheese Wrap	Vegetable Scramble with Spinach & Tomatoes	Boiled Eggs with Avocado Slices
Snack	Zucchini Chips with Greek Yogurt Dip	Cauliflower florets with curry dip	Sardine bites with tomato
Lunch	Grilled Chicken Salad with Quinoa & Avocado	Vegetable Stuffed Tomatoes with Herbs	Turkey Lettuce Wraps with Mustard Sauce
Dinner	Baked Cod with Herb Quinoa & Steamed Broccoli	Stuffed Zucchini with Vegetables & Herbs	Baked Turkey with Roasted Eggplant
Dessert	#8 Mixed Berry Greek Yogurt	Mixed Berry Greek Yogurt with Steamed Apples & Cinnamon	Mixed Berry Greek Yogurt with Almond Butter & Pumpkin Seeds

Day 6 | Meal Plan

Breakfast: Cauliflower Hash Browns with Eggs

A low-carb, veggie-packed breakfast option.



Ingredients (US & Metric):

- Cauliflower, grated, 1 cup (100g)
- Egg, 1 large
- Almond flour, 2 tbsp (15g)
- Garlic powder, 1/4 tsp (0.5g)
- Salt, 1/4 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)
- Olive oil, 1 tbsp (15ml), for frying
- Eggs, 2 large, fried or poached

Instructions:

1. Mix grated cauliflower, 1 egg, almond flour, garlic powder, salt, and pepper in a bowl.
2. Heat olive oil in a skillet over medium heat.
3. Form small patties from the cauliflower mixture and fry for 3-4 minutes per side until golden brown.
4. Serve with fried or poached eggs on top.

Nutritional Information (Per Serving):

- **Calories:** 210 kcal
- **Carbohydrates:** 8 g
- **Protein:** 12 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 10 mins

Snack: Bell Pepper Nachos

*A crunchy, low-carb snack
with a creamy dip*



Ingredients (US & Metric):

- Bell peppers, 1 large (150g), sliced into wedges
- Cheddar cheese, shredded, 1/4 cup (30g)
- Salsa (low-sugar), 2 tbsp (30g)
- Jalapeño slices (optional), 2-3 slices
- Fresh cilantro, chopped, 1 tsp (1g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Arrange bell pepper slices on a baking sheet.
3. Sprinkle shredded cheese evenly on top.
4. Bake for 8-10 minutes until cheese is melted.
5. Add salsa, jalapeño slices, and cilantro before serving.

Nutritional Information (Per Serving):

- **Calories:** 120 kcal
- **Carbohydrates:** 6 g
- **Protein:** 8 g
- **Fats:** 7 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Cooking Time: 10 mins

Lunch: Greek Lentil & Spinach Bowl

A hearty and nutritious plant-based lunch rich in fiber and protein.



Ingredients (US & Metric):

- Cooked lentils, 1 cup (150g)
- Fresh spinach, 2 cups (60g)
- Cherry tomatoes, 1/2 cup (75g), halved
- Feta cheese, crumbled, 1/4 cup (30g)
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic, minced, 1 clove
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

Instructions:

1. In a large skillet, heat olive oil and sauté garlic for 1-2 minutes.
2. Add spinach and cook until wilted.
3. In a bowl, combine cooked lentils, spinach, cherry tomatoes, and feta cheese.
4. Drizzle with lemon juice and season with salt and pepper. Toss gently and serve warm.

Nutritional Information (Per Serving):

- **Calories:** 320 kcal
- **Carbohydrates:** 30 g
- **Protein:** 16 g
- **Fats:** 12 g
- **Glycemic Index:** Low

Dinner: Baked Turkey Meatballs with Zucchini Noodles

Ingredients (US & Metric):

- Ground turkey, 1 cup (200g)
- Almond flour, 2 tbsp (15g)
- Egg, 1 large
- Garlic powder, 1/2 tsp (1g)
- Dried parsley, 1 tsp (2g)
- Zucchini, spiralized, 2 cups (200g)
- Olive oil, 1 tbsp (15ml)
- Marinara sauce (low-sugar), 1/2 cup (120ml)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. In a bowl, mix ground turkey, almond flour, egg, garlic powder, parsley, salt, and pepper.
3. Form meatballs and place on a baking sheet. Bake for 20-25 minutes.
4. Heat olive oil in a skillet, add zucchini noodles, and sauté for 2-3 minutes.
5. Top zucchini noodles with baked meatballs and marinara sauce.



A flavorful, protein-packed dinner with a low-carb twist.

Nutritional Information (Per Serving):

- **Calories:** 360 kcal
- **Carbohydrates:** 14 g
- **Protein:** 38 g
- **Fats:** 16 g
- **Glycemic Index:** Low



Portion Size: 2 servings

Preparation Time: 15 min

Cooking Time: 25 mins

Week 7–8 | Day 6 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Cauliflower Hash Browns with Eggs	Sweet Potato & Spinach Breakfast Bowl	Scrambled Eggs with Turkey Sausage
Snack	Bell Pepper Nachos	Snap peas with spicy tahini dip	Hard-Boiled Egg with Cashews
Lunch	Greek Lentil & Spinach Bowl	Stuffed Bell Peppers with Vegetables	Grilled Salmon with Steamed Asparagus
Dinner	Baked Turkey Meatballs with Zucchini Noodles	Eggplant Stew with Chickpeas	Lemon Garlic Shrimp with Cauliflower Rice

Day 7 | Meal Plan

Breakfast: Cauliflower Hash Browns with Eggs

*A creamy,
fiber-packed
breakfast option.*



Ingredients (US & Metric):

- Unsweetened almond milk, 1 cup (240ml)
- Chia seeds, 3 tbsp (45g)
- Vanilla extract, 1/2 tsp (2.5ml)
- Blueberries, 1/2 cup (75g)
- Stevia or erythritol (optional), 1 tsp (5g)

Instructions:

1. In a bowl, mix almond milk, chia seeds, vanilla extract, and stevia (if using).
2. Stir well, cover, and refrigerate for at least 4 hours or overnight.
3. top with fresh blueberries.

Nutritional Information (Per Serving):

- **Calories:** 200 kcal
- **Carbohydrates:** 12 g
- **Protein:** 16 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Chill Time: 4 hours

Snack: Cucumber Slices with Lemon Ricotta Spread

A light, refreshing snack with a citrusy kick.



Ingredients (US & Metric):

- Cucumber, sliced, 1 medium (150g)
- Ricotta cheese, 1/4 cup (60g)
- Lemon zest, 1/2 tsp (1g)
- Lemon juice, 1 tsp (5ml)
- Salt, 1/4 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. In a small bowl, mix ricotta cheese with lemon zest, lemon juice, salt, and pepper.
2. Spread the mixture onto cucumber slices and serve.

Nutritional Information (Per Serving):

- **Calories:** 90 kcal
- **Carbohydrates:** 5 g
- **Protein:** 5 g
- **Fats:** 6 g
- **Glycemic Index:** Low



Portion Size: 2 servings

Preparation

Time: 5 min

Lunch: Greek Lentil & Spinach Bowl

A balanced and hearty lunch.



Ingredients (US & Metric):

- Chicken breast, 2 medium (300g total)
- Sweet potatoes, peeled and diced, 1 cup (150g)
- Olive oil, 1 tbsp (15ml)
- Garlic powder, 1/2 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)
- Fresh parsley, chopped, 1 tbsp (5g)

Instructions:

1. Preheat grill or stovetop pan over medium heat.
2. Season chicken breasts with garlic powder, salt, and pepper. Grill for 6-8 minutes per side until cooked through.
3. Boil sweet potatoes for 15 minutes until tender. Mash with olive oil, salt, and pepper.
4. Serve chicken with sweet potato mash and garnish with parsley.

Nutritional Information (Per Serving):

- **Calories:** 380 kcal
- **Carbohydrates:** 25 g
- **Protein:** 42 g
- **Fats:** 10 g
- **Glycemic Index:** Medium



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

Dinner: Herb-Crusted Salmon with Green Beans

Ingredients (US & Metric):

- Salmon fillets, 2 (150g each)
- Green beans, trimmed, 2 cups (200g)
- Olive oil, 1 tbsp (15ml)
- Lemon juice, 1 tbsp (15ml)
- Garlic, minced, 1 clove
- Dried dill, 1 tsp (1g)
- Salt, 1/2 tsp (1g)
- Black pepper, 1/4 tsp (0.5g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Rub salmon with olive oil, lemon juice, garlic, dill, salt, and pepper.
3. Place salmon on a baking sheet and bake for 12-15 minutes.
4. Steam green beans for 5-7 minutes until tender.
5. Serve salmon with green beans on the side.



Portion Size: 2 servings
Preparation Time: 10 min
Cooking Time: 25 mins

Nutritional Information (Per Serving):

- **Calories:** 420 kcal
- **Carbohydrates:** 8 g
- **Protein:** 42 g
- **Fats:** 24 g
- **Glycemic Index:** Low

Week 7–8 | Day 7 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Low-Carb Blueberry Chia Pudding	Sautéed Kale with Tofu Scramble	Omelet with Spinach & Feta Cheese
Snack	Cucumber Slices with Lemon Ricotta Spread	Roasted Broccoli Florets with Almonds	Hard-Boiled Egg with Pumpkin Seeds
Lunch	Grilled Chicken with Sweet Potato Mash	Vegetable Soup with Cauliflower Rice	Turkey Salad Wraps with Avocado
Dinner	Herb-Crusted Salmon with Green Beans	Lentil & Spinach Stuffed Zucchini	Herb-Rubbed Steak with Garlic Mushrooms

6.4. Weekly assignments and “progress chart”

Introduction

The goal of Weeks 3 and 4 is not just to eat better but to make lasting changes that stick. This section will guide you through simple weekly assignments designed to build new habits while allowing for personal reflection and progress tracking. The progress chart helps you assess your journey and celebrate every small victory.

Habit of the Week (Week 3) | Practice Mindful Eating

Mindful eating helps you tune into your body’s hunger and fullness signals, reducing overeating and supporting blood sugar control.

Steps to Practice Mindful Eating:

1. **Start Slow:** Dedicate at least 20 minutes to each meal. Chew slowly and savor each bite.
2. **Pause and Reflect:** Halfway through your meal, put down your utensils, and ask yourself: “Am I still hungry, or am I satisfied?”
3. **Engage Your Senses:** Notice the colors, textures, and flavors of your food.
4. **Eliminate Distractions:** Avoid eating in front of the TV or scrolling on your phone.

Progress Check:

- Did you eat at least one meal mindfully every day this week?
- Note how you felt: Was your digestion better? Did you feel more satisfied with less food?

Habit of the Week (Week 4) | Portion Awareness

Learning proper portion sizes is key to maintaining steady blood sugar levels and preventing overeating.

1. **Use Visual Cues:**
 - Protein: A portion the size of your palm.
 - Carbs: A portion the size of your fist.
 - Fats: About the size of your thumb.
2. **Start with Smaller Servings:** You can always go back for seconds if you’re still hungry.
3. **Measure When Necessary:** For high-carb foods like rice or quinoa, measure out ½ cup servings until you can estimate visually.
4. **Listen to Your Body:** Stop eating when you’re about 70-80% full.

Progress Check:

- Did you control portion sizes during most of your meals?
- Note how this impacted your energy levels and hunger cues.

Weekly Progress Chart

Track your habits and outcomes to stay motivated. Use this chart to evaluate your progress during Weeks 3 and 4.

Day	Mindful Eating (Yes/No)	Portion Awareness (Yes/No)	Energy Levels (1-5)*	Blood Sugar Stability (1-5)**
Day 1 (Week 3)				
Day 2 (Week 3)				
Day 3 (Week 3)				
Day 4 (Week 3)				
Day 5 (Week 3)				
Day 6 (Week 3)				
Day 7 (Week 3)				
Day 1 (Week 4)				
Day 2 (Week 4)				
Day 3 (Week 4)				
Day 4 (Week 4)				
Day 5 (Week 4)				
Day 6 (Week 4)				
Day 7 (Week 4)				

*1 = Low energy, 5 = High energy

**1 = Blood sugar spikes or dips, 5 = Stable blood sugar throughout the day

Reflection Questions

At the end of Week 4, take some time to reflect on your progress:

- What habits felt easiest to implement? What made them easier?
- Which habit(s) did you struggle with, and why?
- How did mindful eating and portion awareness impact your energy, mood, and blood sugar levels?
- What's one habit you want to continue focusing on in the coming weeks?

By tracking your habits and making small adjustments, you'll continue to build a sustainable, diabetes-friendly lifestyle that aligns with your personal goals.

“You’re not fighting your blood sugar anymore — you’re negotiating with it.”
“You’re no longer on a diet — you’re learning how to befriend your body through food.”

Diabetes Friendly Desserts

Dessert#1: Dark Chocolate Chia Pudding

A fiber-rich, low-carb treat with a creamy texture and deep chocolate flavor.



Ingredients (US & Metric):

- Chia seeds – 3 tbsp (36g)
- Unsweetened almond milk – 1 cup (240ml)
- Unsweetened cocoa powder – 1 tbsp (7g)
- Stevia or erythritol – 1–2 tsp (to taste)
- Vanilla extract – ½ tsp (2ml)
- Dark chocolate shavings (85% or higher) – 1 tsp (3g) for topping

Instructions:

1. Mix all ingredients in a bowl or jar, stirring well to prevent clumps.
2. Let it sit for 5 minutes, then stir again to evenly distribute the chia seeds.
3. Cover and refrigerate for at least 2 hours (or overnight) until thickened.
4. Sprinkle dark chocolate shavings before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 12 g
- **Protein:** 6 g
- **Fats:** 12 g
- **Glycemic Index:** Very Low



Portion Size: 2 servings
Preparation Time: 10 min
Chill Time: 2 hours

Dessert#2: Greek Yogurt Cheesecake with Berries

A light, sugar-free cheesecake with natural sweetness.



Ingredients (US & Metric):

- Greek yogurt – 1 cup (240g)
- Cream cheese – 2 oz (60g), softened
- Stevia – 1 tbsp (10g)
- Vanilla extract – ½ tsp (2ml)
- Mixed berries – ½ cup (75g)
- Almond flour – 2 tbsp (15g)
- Coconut oil – ½ tbsp (7ml)

Instructions:

1. In a bowl, mix almond flour and melted coconut oil, pressing it into a small dish to form a crust.
2. In another bowl, blend Greek yogurt, cream cheese, stevia, and vanilla extract until smooth.
3. Spread the mixture over the crust and top with mixed berries.
4. Refrigerate for at least 1 hour before serving.

Nutritional Information (Per Serving):

- **Calories:** 220 kcal
- **Carbohydrates:** 15 g
- **Protein:** 12 g
- **Fats:** 12 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 15 min
Chill Time: 1 hours

Dessert#3: Almond Butter Protein Balls

A simple, no-bake, protein-packed snack perfect for stabilizing blood sugar.



Ingredients (US & Metric):

- Almond butter – ¼ cup (60g)
- Protein powder (vanilla or chocolate) – 1 scoop (30g)
- Chia seeds – 1 tbsp (15g)
- Unsweetened cocoa powder – 1 tbsp (7g)
- Stevia or erythritol – 1 tbsp (10g)
- Almond flour – ¼ cup (30g)
- Water – 1-2 tbsp (15-30ml)

Instructions:

1. In a mixing bowl, combine almond butter, protein powder, chia seeds, cocoa powder, and sweetener.
2. Gradually add almond flour and mix well. Add water, a tablespoon at a time, until the mixture reaches a dough-like consistency.
3. Roll the mixture into 6 small balls, about 1 inch in diameter.
4. Refrigerate for at least 30 minutes before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 6 g
- **Protein:** 12 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 6 servings
Preparation
Time: 10 min

Dessert#4: Baked Cinnamon Apples



A warm, comforting dessert with a touch of sweetness from the apples, balanced with protein and healthy fats.

Ingredients (US & Metric):

- Apples (medium, cored) – 2 (250g)
- Cinnamon – 1 tsp (2g)
- Stevia or erythritol – 1 tbsp (10g)
- Almond butter – 1 tbsp (16g)
- Walnuts (chopped) – 2 tbsp (15g)
- Water – 2 tbsp (30ml)

Instructions:

1. Preheat the oven to 350°F (175°C).
2. Core the apples and place them in a baking dish.
3. Mix cinnamon, stevia, almond butter, and water in a small bowl, then spoon the mixture into the center of each apple.
4. Top with chopped walnuts.
5. Cover the dish with foil and bake for 25-30 minutes, or until the apples are tender.
6. Serve warm.

Nutritional Information (Per Serving):

- **Calories:** 160 kcal
- **Carbohydrates:** 22 g
- **Protein:** 3 g
- **Fats:** 8 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Baking Time: 30 min

Dessert#5: Sugar-Free Vanilla Pudding



A creamy, sugar-free treat that's rich in flavor and low in glycemic impact.

Ingredients (US & Metric):

- Unsweetened almond milk – 1 cup (240ml)
- Stevia or erythritol – 1 tbsp (10g)
- Vanilla extract – 1 tsp (5ml)
- Xanthan gum – ¼ tsp (1g)
- Egg yolks – 2 (40g)
- Unsweetened coconut cream – 2 tbsp (30g)

Instructions:

1. In a small saucepan, heat the almond milk over medium heat until it's warm but not boiling.
2. In a separate bowl, whisk the egg yolks and sweetener until smooth.
3. Gradually add the warm almond milk into the egg mixture while whisking continuously to avoid curdling.
4. Return the mixture to the saucepan and cook over low heat, whisking constantly until it thickens.
5. Remove from heat and stir in vanilla extract and coconut cream.
6. Pour into bowls, cover with plastic wrap (touching the surface), and refrigerate for at least 1 hour before serving.

Nutritional Information (Per Serving):

- **Calories:** 120 kcal
- **Carbohydrates:** 5 g
- **Protein:** 3 g
- **Fats:** 10 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Chill Time: 1 hours

Dessert#6: Chocolate Avocado Mousse

A warm, comforting dessert with a touch of sweetness from the apples, balanced with protein and healthy fats.



Ingredients (US & Metric):

- Ripe avocado – 1 (150g)
- Unsweetened cocoa powder – 2 tbsp (10g)
- Stevia or erythritol – 1 tbsp (10g)
- Vanilla extract – 1 tsp (5ml)
- Almond milk (unsweetened) – 2 tbsp (30ml)
- Salt – a pinch

Instructions:

1. Scoop out the avocado and place it in a blender or food processor.
2. Add cocoa powder, sweetener, vanilla extract, almond milk, and a pinch of salt.
3. Blend until smooth and creamy.
4. Taste and adjust sweetness if needed.
5. Refrigerate for at least 30 minutes before serving to allow flavors to meld.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 12 g
- **Protein:** 3 g
- **Fats:** 15 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min

Dessert#7: Coconut Chia Pudding

A creamy and satisfying dessert made with coconut milk, chia seeds, and a touch of sweetness.



Ingredients (US & Metric):

- Chia seeds – 3 tbsp (30g)
- Coconut milk (unsweetened) – 1 cup (240ml)
- Stevia or erythritol – 1 tbsp (10g)
- Vanilla extract – ½ tsp (2ml)
- Unsweetened shredded coconut – 2 tbsp (15g)

Instructions:

1. In a bowl, combine chia seeds, coconut milk, stevia, and vanilla extract.
2. Stir well and cover.
3. Refrigerate for at least 4 hours or overnight until it thickens.
4. Top with shredded coconut before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 8 g
- **Protein:** 4 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 5 min
Chill Time: 4 hours

Dessert#8: Mixed Berry Greek Yogurt

A simple, creamy, and refreshing dessert that's high in protein and loaded with antioxidants from the berries.



Ingredients (US & Metric):

- Greek yogurt (unsweetened) – 1 cup (240g)
- Mixed berries (blueberries, strawberries, raspberries) – ½ cup (75g)
- Stevia or erythritol – 1 tbsp (10g)
- Chia seeds – 1 tsp (5g)
- Almond butter (optional) – 1 tbsp (16g)



Portion Size: 2 servings

Preparation

Time: 5 min

Instructions:

1. In a bowl, combine Greek yogurt and sweetener.
2. Stir in mixed berries and chia seeds.
3. Top with almond butter for added texture (optional).
4. Serve immediately or refrigerate for 30 minutes before serving for a colder treat.

Nutritional Information (Per Serving):

- **Calories:** 170 kcal
- **Carbohydrates:** 15 g
- **Protein:** 14 g
- **Fats:** 7 g
- **Glycemic Index:** Low

Diabetes Friendly Desserts BONUS

Lemon Ricotta Mousse

A light, creamy mousse with a refreshing citrus flavor.



Ingredients (US & Metric):

- Ricotta cheese 1/2 cup (120g)
- Greek yogurt 1/4 cup (60g)
- Lemon zest 1 tsp (2g)
- Lemon juice 1 tbsp (15ml)
- Stevia or erythritol 1 tbsp (4g)
- Vanilla extract 1/2 tsp (2ml)



Portion Size: 2 servings
Preparation Time: 10 min
Chill Time: 30 minutes

Instructions:

1. Blend all ingredients until smooth.
2. Chill for 30 minutes before serving.

Nutritional Information (Per Serving):

- **Calories:** 140 kcal
- **Carbohydrates:** 6 g
- **Protein:** 9 g
- **Fats:** 8 g
- **Glycemic Index:** Very Low

Peanut Butter Coconut Balls

A satisfying, no-bake treat rich in healthy fats.



Ingredients (US & Metric):

- Natural peanut butter 2 tbsp (32g)
- Unsweetened shredded coconut 1/4 cup (20g)
- Ground flaxseed 1 tbsp (7g)
- Stevia or erythritol 1 tsp (4g)
- Vanilla extract 1/2 tsp (2ml)

Instructions:

1. Mix all ingredients in a bowl.
2. Roll into small balls and refrigerate for 15 minutes before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 8 g
- **Protein:** 6 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size:

2 servings (4 balls)

Preparation Time: 10 min

Baked Pears with Walnuts

A warm, naturally sweet dessert with a crunchy topping.



Ingredients (US & Metric):

- Pear, halved 1 medium (150g)
- Chopped walnuts 2 tbsp (14g)
- Cinnamon ½ tsp (1g)
- Stevia or erythritol 1 tsp (4g)

Instructions:

1. Preheat oven to 180°C (350°F).
2. Place pear halves on a baking sheet, sprinkle with cinnamon and sweetener, and top with walnuts.
3. Bake for 20 minutes until tender.

Nutritional Information (Per Serving):

- **Calories:** 120 kcal
- **Carbohydrates:** 18 g
- **Protein:** 2 g
- **Fats:** 6 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation
Time: 25 min

Vanilla Chia Pudding with Berries

A creamy, protein-packed dessert with antioxidants.



Ingredients (US & Metric):

- Chia seeds 3 tbsp (36g)
- Unsweetened almond milk 1 cup (240ml)
- Vanilla extract ½ tsp (2ml)
- Stevia or erythritol 1 tsp (4g)
- Mixed berries ¼ cup (40g)



Portion Size: 2 servings
Preparation Time: 5 min
Chill Time: 4 hours

Instructions:

1. Mix all ingredients except berries and refrigerate for 4 hours.
2. Before serving, top with berries.

Nutritional Information (Per Serving):

- **Calories:** 160 kcal
- **Carbohydrates:** 12 g
- **Protein:** 6 g
- **Fats:** 10 g
- **Glycemic Index:** Low

Pumpkin Spice Mug Cake

*A quick,
diabetes-friendly
cake in a mug.*



Ingredients (US & Metric):

- Almond flour 1/4 cup (30g)
- Pumpkin purée 1/4 cup (60g)
- Egg 1 large
- Baking powder 1/2 tsp (2g)
- Cinnamon 1/2 tsp (1g)
- Stevia or erythritol 1 tbsp (4g)
- Vanilla extract 1/2 tsp (2ml)



Portion Size: 2 servings
Preparation
Time: 5 min

Instructions:

1. Mix all ingredients in a microwave-safe mug.
2. Microwave for 90 seconds or until firm.

Nutritional Information (Per Serving):

- **Calories:** 170 kcal
- **Carbohydrates:** 18 g
- **Protein:** 7 g
- **Fats:** 12 g
- **Glycemic Index:** Low

Sugar-Free Mocha Pudding

A rich, chocolate-coffee pudding with zero added sugar.



Ingredients (US & Metric):

- Unsweetened cocoa powder
2 tbsp (16g)
- Unsweetened almond milk
¾ cup (180ml)
- Instant coffee 1 tsp (2g)
- Stevia or erythritol 1 tbsp (4g)
- Chia seeds 1 tbsp (12g)



Portion Size: 2 servings
Preparation Time: 5 min
Chill Time: 2 hours

Instructions:

1. Blend all ingredients until smooth.
2. Chill for 2 hours before serving.

Nutritional Information (Per Serving):

- **Calories:** 110 kcal
- **Carbohydrates:** 10 g
- **Protein:** 3 g
- **Fats:** 6 g
- **Glycemic Index:** Low

Strawberry Almond Parfait

A refreshing layered dessert with protein and healthy fats.



Ingredients (US & Metric):

- Greek yogurt 1 cup (240g)
- Sliced strawberries ½ cup (75g)
- Chopped almonds 1 tbsp (7g)
- Stevia or erythritol 1 tsp (4g)
- Vanilla extract ½ tsp (2ml)



Portion Size: 2 servings
Preparation
Time: 10 min

Instructions:

1. Layer yogurt, strawberries, and almonds in a glass.
2. Add vanilla and sweetener before serving.

Nutritional Information (Per Serving):

- **Calories:** 150 kcal
- **Carbohydrates:** 12 g
- **Protein:** 10 g
- **Fats:** 6 g
- **Glycemic Index:** Low

Walnut Cinnamon Bites

A rich, chocolate-coffee pudding with zero added sugar.



Ingredients (US & Metric):

- Walnuts ¼ cup (30g)
- Ground cinnamon ½ tsp (1g)
- Coconut oil 1 tsp (5ml)
- Stevia or erythritol 1 tsp (4g)

Instructions:

1. Blend walnuts, cinnamon, sweetener, and coconut oil.
2. Form into small bites and refrigerate for 15 minutes before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 6 g
- **Protein:** 4 g
- **Fats:** 16 g
- **Glycemic Index:** Low



Portion Size:

2 servings (4 bites)

Preparation Time: 5 min

Sugar-Free Raspberry Almond Crumble

A refreshing layered dessert with protein and healthy fats.



Ingredients (US & Metric):

- Fresh raspberries 1/2 cup (75g)
- Almond flour 1/4 cup (30g)
- Chopped almonds 2 tbsp (14g)
- Butter or coconut oil 1 tbsp (15g)
- Stevia or erythritol 1 tbsp (4g)
- Cinnamon 1/2 tsp (1g)

Instructions:

1. Preheat oven to 180°C (350°F).
2. Place raspberries in a baking dish.
3. Mix almond flour, almonds, butter, sweetener, and cinnamon.
4. Sprinkle over raspberries and bake for 20 minutes.

Nutritional Information (Per Serving):

- **Calories:** 170 kcal
- **Carbohydrates:** 9 g
- **Protein:** 4 g
- **Fats:** 14 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation & Baking
Time: 30 minutes

No-Bake Chocolate Coconut Bars

A rich, chocolatey treat with coconut.



Ingredients (US & Metric):

- Unsweetened shredded coconut 1/4 cup (20g)
- Cocoa powder 1 tbsp (8g)
- Coconut oil 1 tbsp (15ml)
- Almond flour 2 tbsp (14g)
- Stevia or erythritol 1 tbsp (4g)



Portion Size: 2 servings
Preparation
Time: 10 min

Instructions:

1. Mix all ingredients and press into a small container.
2. Refrigerate for 20 minutes before cutting into bars.

Nutritional Information (Per Serving):

- **Calories:** 160 kcal
- **Carbohydrates:** 6 g
- **Protein:** 3 g
- **Fats:** 14 g
- **Glycemic Index:** Low

Cinnamon Cottage Cheese Delight

*A quick,
high-protein dessert.*



Ingredients (US & Metric):

- Cottage cheese ½ cup (120g)
- Cinnamon ½ tsp (1g)
- Stevia or erythritol 1 tsp (4g)
- Walnuts, chopped 1 tbsp (7g)



Portion Size: 2 servings
Preparation
Time: 5 min

Instructions:

1. Mix all ingredients in a bowl.
2. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 130 kcal
- **Carbohydrates:** 6 g
- **Protein:** 10 g
- **Fats:** 7 g
- **Glycemic Index:** Low

No-Bake Chocolate Coconut Bars

A warm banana dessert with nuts.



Ingredients (US & Metric):

- Banana ½ medium (60g)
- Almond butter 1 tbsp (16g)
- Chopped almonds 1 tbsp (7g)
- Cinnamon ½ tsp (1g)

Instructions:

1. Preheat oven to 180°C (350°F).
2. Slice banana, top with almond butter, almonds, and cinnamon.
3. Bake for 10 minutes.

Nutritional Information (Per Serving):

- **Calories:** 150 kcal
- **Carbohydrates:** 15 g
- **Protein:** 4 g
- **Fats:** 9 g
- **Glycemic Index:** Medium



Portion Size: 2 servings
Preparation & Baking
Time: 15 minutes

Sugar-Free Berry Sorbet

*A refreshing
summer treat.*



Ingredients (US & Metric):

- Frozen mixed berries 1 cup (150g)
- Lemon juice 1 tbsp (15ml)
- Stevia or erythritol 1 tbsp (4g)
- Water ¼ cup (60ml)



Portion Size: 2 servings
Preparation Time: 5 min
Freezing Time: 1 hour

Instructions:

1. Blend all ingredients until smooth.
2. Freeze for 1 hour before serving.

Nutritional Information (Per Serving):

- **Calories:** 70 kcal
- **Carbohydrates:** 16 g
- **Protein:** 1 g
- **Fats:** 0 g
- **Glycemic Index:** Medium

Sugar-Free Peanut Butter Mousse

*A creamy,
high-protein dessert.*



Ingredients (US & Metric):

- Greek yogurt ½ cup (120g)
- Peanut butter 1 tbsp (16g)
- Stevia or erythritol 1 tbsp (4g)
- Vanilla extract ½ tsp (2ml)



Portion Size: 2 servings
Preparation
Time: 5 min

Instructions:

1. Blend all ingredients until smooth.
2. Serve immediately.

Nutritional Information (Per Serving):

- **Calories:** 170 kcal
- **Carbohydrates:** 7 g
- **Protein:** 12 g
- **Fats:** 10 g
- **Glycemic Index:** Low

Sugar-Free Almond Flour Brownies

A fudgy, low-carb brownie alternative.



Ingredients (US & Metric):

- Almond flour ¼ cup (30g)
- Cocoa powder 2 tbsp (16g)
- Egg 1 large
- Stevia or erythritol 2 tbsp (8g)
- Butter 2 tbsp (30g)
- Baking powder ½ tsp (2g)



Portion Size: 2 servings
Preparation Time: 5 min
Baking Time: 30 min

Instructions:

1. Preheat oven to 175°C (350°F).
2. Mix all ingredients and pour into a greased baking dish.
3. Bake for 20 minutes.

Nutritional Information (Per Serving):

- **Calories:** 160 kcal
- **Carbohydrates:** 6 g
- **Protein:** 5 g
- **Fats:** 13 g
- **Glycemic Index:** Low

Coconut Vanilla Energy Balls

A quick energy-boosting snack.



Ingredients (US & Metric):

- Almond flour 1/4 cup (30g)
- Unsweetened shredded coconut 1/4 cup (20g)
- Vanilla extract 1/2 tsp (2ml)
- Stevia or erythritol 1 tbsp (4g)
- Coconut oil 1 tbsp (15ml)



Portion Size:

2 servings (4 balls)

Preparation Time: 5 min

Instructions:

1. Mix all ingredients and roll into small balls.
2. Refrigerate for 15 minutes.

Nutritional Information (Per Serving):

- **Calories:** 170 kcal
- **Carbohydrates:** 5 g
- **Protein:** 4 g
- **Fats:** 14 g
- **Glycemic Index:** Low

Sugar-Free Almond Flour Brownies

A creamy, rich chocolate treat.



Ingredients (US & Metric):

- Ripe avocado 1/2 medium (75g)
- Cocoa powder 2 tbsp (16g)
- Stevia or erythritol 1 tbsp (4g)
- Vanilla extract 1/2 tsp (2ml)



Portion Size:

2 servings (4 truffles)

Preparation Time: 15 min

Instructions:

1. Blend all ingredients until smooth.
2. Roll into small truffles and refrigerate for 30 minutes.

Nutritional Information (Per Serving):

- **Calories:** 140 kcal
- **Carbohydrates:** 6 g
- **Protein:** 3 g
- **Fats:** 12 g
- **Glycemic Index:** Low

Chia Seed Chocolate Pudding

A creamy, fiber-rich dessert.



Ingredients (US & Metric):

- Chia seeds 2 tbsp (24g)
- Unsweetened almond milk ½ cup (120ml)
- Cocoa powder 1 tbsp (8g)
- Stevia or erythritol 1 tbsp (4g)
- Vanilla extract ½ tsp (2ml)

Instructions:

1. Mix all ingredients in a bowl.
2. Let it sit for 5 minutes, then stir again.
3. Refrigerate for 1 hour until thickened.

Nutritional Information (Per Serving):

- **Calories:** 130 kcal
- **Carbohydrates:** 10 g
- **Protein:** 4 g
- **Fats:** 8 g
- **Glycemic Index:** Low



Portion Size: 2 servings
Preparation Time: 10 min
Chilling Time: 1 hour

Sugar-Free Lemon Coconut Bars

*A refreshing,
zesty treat.*



Ingredients (US & Metric):

- Unsweetened shredded coconut ½ cup (40g)
- Almond flour ¼ cup (30g)
- Lemon juice 2 tbsp (30ml)
- Stevia or erythritol 2 tbsp (8g)
- Coconut oil 2 tbsp (30ml)
- Vanilla extract ½ tsp (2ml)



Portion Size: 2 servings
Preparation Time: 10 min
Chilling Time: 1 hour

Instructions:

1. Mix all ingredients until a thick dough forms.
2. Press into a small container and refrigerate for 1 hour.
3. Cut into bars and serve.

Nutritional Information (Per Serving):

- **Calories:** 150 kcal
- **Carbohydrates:** 7 g
- **Protein:** 3 g
- **Fats:** 13 g
- **Glycemic Index:** Low

Peanut Butter Chocolate Chip Bites

A quick, no-bake treat with healthy fats and protein.



Ingredients (US & Metric):

- Natural peanut butter ¼ cup (60g)
- Almond flour ¼ cup (30g)
- Sugar-free dark chocolate chips 2 tbsp (20g)
- Stevia or erythritol 1 tbsp (4g)
- Vanilla extract ½ tsp (2ml)



Portion Size: 4 servings
Preparation
Time: 10 min

Instructions:

1. Mix all ingredients in a bowl until combined.
2. Roll into small bite-sized balls.
3. Refrigerate for 20 minutes before serving.

Nutritional Information (Per Serving):

- **Calories:** 180 kcal
- **Carbohydrates:** 8 g
- **Protein:** 6 g
- **Fats:** 14 g
- **Glycemic Index:** Low

Chapter | 7

Weeks 5-6: “Turning Diet into a Lifestyle”

At this point, you have walked the path many begin but few stick with. You have developed confidence in making healthier choices, listening to your body, and managing your blood sugar in ways that were once unfathomable to you. That initial adjustment stage is behind you; you have navigated the struggles and adapted well enough to realize that the change is not nearly as fearful as it once appeared. This is what Weeks 5 and 6 are for. The not-so-fun work of developing a foundation of knowledge is tilt. Now, it is refinement time.

Refinement is not a rule or restriction. It is freedom; it is freedom to be mindful of your eating and to enjoy what you eat. It is adjusting the way you think about food. It is learning to dance with your diet instead of attempting to do the two-step. You can adapt many of the meals you had before and turn meals you crave and once thought were forbidden into a healthy image of the original-enjoying foods you will eat that happen to be better for your blood sugar. It will be fun! Lasagna won't go out of food, and dessert can still be part of the story; it will look slightly different now.

However, it's not all about nutrition. This final phase also delves more deeply into the mental component of your journey. How do you stay on track with life's distractions: the holidays, the celebrations, or simply an overwhelming day when an indulgent item feels less like a decision and more like a solution? Weeks 5 and 6 provide you with tools to handle these occasions with ease, helping you to further establish your progress without the experience of guilt or deprivation.

It is about balancing discipline and enjoyment, health and indulgence. It is about making this journey into a lifestyle—the way you live that feels as natural and enjoyable as it is sustainable. The best news? With these shifts, you will see you are not losing things. You are gaining something even better: control, confidence, and the capacity to flourish in all aspects of your life.

Your plate will go from feeling like a battlefield to a canvas where you create nourishing meals for your body and soul. As you move forward, you will be able to take lessons, strategies, and habits with you that will allow you to live with intention long after these weeks are over. This is not just a phase—it's a turning point.

7.1. Goal of This Phase: Transition to Mindful Eating

- In this phase, you can stop for a minute and savor your meal. This means eating mindfully, listening to your hunger and fullness cues, and enjoying the taste of each bite of food. Instead of grabbing a snack or eating a meal mindlessly, you will be taught to concentrate on the taste, texture, and satisfaction your food provides. Mindful eating is more than a skill; it is a practice that can help you manage overeating, reduce stress, and establish healthy relationships with food.

Key Ideas to Keep in Mind:

- Differentiating Hunger from Emotional Eating: Knowing when your body sends hunger signals and when you are eating from boredom, stress, or habit.

- The 20-Minute Rule: Taking time to eat will help your brain communicate fullness, which can help you avoid overeating.
- Enjoying Your Food: Focus your attention on your food’s colors, flavors, and textures to find more pleasure and satisfaction.

7.2. How to Adapt Your Favorite Dishes?

- Who said that healthy eating meant giving up on food that you love? With a few creative adjustments, you can still enjoy Italian classics, comfort food, and desserts—all while controlling blood sugar. This section will show you how to adjust recipes without losing the taste and my traditional roots.

Italian Style Food:

- Use zucchini noodles (or whole grains) instead of regular pasta.
- For chicken parmesan, use almond or coconut flour in place of breadcrumbs.

Traditional Comfort Foods:

- Replace mashed potatoes with cauliflower mash.
- Use more veggies and lean protein rather than starch to thicken your hearty stews.

Tips for Adapting Recipes:

- Learn how to substitute sugar with natural sweeteners (like stevia or erythritol).
- Try low-carb flours (almond, coconut, chickpea) instead of regular flours when baking.
- Use healthy fats (olive oil and/or avocado) to substitute butter/cream.

7.3. The Psychology of Eating: How to Avoid “Falling Off the Wagon”

Maintaining healthy habits involves as much of a mental shift as it does food on your plate. Be sure to think of your brain as an ally, not a foe. Imagine this: you’re at a family gathering, and the dinner table is laden with some of your favorite childhood food—creamy desserts, buttery rolls, and the familiar smell of rich sauces. You’ve been doing well, but an internal voice starts creeping in, saying things like “It’s just one bite” or “You’ve earned it.”

This is the point where the real work occurs. It’s not just resisting or saying “no”; it’s also reframing how you define food and indulgence. Instead of thinking of dessert as a “cheat” or an activity to feel guilty about, what if you thought of it as a choice? A choice that aligns with your goals, or maybe doesn’t—but one that can be made intentionally and without remorse.

The following section will provide strategies to help you negotiate these moments. It is about recognizing the triggers (stress, celebrations, or just boredom) that cause you to overeat or revert to old habits. Still, even more importantly, it is about learning to respond to those triggers mindfully.

You will learn simple but effective tricks, such as pausing before eating and asking yourself, “Am I hungry, or is this something else?” You will start learning to enjoy a treat in moderation by savoring every bite rather than eating it rapidly and then regretting it afterward. You will practice dealing with cues from social situations, such as saying “no” to a second serving without needing to explain away your hesitation or feeling awkward.

The bottom line is this: there will always be reasons to indulge, including holidays, rough days, or simple cravings for comfort food. But with a growth mindset, you will not be dis-

rupted by these moments; instead, they will present opportunities for you to flex your habit-change muscles and grow in confidence that you can find a balance.

This is not about perfection; it is about progress. It is about giving yourself grace when you have a moment and recognizing each step as a win. After a while, you'll realize that these mental strategies will assist you in eating well and empower you to handle all of life's obstacles with the same resilience and confidence.

Helpful strategies for compliance:

- The 80/20 rule states that you should grant yourself a little wiggle room and eat at least 80% healthfully (the other 20% can be for small indulgences).
- Improve vs. Perfection: if you miss your target, it is not a failure. Instead, it is another chance to learn so you can adjust your strategy.
- Eat mindfully with intention when you choose to indulge. If you do so, do so on purpose. Enjoy each bite and take your time.

Eating for Emotions: If you use food for comfort, replace that tactic with alternate coping strategies such as going for a hike, journaling, or working on relaxation.

7.4. Recipe Examples

To influence you in phase 7, I wanted to give you some recipes that illustrate indulgent meals that support your goals:

- **Healthy Lasagna with Eggplant:**

Two layers of roasted eggplant, low-fat ricotta, and a good-quality tomato sauce make for a guilt-free version of lasagna.

- **Homemade Bread Without Flour:**

Homemade bread is soft, chewy, healthy, and made with almond flour and psyllium husk. This recipe is suitable for making sandwiches or toast.

- **Yogurt-Based Cheesecake:**

This creamy dessert reminds you of your favorite cheesecake recipe, with Greek yogurt and a nut-based crust.

7.5. Assignments and Checklists for Reinforcement

The following section offers some practical things you can do to keep yourself involved and committed to your journey:

- **Weekly Meal Assignment:** Select one of your favorite meals and adapt it to a diabetes-friendly version.
- **Mindful Eating Checklist:** Each day, pick one meal to eat mindfully without distractions—no meal, no phone.
- **Reflection Journal:** Write in a journal after each meal how you feel—refreshed, full and satisfied, or sluggish and fatigued—to understand whether your meal nourished you.

This chapter focuses on the art of creating balance within your food choices and having fun while doing it! Once you have practiced mindful eating, adapted your favorite meals, and explored more of the mental side of your relationship with food, you can feel confident in any scenario. This work's goal is to gain momentum and build a lifestyle you will enjoy!

Chapter | 8

Weeks 7-8: “Personalization and Flexibility”

The last stage of your journey is where everything truly falls into place. It’s the point when the slight modifications you’ve employed seem more “natural,” almost second nature. You have cemented strong foundations: healthier lifestyle habits, balanced meals, and a different approach to how you’re affecting your blood sugar simply by your choices. So now it’s time to begin to move forward—not simply to “stay on plan,” but to formulate what that plan looks like in your life.

Imagine this: It’s Saturday morning, and you are getting together with friends for brunch. The old you might have felt a pang of anxiety about how to approach the menu regarding what to order and how it would affect your progress. Not now. You scan the menu and immediately see some things you feel comfortable with—an omelet with fresh veggies, a side of avocado, and maybe a cup of herbal tea instead of your typical sugary latte. You are no longer stuck inside the diet “rules.” You are now empowered with education and the flexibility you have learned.

This section is all about that type of confidence. It’s about creating a lifestyle that works for you- you are planning meals around a busy week, figuring out how to celebrate a special occasion, or simply reworking your favorite family recipes to be blood sugar-friendly. Now is not the time for strict guidelines- it is about trusting yourself and your body!

You will learn to tailor your menu by adjusting meals to your needs and liking. While dealing with prediabetes, moderate diabetes, or higher blood sugar levels, you’ll have the ability to modify meals. You may even be introduced to special recipes like diet-friendly apple strudel, which feels like a treat but perfectly aligns with your journey.

This chapter will help you to prioritize your health in a manner that feels sustainable, enjoyable, and, most importantly, doable for how you idealize your long-term lifestyle. By the end of this phase, you won’t just think on a diet—you will feel like you have constructed a way to live that shows consideration for your well-being while you pursue a joy-filled time with life.

8.1. Goal of This Phase: Learn to Tailor Meals to Your Lifestyle

- The goal in this phase is for you to gain independence and be adaptable. You will apply the knowledge you have learned to the real world (for example, planning meals around social gatherings and opting for different foods on busier days). Once you can adapt your food choices in this way, you can develop a way of eating that feels less like a “program” and more like a natural part of your daily routine.




Key Items:

- Practice flexibility while still focusing on blood sugar control.
- You will learn to identify foods and meals that work well with your lifestyle, energy, and routines.
- You can view food as an enhancement to your life and not a restriction.

8.2. Creating Your Own 7-Day Menu Plan

Creating your weekly menu is an essential skill for long-term success. The following section helps readers develop a balanced menu with their favorite healthy recipes while maintaining blood sugar stability.

Key Steps:

1. **Determine Your Needs:** Determine what category you fall into for blood sugar (prediabetes, moderate, or high) and if snacks are necessary.
2. **Establish Meal Structure:** Plan 3 meals and two snacks (if needed), ensuring every meal includes protein, fiber, and healthy fats.
3. **Include Variety:** Using different protein sources, such as vegetables and whole grains, avoid repeat meals.
4. **Consider Blood Sugar Impact in your meals:** Use the    labels (balanced, vegetable-based, protein-based) to assist you in modifying meals to your sugar levels.
5. **Batch cook and meal prep:** Plan meals that can be quickly prepared ahead of time to save yourself time and reduce stress.

8.3. Adjusting the Plan for Different Sugar Levels (Prediabetes, Moderate, High)

- Controlling blood sugar levels requires flexibility. In this section, you will learn how to adapt the size of your meals, the times you eat, and the type of carbs to eat based on your requirements.
- **Prediabetes:** Eat whole grains, lean protein, and vegetables at every meal. You may have small amounts of low-GI carbs at every meal.
- **Moderate Diabetes** (glucose levels between 126 and 180 mg/dL): Eat plenty of vegetables and lean protein while cutting back on carbs. Consider beans or legumes (high fiber) that can limit glucose absorption.
- **High Blood Sugar** (glucose levels over 180 mg/dL): Eat high-protein meals with very small amounts of carbs. Use healthy fats and non-starchy vegetables to sustain your energy.

Example Modifications:

- Swap quinoa for extra steamed broccoli in high-sugar scenarios.
- Consider replacing oatmeal with Greek yogurt for breakfast if blood sugar is elevated.




8.4. Recipe Examples

To make personalization easier, this section provides flexible recipe options for different needs.

Flexible Breakfast Options (High-Protein, Balanced):

1. **Scrambled Eggs with Spinach and Avocado (Protein-Based):** A low-carb, high-protein option to stabilize glucose in the morning.
2. **Greek Yogurt with Walnuts and Mixed Berries (Balanced):** This yogurt combination contains protein, fats, and low-GI carbohydrates for sustained energy.

Various Snacks for Differing Glucose Levels:

-  **Balanced:** Apple slices with almond butter.
-  **Vegetable-Based:** Celery sticks with hummus.
-  **Protein-based:** Cottage cheese with cucumber slices.

Celebration Dishes (Diet-Friendly):

1. **Savory Cauliflower “Rice” Pilaf:** A low-carb dish perfect for gatherings.
2. **Diet-Friendly Apple Strudel:** Made with almond flour, cinnamon, and a sugar-free sweetener, this dessert satisfies cravings without spikes in glucose.

8.5. Final Checklist: Key Points to Remember After 60 Days

- This segment includes a helpful checklist that recaps the essential aspects of the program for the benefit of readers who may be starting their journey toward lasting success:
- **Tune Into Your Body:** Listen for signs of hunger and low blood sugar.
- **Plan:** Have a weekly menu to ensure you are weary of potential pitfalls.
- **Be Flexible:** Allow for a treat or meals out occasionally while remaining consistent.
- **Keep It Simple:** Continue incorporating the “Keep It Simple” concept for your lasting habits.
- **Reflect and Adjust:** Monitor your blood sugar levels and adjust your meals as appropriate.

Supporting Content:

- Learn to eat out without stress: Suggestions for picking restaurants, deciphering a menu, and making better food choices when dining out. Examples: choosing grilled chicken instead of breaded chicken or asking for a salad instead of fries.
- Plan a personalized menu for the future: Here are suggestions for rotating recipes, experimenting with seasonal ingredients, and planning for special events.
- Incorporate flexible meal options to keep blood sugar stable. Even with a changing schedule, Meals should remain balanced with protein, fat, and low-GI carbohydrates.
- Maintain a no-snack routine for those comfortable with three meals a day, but keep snacks as needed for individuals with unstable blood sugar.): For those whose blood sugar has stabilized, the move to 3 balanced meals a day will decrease the reliance on snacks, though they can stay a valuable part of the food plan for those who need snacks.

Part IV. Customizing Recipes and Meal Plans

Chapter | 9

How to Adjust Recipes for Different Blood Sugar Levels?

The last stage of your journey is where everything truly falls into place. It’s the point when the slight modifications you’ve employed seem more “natural,” almost second nature. You have cemented strong foundations: healthier lifestyle habits, balanced meals, and a different approach to how you’re affecting your blood sugar simply by your choices. So now it’s

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9.1. Prediabetes: Slightly More Carbs Allowed, But Choose Quality Sources

- Individuals diagnosed with prediabetes may have some tolerance for complex carbohydrates. However, they should avoid all refined sugars and high-GI products as they are not beneficial.
- Here are some ideal complex carbohydrate options:
 - Whole grains: quinoa, brown rice, whole-grain bread (eaten in moderation).
 - Legumes: lentils, chickpeas, beans.
 - High-fiber fruits: berries, apples with the skin still on.
- Please remember it is still essential to include protein and healthy fats within the meal to help minimize blood sugar spikes.
- Meal examples include grilled salmon with quinoa and steamed vegetables.

9.2. Moderate Diabetes: Focus on Protein, Vegetables, and Healthy Fats

- Further reduce carbohydrates, emphasizing fiber-rich, low-GI options.
- Components of the meal:
 - Protein: lean meats, fish, eggs, tofu.
 - Vegetables: non-starchy vegetables (broccoli, spinach, bell peppers).
 - Healthy fats: avocados, olive oil, nuts.
- Some whole grains may only be consumed in small portions if there is enough fiber and protein to slow digestion.
- For example, a meal of turkey with avocado and steamed greens.

9.3. High Blood Sugar: Strict Carb Control, Avoid High-GI Fruits

- Limit carbohydrates as much as possible.
- Focus on:
 - High-protein meals (chicken, fish, eggs, tofu).
 - Non-starchy vegetables (cauliflower, zucchini, spinach).
 - Healthy fats for fullness (olive oil, nuts, seeds).
- Avoid high-GI fruits such as bananas, grapes, and watermelon—instead, incorporate berries in small portions.
- Example meal: beef with spinach and olive oil.

9.4. Adaptation Examples: One Meal, Three Ways

- The same meal can be modified based on blood sugar levels:

Blood Sugar Level	Omelet Version
Prediabetes	Omelet with cheese, tomatoes, avocado, whole-grain toast
Moderate Diabetes	Omelet with cheese, spinach, avocado, no toast
High Blood Sugar	Omelet with 3 egg whites, broccoli, no cheese, no toast

- Another example: Pizza Variations
 - **Prediabetes:** Whole-grain crust, light cheese, veggie toppings.
 - **Moderate Diabetes:** Cauliflower or zucchini-based crust, moderate cheese, lean protein.
 - **High Blood Sugar:** Crustless version (baked eggplant slices as the base), low cheese, high-protein toppings.

9.5. Flexibility + Structure in Recipes

- Instead of a fixed 60-day meal plan, use a flexible structure:

Day	Protein-Based Option	Vegetable-Based Option	Balanced Option
Monday	Chicken with broccoli	Vegetable stew with tofu	Salmon with quinoa
Tuesday	Omelet with cheese	Chickpea salad	Greek salad with chicken
Wednesday	Fish with avocado	Roasted vegetables	Turkey with quinoa
Thursday	Beef with spinach	Lentil soup	Shrimp with brown rice
Friday	Scrambled eggs with mushrooms	Grilled zucchini with tofu	Baked cod with sweet potatoes
Saturday	Cottage cheese with nuts	Roasted cauliflower with tahini	Chicken with whole-grain pasta
Sunday	Turkey with green beans	Stuffed bell peppers	Quinoa bowl with grilled salmon

Why This Works

- Personalized approach—no one is forced into a rigid plan.
- Allows flexibility while keeping structure—you can choose meals based on blood sugar levels.
- Prevents boredom—variety in choices keeps meals interesting.
- Promotes long-term success—helps transition from a “diet” to a sustainable lifestyle.

Chapter | 10

Enjoying Favorite Foods Without the Health Risks

Just as you can manage and monitor your blood sugar, it doesn't mean you must say goodbye to your favorite foods. With the proper swaps, you'll have all those foods you love—traditional dishes, baked goods, and even dessert—without the blood sugar spikes. It will focus on the swaps you can make to customize meals or have the same flavor without those extra calories.

You'll read about how to make wise choices on a menu, what to order smartly from cafés like coffee shop menus, and how to enjoy food while traveling without sacrificing your health goals. The focus will be balanced meal planning and wise food choices not denied.

10.1. Traditional Soups, Stews, and Casseroles – Lowering Their Glycemic Impact

- Minimize starchy components: replace potatoes with cauliflower, zucchini, or turnips.
- Opt for thickening ingredients rich in fiber: utilize ground flaxseeds or pureed vegetables as an alternative to flour.
- Select the appropriate protein: lean meats, fish, legumes, and tofu support healthy eating with the benefit of no increases in blood sugar.
- Add flavor without sugar: rely on herbs, spices, and broth-based seasoning rather than processed sauces.

10.2. Baked Goods Without White Flour or Sugar Glycemic Impact

- Top gluten-free flours: almond flour, coconut flour, oat flour, and flaxseed flour.
- Tips for maintaining texture and taste: combine nut flours with psyllium husk or eggs for structure.
- Smart sugar substitutions: use stevia, erythritol, or monk fruit instead of refined sugar.
- Healthy fats to keep moist: use Greek yogurt, avocado, or nut butter instead of butter.

10.3. Desserts and Sweet Treats: Stevia, Erythritol, and Sugar Substitutes

- Selecting the most appropriate sweetener: learn about successful substitutes for baking, coffee, and desserts.

- Steering clear of artificial sweeteners: why aspartame and saccharin are not always the best option.
- Easy, diabetes-friendly dessert ideas: cheesecake with yogurt, chia pudding, and dark chocolate.

10.4. Dining Out: Restaurants, Cafés, and Travel Tips

Practicing Menu Savvy: Choose grilled, roasted, and steamed over fried or breaded items.

- Making wise carb substitutions: choose vegetables or legumes over rice, pasta, and white bread.
- Making cafe orders: look for unsweetened beverages, sauces, and dressings that may contain lots of sugar.
- Traveling without stress: pack healthy snacks, pick meals with protein, and stay hydrated.

This chapter demonstrates that you don't need to give up deliciousness or pleasure—you need the correct equipment to adjust and modify your food. By making small and sustainable changes, you'll still be able to enjoy the foods you love, but with less blood sugar impact.

Part V. Maintaining Results and Life After the Program

Chapter | 11

Sustaining the Progress You've Made

You have made remarkable progress towards changing your eating habits and regulating your blood sugar. However, this progress should not end; it is now about maintaining what you have developed. The way to long-term success is predictable, flexible, and making minor modifications over time. In this chapter, you will learn how to continue to make reasonable food choices, regulate your lifestyle, and modify your diet when needed toward your health goals.

11.1. How to Continue Eating Right and Avoid Backsliding

- Abide by the Basics: Continue emphasizing healthy protein, fiber, and healthy fat while minimizing refined carbs.
- Maintain Meal Framework: Whether you choose three meals a day or three meals and two snacks, find a schedule that works for you.
- Plan in Advance: Don't put yourself in a position where you are likely to make poorer choices—have healthy foods available both at home and when you travel.
- Be Smart About Diet While Socializing: Learn to enjoy occasions without feeling like you need to overdo it or feel limited by your diet.
- Recognize Early Signs: If you begin to feel sluggish or realize your blood sugar is rising, you might adjust your diet fast before habits take hold.

11.2. Additional Advice: Physical Activity and Sleep Patterns

- Exercise assists in blood sugar regulation. Simply moving throughout the day (like going to a walking class or doing yoga) has been shown to improve insulin sensitivity.
- Benefits of Strength Training: Lifting weights and building more muscle will allow your body to process glucose more effectively.
- Quality sleep is valuable, but inadequate sleep contributes to elevated blood sugar and an increase in the desire for unhealthy foods.
- Manage Stress. Higher amounts of stress negatively influence blood sugar levels. Utilizing calming strategies such as meditation, deep breathing, or lighter stretching can also assist.

11.3. Tweaking Your Long-Term Daily Diet

Pay attention to how your body responds: If blood sugar is stable, you may be able to increase carbohydrates a little, but only from healthy sources.

- Seasonal: Choose meals based on the time of year: lighter in summer and heartier stews in winter.
- Flexible Yet Structured: Rather than sticking strictly to meals planned for you, create your balanced menu based on the guiding principles you've learned.
- Reevaluate Your Needs: As your health improves, you may need to alter portion sizes, macro nutrient ratios, or meal frequency.

This chapter reinforces that there is no such thing as perfection in the long term. Long-term success is about being consistent and flexible enough to change. You will maintain progress and blood sugars for years when we marry innovative eating styles, movement, and good habits.

15-20 exercises in a light chair. Light exercises are specially designed for older people.

Seated Marches

How to do it: Sit comfortably in the chair with your feet flat on the floor and your body upright. Lift one knee toward your chest, lower that leg back to the start position, and repeat on the opposite leg, alternating the legs while creating a “marching” motion.

Benefits: Improves circulation and engages the hip flexors.

Seated Heel and Toe Raises

How to do it: Place your feet straight and flat on the floor while sitting. Lift your heels off the floor, then lift your toes (use flat feet between toe and heel lifts).

Benefits: Strengthens the calves, engages the foot and ankle, and increases flexibility.

Seated Leg Extensions

How to do it: Sit comfortably in a chair with a straight back. Extend one leg forward, leg straight out in front of you, holding the extension for a few seconds, then lower the leg back to the starting position. Repeat on the opposite leg in a set of 8-10 before switching.

Benefits: Strengthens the quadriceps, engages the knee, and improves stability.

Seated Side Leg Raises

How to do it: Sit upright and slowly lift one leg to the side, holding for a second, then lower the leg back to the starting position. Repeat on the opposite leg, alternating legs during the sets.

Benefits: Strengthens the outer thigh and hip abductors.

Torso Twist in a Chair

How to do it: Sit upright in the chair and rotate your torso slowly to one side while reaching your hand towards the back of the chair. Return to the center and twist to the opposite side.

Benefits: Increases flexibility of the spine and stretches the muscles of the back and abdomen.

Shoulder Rolls in a Chair

How to do it: Sit upright and roll your shoulders in a circular motion by moving them forward, then reversing by rolling them backward.

Benefits: Relieves tightness in the shoulders and promotes shoulder mobility.

Arm Curls in a Chair

How to do it: Bring your arms beside your body. Bend your elbows and bring your hands toward your shoulders, then slowly return your hands to the starting position.

Benefits: Strengthens the upper arms and forearms.

Knee Lifts in a Chair

How to do it: Sit flat on the floor and gradually lift one knee towards your chest. Hold for a moment and place your foot back down. Repeat the previous steps on the other side for this exercise.

Benefits: Strengthens the hip flexors and activates the core.

Seated Cat-Cow Stretch

How to do: Sit tall with your feet flat on the floor and your hands resting on your knees. Inhale into an arch in your back (cow), then exhale into a rounded back (cat).

Benefits: Increases spinal flexibility and posture.

Seated Backbend

How to do it: Sit upright, place your hands on the back of the chair, and gently lean back to stretch the chest and shoulders. Hold for a few seconds, then return to neutral.

Benefits: Opens the chest and helps with spinal flexibility.

Seated Ankle Circles

How to do: Sit tall and extend one leg slightly off the floor. Make small circles with your ankle in one direction for a few seconds, then switch directions. Repeat on the opposite leg.

Benefits: Increases mobility of the ankle and strengthens the lower leg.

Seated Leg Crossovers

How to do: Sit with your feet flat on the floor. Cross one leg over the other, placing the ankle just above the knee. Hold for a few seconds, then switch legs.

Benefits: Stretches the hips and thighs and improves flexibility.

Chest Opener Sitting

How to do it: Sit tall, clasp your hands behind your back, and gently, in a relaxed way, stretch your arms to open the chest. Hold for a few seconds, then release.

Benefits: Open your chest and shoulders, which helps improve posture.

Tapping Legs Sitting

How to do it: Sit upright, alternately begin tapping your feet in a rhythm at your earliest comfort, and as you become comfortable, pick up the pace.

Benefits: Improves coordination and gets the blood circulating in your legs.

Side Bend Sitting

How to do it: Sit straight in your seat with both arms at your side. Slowly lean your torso to one side, bring one hand toward the floor, return to sitting, and then do the same on the other side.

Benefits: Stretches out the sides of the body, and your spine improves flexibility.

Chapter | 12

Checklists, Bonuses, and Tests

This concluding chapter will give you practical tools to help you stay focused. Informally, you should look up what to eat and have an individualized meal plan or something to reflect on your progress. Whatever it is, these checklists and tests will help you. You will fortify your habits, reflect on your progress, and focus on long-term success.

12.1. Small Habit-Forming Steps to Prevent Reversal

- This is an easy-to-print reference to keep you focused on essential nutrition themes.

Weekly nudges to adjust your meals, check your blood sugar and stay active.

Small habit-forming steps to prevent reversal.

Example:

- Did I stick to my food plan 80% of the time?
- Did I have enough protein, fiber, and healthy fats?
- Did I check my sugar at least a couple of times this week?
- Did I stay active (walking, strength training, stretching)?
- Did I sleep at least 7 hours per night?

12.2. Mini Quiz: “Which Meal Plan Suits You Best?”

A short self-assessment will help you decide on the most effective eating plan based on your blood sugar levels, food preferences, and lifestyle. It will guide you on focusing on a protein-based plan, a balanced approach, or plant-based eating.

Example Questions:

After eating carbs, how do you feel?

- A) I feel good, no problems.
- B) I may feel a bit sluggish, but I feel fine.
- C) I feel tired and blood sugars increase.

How often do you have cravings?

- A) Rarely, I feel satisfied after meals.
- B) Occasionally, especially for sweets.
- C) All the time and have trouble controlling them.

What is your typical blood sugar level?

- A) Pre-diabetes (stable, manageable).
- B) Moderate diabetes (changes but controlled).
- C) High (need to watch my carbs strictly).

Conclusion: Based on your response, you will receive meal plan recommendations that best fit your needs.

12.3. Progress Tracker: Record Your Achievements

A motivational instrument to gauge the distance traveled. A tool to monitor any shifts in blood sugar, weight changes, and general well-being.

You can track your trends weekly or monthly.

Example Table:

Date	Weight	Fasting Blood Sugar	Energy Levels (1-10)	Notes
Week 1	103 kg	140 mg/dL	6/10	Feeling better, reducing sugar cravings
Week 4	100 kg	125 mg/dL	8/10	Blood sugar more stable, more energy
Week 8	98 kg	110 mg/dL	9/10	Rare cravings, feeling strong and confident

These checklists, quizzes, and trackers will help you stay motivated, track your progress, and make wise food choices. With these tools, you'll find maintaining your new lifestyle easy, natural, and rewarding.

Chapter | 13

Frequently Asked Questions (FAQ)

As you begin the exciting adventure of improving your health through food, it is understandable to have questions. We know that you may have questions about what you have read in this book or run into a situation you need more clarification on. We wanted to use this chapter to address some of the most common questions that people adopting a diabetic-friendly way of eating may ask. We hope you find this chapter with clear, reasonable, supportive questions that excite you to take on the task.

13.1 “What if my blood sugar is still unstable?”

Following the plan consistently is essential for stabilizing blood glucose. Other influences are stress, sleep, activity, and medication. You should check your blood glucose to see any specific patterns. Discuss patterns with your doctor if you are concerned. The plan is flexible (see Chapter 9), so exercise patience.

13.2 “Can I include fruit, and which ones?”

- Fruits can also be eaten in moderation. Some fruits, such as berries, apples, pears, oranges, and grapefruit, have low and medium glycemic index (GI). Keep portion size in mind, and consider eating fruit and protein or healthy fat.

Here are some examples of fruits that are generally considered suitable for people with diabetes due to their lower GI:

- Berries: Strawberries, blueberries, raspberries, and blackberries are packed with antioxidants and fiber and tend to have a lower GI.
- Apples: Choose apples with the skin on for added fiber.
- Pears: Similar to apples, pears are a good source of fiber.
- Oranges: While they contain natural sugars, they are also a good vitamin C and fiber source.
- Grapefruit: Grapefruit has a relatively low GI.

13.3 “What If I Don’t Like Fish/Vegetables?”

Many aspects of healthy eating underscore the significance of fish and vegetables because they provide vital vitamins, minerals, and other Micronutrients for people with diabetes and offer an excellent source of protein as well. We know that not everyone likes vegetables and/or fish. But if the thought of boiled, unseasoned vegetables (or cooked fish, for that matter) is unappealing to you, that is okay!

There are many fun ways to change cooking methods and add fish and vegetables to your diet. Try different cooking methods with vegetables to change the flavor and texture and experiment with combinations. Roasted vegetables, especially with fresh herbs and spices, tend to bring out the natural sweetness of the sweet potato and add a greater sense of satisfaction overall. Suppose boiled vegetables are not your thing; grill, bake, or stir-fry instead. Another idea is to add some vegetables into the flavor of soups, stews, and casseroles and let them assimilate into other flavors in the dish. Enjoy it and try different herbs, spices, and seasonings. I guarantee you will create a combination worth trying!

13.4 “What to Do If I Have Other Chronic Conditions?”

Many people over 60 manage more than one health condition at the same time. For instance, some individuals might have diabetes along with heart disease, hypertension, kidney disease, or other chronic health conditions. It is essential to understand how the dietary plan in this book fits into your other health needs.

While we have provided general advice for a healthy diet for diabetes, we cannot give detailed, individualized advice for the needs of every healthy person who might have diabetes or another health condition. However, we can offer some general examples of how the plan might need to be changed to fit your situation.

For example, if you are dealing with high blood pressure (hypertension), you may need to be mindful of how much sodium you are obtaining. This could involve purchasing low-sodium canned beans, prepared foods, and sauces. It may also include eating more potassium-rich foods, like leafy greens, bananas, and sweet potatoes (keeping track of the carbohydrate content). If you have kidney disease, you may need to be more alert to the amount of protein you take in because, with damaged kidneys, the filtering or processing of protein may become compromised. The stage of your kidney dysfunction will tell you how much protein you can or cannot eat!

It is essential to discuss any significant dietary change with your doctor or a registered dietitian before enacting any of their recommendations, especially if you have any other chronic issues. When individualizing a plan for you, a physician, a person can consider many more aspects of their health care needs, medications, etc. You can also provide a safe meal plan for patients to follow.

Conclusion

- As you come to the finish line of this journey together, consider the knowledge and skills you're taking with you. This book wasn't only about giving you recipes; it was about giving you the ability to take charge of your health and well-being through educated, mindful eating.

- **Main Takeaways**

In this book, we've highlighted a few essential principles:

- **The Importance of a Step-By-Step Process:** We have broken down the process of adopting a diabetic-friendly way of eating into reasonable steps. This approach helps you make changes without feeling overwhelmed, build confidence, and develop lasting habits.
- **The Importance of Flexibility and Individualization:** One size does not fit all. We taught you how to personalize meal plans and recipes to your needs, preferences, and blood sugar levels. Flexibility is key to success and enjoying food for the long haul.

A Final Word of Encouragement

Keep in mind that your health is a marathon, not a sprint. There will be peaks and valleys, but staying the course and congratulating yourself is essential. Use the things you learned to make better choices each and every day.

Why It's Crucial to Maintain a Healthy Lifestyle

The advantages of healthy living are not limited to blood sugar control.

By following the concepts in this book, you can:

- Boost your energy.
- Improve your mood.
- Lower your risk of complications.
- Improve your overall quality of life.

It is more than a food journey; it is a commitment to yourself, a way to prepare for your future and to live a full, healthy, and active life after you turn 60.

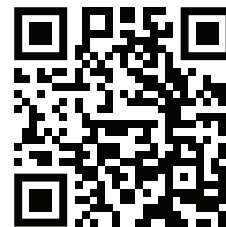
We strongly encourage you to keep using the tools and knowledge you've learned. Make healthy eating a lifelong habit, and contact your healthcare provider when you need help!

Congratulations on making this critical step towards a healthier life!

Thanks for the journey!

Congratulations! You've completed your 8-week journey with Diabetic Diet. But this isn't the end — it's the beginning of a new, more conscious lifestyle where you choose to take care of yourself at every meal.

Following a structured meal plan is already a meaningful step toward stabilizing your blood sugar and improving your overall health. If you're looking for more flexibility or variety, explore additional companion catalogs and plan extensions related to this book. These may include alternative meals, adaptive plans, or focused themes to support your ongoing journey. All such resources are published on Iris Kennedy's official Amazon author page.



If you want to:

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Thank you for choosing mindful eating with us.

See you in the next book!

— *Iris Kennedy*