

Rosa Benson

**THE COMPLETE  
DIABETIC COOKBOOK  
FOR BEGINNERS:**

**2000 DAYS OF EASY, **LOW-CARB &  
LOW-SUGAR** DELICIOUS RECIPES  
WITH A **30-DAY MEAL PLAN** TO  
BUILD HEALTHY HABITS FOR  
**TYPE 2 DIABETES & PREDIABETES****

#### Copyright

© 2025 Rosa Benson

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

#### Disclaimer

The information provided in this cookbook is intended for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.

The recipes and meal plans in this book are designed to be suitable for people with type 2 diabetes and prediabetes. However, individual dietary needs may vary, and it is recommended to consult with a registered dietitian or healthcare professional to personalize your diet plan.

The author and publisher are not liable for any adverse effects or consequences resulting from the use of the information or recipes provided in this book. It is the responsibility of the reader to use their discretion and judgment when following the information presented.

This cookbook is not intended to replace professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this book.

# TABLE OF CONTENTS

Introduction to Diabetes.....	5	Lunch.....	34
Understanding Type 2 Diabetes and Prediabetes.....	5	Cauliflower Crust Mini Pizzas.....	34
The Basics of a Diabetic-Friendly Diet: A Guide for Type 2 Diabetes and Prediabetes.....	5	Zoodles with Creamy Pesto Sauce.....	35
Benefits of the Diabetic Diet.....	6	Turkey Lettuce Wrap Tacos.....	36
Foods to Eat and Avoid on the Diabetic Diet.....	7	Low-Carb Chicken Caesar Wraps.....	37
Essential Tips for Thriving on the Diabetic Diet.....	8	Shrimp and Cucumber Salad with Lemon Dressing.....	38
2000 Days of Recipes.....	10	Stuffed Bell Peppers with Turkey and Quinoa.....	39
Breakfast.....	10	Chicken and Spinach Stuffed Portobello Mushrooms.....	40
Fluffy Almond Flour Pancakes.....	10	Salads.....	41
Cinnamon Chia Seed Pudding with Berries.....	11	Avocado and Shrimp Salad with Lime Vinaigrette.....	41
Spinach and Feta Egg Muffins.....	12	Mediterranean Quinoa Salad with Feta and Olives.....	42
Low-Carb Avocado Breakfast Toast.....	13	Tuna Salad with Celery and Avocado.....	43
Keto Coconut Flour Waffles.....	14	Roasted Vegetable Salad with Balsamic Glaze.....	44
Scrambled Eggs with Smoked Salmon and Dill.....	15	Cobb Salad with Low-Fat Ranch Dressing.....	45
Greek Yogurt Parfait with Nuts and Seeds.....	16	Caprese Salad with Balsamic Reduction.....	46
Zucchini and Cheese Frittata.....	17	Salmon Salad with Lemon-Dill Dressing.....	47
Breakfast Cauliflower Hash Browns.....	18	Taco Salad with Ground Turkey and Salsa.....	48
Low-Carb Banana Nut Muffins.....	19	Broccoli Salad with Creamy Dijon Dressing.....	49
Baked Eggs in Avocado Cups.....	20	Chicken Caesar Salad with Low-Carb Croutons.....	50
Broccoli and Cheddar Quiche.....	21	Steak Salad with Blue Cheese and Walnuts.....	51
Peanut Butter and Chia Breakfast Bars.....	22	Berry Spinach Salad with Poppy Seed Dressing.....	52
Cream Cheese and Cucumber Breakfast Rolls.....	23	Fisch and Seafood.....	53
Snacks and Appetizers.....	24	Lemon Herb Baked Salmon.....	53
Mini Caprese Skewers with Basil.....	24	Grilled Shrimp Skewers with Pineapple and Peppers.....	54
Avocado and Shrimp Lettuce Bites.....	25	Pan-Seared Tuna with Sesame Ginger Glaze.....	55
Roasted Zucchini Chips with Parmesan.....	26	Baked Cod with Lemon and Herbs.....	56
Deviled Eggs with Avocado Filling.....	27	Shrimp Scampi with Zucchini Noodles.....	57
Greek Salad Bites with Olive Tapenade.....	28	Salmon Patties with Dill and Capers.....	58
Spinach and Artichoke Stuffed Mushrooms.....	29	Grilled Swordfish with Mango Salsa.....	59
Smoked Salmon and Cream Cheese Bites.....	30	Baked Tilapia with Tomatoes and Olives.....	60
Pesto and Mozzarella Stuffed Cherry Tomatoes.....	31	Shrimp and Broccoli Stir-Fry.....	61
Almond Butter Celery Sticks with Flax Seeds.....	32	Salmon with Roasted Asparagus.....	62
Low-Carb Guacamole with Cucumber Slices.....	33	Cod with Lemon-Butter Sauce.....	63
		Tuna Steaks with Avocado Cream.....	64
		Tilapia with Roasted Vegetables.....	65
		Fish Tacos with Cabbage Slaw.....	66
		Seafood Stew with Tomatoes and Herbs.....	67

<b>Poultry.....</b>	<b>68</b>	Beef and Mushroom Stir-Fry with Zucchini Noodles.....	88
Sheet Pan Chicken Fajitas.....	68	Lamb Chops with Rosemary and Garlic.....	89
Chicken and Broccoli Stir-Fry with Almond Butter Sauce.....	69	Lamb Burgers with Tzatziki Sauce.....	90
Chicken and Cauliflower Rice Curry.....	70	Lamb and Green Bean Stir-Fry with Almond Butter Sauce.....	91
Creamy Tuscan Chicken with Spinach and Mushrooms.....	71	Pork Chops with Apple Cider Glaze and Roasted Vegetables.....	92
Spicy Chicken Lettuce Wraps with Peanut Sauce.....	72	<b>Soups.....</b>	<b>93</b>
Chicken and Vegetable Curry with Coconut Milk.....	73	Creamy Broccoli and Cheddar Soup.....	93
Low-Carb Turkey Meatballs in Creamy Tomato Sauce.....	74	Rustic Lentil and Spinach Soup.....	94
Turkey-Stuffed Bell Peppers with Cauliflower Rice.....	75	Tomato Basil Soup with a Healthy Twist.....	95
Baked Turkey Meatloaf with Oats and Herbs.....	76	Spicy Mexican Chicken Tortilla Soup.....	96
Cranberry-Glazed Turkey Tenderloins.....	77	Creamy Mushroom and Thyme Soup.....	97
Grilled Turkey Kebabs with Mediterranean Vegetables.....	78	Butternut Squash and Ginger Soup.....	98
Turkey Tacos with Low-Carb Tortillas and Salsa Verde.....	79	Mediterranean Zucchini and Tomato Soup.....	99
Turkey Shepherd's Pie with Cauliflower Mash.....	80	Spiced Carrot and Turmeric Soup.....	100
Turkey and Mushroom Omelette.....	81	Low-Sodium French Onion Soup.....	101
<b>Pork, Lamb and Beef.....</b>	<b>82</b>	Thai Coconut Chicken Soup (Tom Kha Gai).....	102
Grilled Pork Tenderloin with Roasted Apples and Brussels Sprouts.....	82	Split Pea and Ham Soup.....	103
Pork Chops with Mushroom Sauce and Cauliflower Mash.....	83	Ginger Garlic Chicken Broth Detox Soup.....	104
Spicy Beef and Broccoli Stir-Fry.....	84	<b>30-Day Meal Plan.....</b>	<b>105</b>
Beef and Vegetable Kebabs with Yogurt Sauce.....	85	<b>Recipe Index.....</b>	<b>109</b>
Beef Stew with Root Vegetables (Low-Carb).....	86		
Shepherd's Pie with Cauliflower Mash Topping.....	87		

# INTRODUCTION TO DIABETES

## Understanding Type 2 Diabetes and Prediabetes

Type 2 diabetes is a chronic condition that affects how the body metabolizes glucose, a vital energy source. Unlike Type 1 diabetes, where the body produces little or no insulin, Type 2 diabetes typically arises when the body becomes resistant to insulin or does not produce enough of it. Prediabetes, a precursor to Type 2 diabetes, is characterized by elevated blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. Without lifestyle changes, many individuals with prediabetes will progress to Type 2 diabetes.

### Key Risk Factors

- **Genetics:** A family history of diabetes increases risk.
- **Lifestyle Choices:** Poor diet, lack of physical activity, and being overweight.
- **Age and Ethnicity:** People over 45 or those from certain ethnic backgrounds, such as Hispanic, African American, or Asian, may have a higher risk.

The good news is that Type 2 diabetes and prediabetes are largely manageable with the right lifestyle changes, including a well-balanced diet tailored to control blood sugar levels.

### The Role of Diet in Managing Diabetes

Diet plays a crucial role in managing both Type 2 diabetes and prediabetes. A carefully structured eating plan can help regulate blood glucose, maintain a healthy weight, and reduce the risk of complications such as heart disease, nerve damage, and kidney problems.

### Tips for Incorporating the Diabetic Diet into Daily Life

#### Meal Planning

- **Create Balanced Plates:** Fill half your plate with non-starchy vegetables, one-quarter with lean protein, and one-quarter with whole grains.
- **Prepare in Advance:** Batch-cooking meals for the week saves time and ensures you always have healthy options ready.

#### Shopping Strategies

- **Stick to a grocery list** focused on fresh produce, lean meats, whole grains, and healthy fats.
- **Read nutrition labels** to avoid hidden sugars and refined carbs.

### Cooking Techniques

- Grill, bake, or steam foods instead of frying.
- Use olive oil or avocado oil as healthier fat alternatives.

### Hydration and Snack Choices

- Stay hydrated with water or unsweetened beverages.
- Choose nuts, Greek yogurt, or sliced vegetables for snacks.

### Embracing the Diabetic Lifestyle

Adopting the diabetic diet is about more than just food—it's a holistic approach to living well. Engage in regular physical activity, prioritize mental well-being, and make mealtime a social experience by sharing meals with loved ones. These practices foster sustainable habits that improve both physical health and emotional happiness.

## The Basics of a Diabetic-Friendly Diet: A Guide for Type 2 Diabetes and Prediabetes

Managing Type 2 diabetes and prediabetes effectively begins with understanding how to nourish your body. A diabetic-friendly diet emphasizes balanced nutrition, controlling blood sugar levels, and making smart food choices that promote overall health. Let's explore the foundational principles and tools that will help you get started on your path to healthier eating.

### Key Principles of a Diabetic-Friendly Diet

1. **Low-Carb Focus:** Carbohydrates have the greatest impact on blood sugar levels. A diabetic-friendly diet emphasizes reducing intake of refined and simple carbohydrates, such as white bread, sugary snacks, and soda, while prioritizing complex carbohydrates like whole grains, vegetables, and legumes.
2. **Low-Sugar Choices:** Avoiding added sugars is crucial. Instead of consuming sweets, opt for naturally sweet fruits in moderation, and consider sugar substitutes like stevia or erythritol when necessary.
3. **Balanced Nutrition:** Strive for meals that combine lean proteins, healthy fats, and fiber-rich carbs. Balanced meals help stabilize blood glucose levels and prevent spikes.
4. **Portion Control:** Understanding and managing portion sizes can prevent overeating, which is especially important for maintaining healthy blood sugar levels.
5. **Consistency:** Eating meals and snacks at regular intervals helps keep blood sugar steady. Skipping meals or fasting without guidance can lead to dangerous blood sugar fluctuations.

## Understanding Macronutrients

A solid grasp of macronutrients—carbohydrates, proteins, and fats—is essential to managing diabetes.

### Carbohydrates: The Primary Blood Sugar Influencer

Carbohydrates are broken down into glucose, impacting blood sugar levels the most. Simple carbohydrates (found in candy and baked goods) cause quick spikes, while complex carbohydrates (like oatmeal and quinoa) digest more slowly, providing sustained energy.

- **Smart Carb Choices:** Whole grains (brown rice, quinoa), non-starchy vegetables (broccoli, spinach), and legumes (lentils, chickpeas) are preferable.
- **Limit Refined Carbs:** White bread, sugary cereals, and pastries should be minimized.

### Proteins: Building Blocks for the Body

Protein helps build and repair tissues and keeps you feeling full without significantly raising blood sugar levels.

- **Lean Protein Sources:** Skinless poultry, fish, eggs, tofu, and low-fat dairy products.
- **Plant-Based Proteins:** Lentils, beans, and nuts provide fiber along with protein but should be eaten in moderation due to their carbohydrate content.

### Fats: The Good vs. The Bad

Healthy fats are essential for heart health, but they should be consumed mindfully to avoid weight gain.

- **Healthy Fats:** Avocados, olive oil, nuts, seeds, and fatty fish like salmon.
- **Fats to Limit:** Saturated fats found in fried foods, butter, and processed snacks.

### Glycemic Index and Glycemic Load

Understanding how foods affect blood sugar is key to effective diabetes management.

#### Glycemic Index (GI)

The glycemic index ranks foods on a scale from 0 to 100 based on how quickly they raise blood sugar.

- **Low-GI Foods (55 or less):** Whole grains, legumes, non-starchy vegetables.
- **Medium-GI Foods (56 to 69):** Whole-wheat bread, brown rice.
- **High-GI Foods (70 or more):** White bread, potatoes, sugary cereals.

#### Glycemic Load (GL)

Glycemic load provides a more accurate picture by considering both the GI and the portion size of a food.

- **Low GL (10 or less):** Best for managing blood sugar.
- **Medium GL (11 to 19):** Moderate impact.
- **High GL (20 or more):** Significant impact.

To calculate GL:

$$GL = (GI \times \text{the amount of carbohydrate in grams}) / 100$$

Focusing on both GI and GL helps ensure you make informed choices about portion size and carb quality.

### Putting It All Together

Incorporating the basics of a diabetic-friendly diet doesn't have to be overwhelming. Begin by choosing whole, unprocessed foods, balancing macronutrients in each meal, and prioritizing fiber-rich, low-GI foods. With time, these habits will become second nature, helping you manage blood sugar levels and enjoy a healthier, more energized life.

## Benefits of the Diabetic Diet

Managing Type 2 diabetes or prediabetes can feel overwhelming, but the Diabetic Diet offers a clear, nourishing path to better health. This approach to eating focuses on maintaining stable blood sugar levels while improving overall well-being. Far from restrictive, it encourages balanced, flavorful meals that satisfy both body and mind. In this comprehensive guide, we'll explore how the Diabetic Diet can transform your life, from boosting energy to preventing serious health conditions, and offer practical tips to make adopting this lifestyle a joyful and sustainable choice.

### The Health Benefits of the Diabetic Diet

#### 1. Improved Blood Sugar Management

The Diabetic Diet is specifically designed to prevent dangerous spikes and dips in blood glucose. High-fiber foods slow digestion, releasing glucose gradually into the bloodstream. A study published in *The New England Journal of Medicine* found that following a low-glycemic diet led to better long-term blood sugar control compared to higher glycemic alternatives. Regular meal timing also reduces glucose variability, an important factor in managing Type 2 diabetes.

#### 2. Enhanced Heart Health

Cardiovascular disease is a major concern for individuals with diabetes. The Diabetic Diet promotes heart-healthy fats and whole grains while limiting refined sugars and unhealthy fats. Research shows that a Mediterranean-style diabetic diet reduces the risk of heart attack and stroke by improving cholesterol levels and lowering blood pressure.

#### 3. Weight Management

Maintaining a healthy weight is crucial for reducing insulin resistance. The emphasis on fiber-rich foods and lean proteins creates lasting satiety, helping prevent overeating. Studies indicate that balanced diets like this improve metabolic outcomes more effectively than calorie-restricted regimens alone.

#### 4. Disease Prevention

Following a balanced diet rich in antioxidants, healthy fats, and fiber can reduce inflammation, a root cause of many chronic conditions. The American Diabetes Association notes that proper dietary management can delay or prevent the progression from prediabetes to Type 2 diabetes.

#### Mental and Emotional Benefits

##### 1. Better Mood and Brain Health

Consistent blood sugar levels prevent the fatigue and irritability associated with glucose highs and lows. Additionally, omega-3 fatty acids and complex carbohydrates support the production of serotonin, a neurotransmitter that regulates mood.

##### 2. Increased Energy Levels

Balanced meals provide sustained energy throughout the day. Unlike sugary foods that cause quick crashes, fiber-rich carbs and proteins offer steady fuel.

##### 3. Improved Sleep Patterns

Blood sugar stability reduces nighttime waking and improves sleep quality. Magnesium-rich foods like spinach and nuts, common in this diet, promote relaxation and better rest.

#### Real-Life Success Stories

##### *Jane's Journey to Better Health*

Diagnosed with prediabetes, Jane adopted the Diabetic Diet after experiencing chronic fatigue and weight gain. Within six months, she lost 20 pounds, stabilized her blood sugar, and reported increased energy. "I never felt deprived," she shares. "The variety of foods kept me satisfied, and meal planning became second nature."

##### *Mark's Path to Reversing Type 2 Diabetes*

Mark, a 58-year-old retiree, managed to lower his A1C from 7.5% to 5.8% by following the Diabetic Diet and incorporating daily walks. He credits the combination of balanced meals and physical activity for reversing his Type 2 diabetes diagnosis.

### Foods to Eat and Avoid on the Diabetic Diet

Managing Type 2 Diabetes and prediabetes requires a proactive approach to nutrition. The Diabetic Diet focuses on regulating blood sugar levels, promoting heart health, and achieving or maintaining a healthy weight. This guide outlines foods to eat, foods to avoid, practical tips for meal planning, and strategies for reading food labels to make informed choices.

#### Recommended Foods for Type 2 Diabetes & Prediabetes

Choosing the right foods is essential for managing blood glucose levels effectively. Here are the categories of foods that should form the foundation of your diet:

##### 1. Non-Starchy Vegetables

- Examples: Leafy greens (spinach, kale), broccoli, cauliflower, bell peppers, cucumbers.
- Nutritional Benefits: Low in calories and carbohydrates, rich in fiber, vitamins, and minerals.
- Role in Health: Fiber slows glucose absorption, helping stabilize blood sugar levels.
- Tips: Incorporate a variety of colors and textures into salads, stir-fries, or soups to keep meals interesting.

##### 2. Whole Grains

- Examples: Brown rice, quinoa, oats, whole-wheat bread, and barley.
- Nutritional Benefits: High in fiber and complex carbohydrates.
- Role in Health: Slow digestion helps prevent blood sugar spikes.
- Tips: Swap refined grains for whole grains and look for whole-grain labels on bread and pasta.

##### 3. Lean Proteins

- Examples: Chicken, turkey, fish, eggs, tofu, and legumes.
- Nutritional Benefits: Provide energy without causing a rapid rise in blood glucose.
- Role in Health: Helps build muscle and maintain satiety.
- Tips: Bake, grill, or steam meats to avoid adding unnecessary fats.

##### 4. Healthy Fats

- Examples: Avocados, nuts, seeds, olive oil, and fatty fish (like salmon).
- Nutritional Benefits: Source of heart-healthy omega-3 and monounsaturated fats.
- Role in Health: Improves heart health and reduces inflammation.
- Tips: Use olive oil-based dressings and snack on a handful of almonds or walnuts.

##### 5. Low-Fat Dairy or Alternatives

- Examples: Skim milk, low-fat yogurt, almond or soy milk.
- Nutritional Benefits: Calcium and protein support bone health.
- Role in Health: Avoids the saturated fats found in full-fat dairy.
- Tips: Choose unsweetened or sugar-free varieties of plant-based dairy.

## 6. Fruits in Moderation

- Examples: Berries, apples, oranges, and pears.
- Nutritional Benefits: Contain fiber, vitamins, and antioxidants.
- Role in Health: Fiber mitigates the blood sugar impact of natural sugars.
- Tips: Pair fruit with a protein or fat (like peanut butter or cheese) to slow glucose absorption.

## Foods to Avoid or Limit

Some foods can rapidly spike blood sugar or negatively impact heart health. Avoiding these options helps maintain stable glucose levels:

### 1. Sugary Beverages

- Examples: Sodas, fruit juices, energy drinks.
- Why to Avoid: High in added sugars and calories with minimal nutritional value.
- Alternative: Drink water, herbal tea, or flavored seltzer.

### 2. Refined Carbohydrates

- Examples: White bread, pastries, white rice.
- Why to Avoid: Lack fiber, causing rapid spikes in blood sugar.
- Alternative: Opt for whole-grain versions.

### 3. Processed and Red Meats

- Examples: Bacon, hot dogs, sausage.
- Why to Avoid: High in saturated fats and sodium.
- Alternative: Choose lean poultry or plant-based proteins.

### 4. High-Fat Dairy

- Examples: Whole milk, cream, full-fat cheese.
- Why to Avoid: Contains more saturated fats that can affect heart health.
- Alternative: Use low-fat or fat-free versions.

### 5. Fried and Fast Foods

- Examples: French fries, fried chicken, chips.
- Why to Avoid: High in trans fats and calories.
- Alternative: Bake or air-fry foods instead.

## How to Read Food Labels

When navigating grocery stores, reading food labels helps identify hidden sugars and unhealthy fats.

## Key Ingredients to Watch

1. Sugars: Look for added sugars under different names like fructose, sucrose, or corn syrup.
2. Carbohydrates: Check both total carbohydrates and dietary fiber—more fiber is better.
3. Fats: Limit trans fats and saturated fats.
4. Serving Size: Compare the listed serving size to your usual portion.

## Practical Tips

- Choose products with at least 3 grams of fiber per serving.
- Look for terms like "whole grain" or "whole wheat" as the first ingredient.
- Avoid products where sugar is one of the top ingredients.

## Overcoming Common Challenges

### Managing Cravings for Sweets:

- Opt for fruit or a small piece of dark chocolate.

### Dining Out:

- Ask for dressings and sauces on the side.
- Choose grilled options over fried ones.

### Adapting Family Meals:

- Prepare dishes with healthy swaps—use zucchini noodles instead of pasta or mashed cauliflower instead of potatoes.

## Conclusion

Transitioning to a Diabetic Diet for Type 2 Diabetes & Prediabetes may seem challenging, but with the right guidance and mindset, it becomes manageable and enjoyable. Explore new recipes, savor fresh ingredients, and celebrate your health journey with confidence. By making informed choices and adopting these dietary habits, you can effectively manage your condition and improve your quality of life.

## Essential Tips for Thriving on the Diabetic Diet

Managing Type 2 Diabetes or prediabetes effectively requires a thoughtful approach to diet. This comprehensive guide provides actionable techniques, tips, and tricks to help you follow the diabetic diet successfully. From meal planning and grocery shopping to cooking and dining out, these strategies will maximize your success and enjoyment while adhering to the diet's principles.

### 1. Meal Planning: A Foundation for Success

Effective meal planning helps you balance nutrients, maintain blood sugar levels, and enjoy a diverse and satisfying diet. To start, you can also use the meal plan from this book, which was developed especially for you.

### Strategies for Weekly Menus

- Prioritize Balanced Meals: Each meal should combine lean protein, fiber-rich carbohydrates, and healthy fats to stabilize blood sugar levels.
- Incorporate Variety: Rotate different proteins (e.g., chicken, tofu, or fish), grains (like quinoa or barley), and colorful vegetables to keep meals interesting.
- Plan Portion Sizes: Use a plate method: fill half your plate with non-starchy vegetables, one-quarter with lean protein, and one-quarter with whole grains or starchy vegetables.

### Helpful Tools and Apps

- *MyFitnessPal* and *Carb Manager* allow you to track carbohydrate intake and overall calories.
- *Mealime* offers customizable meal planning templates tailored to specific dietary needs.

**Pro Tip:** Prep ingredients like chopped vegetables and cooked grains in advance to streamline weekday cooking.

## 2. Grocery Shopping for Diabetic-Friendly Ingredients

Smart shopping is essential for sticking to a diabetic diet.

### Tips for Navigating Grocery Stores

- **Read Food Labels Carefully:** Look for items with low added sugar, at least 3 grams of fiber per serving, and minimal saturated fats.
- **Choose Whole, Unprocessed Foods:** Opt for whole grains, fresh fruits, and vegetables. Avoid pre-packaged, refined, or high-sodium products.
- **Beware of Hidden Sugars:** Ingredients ending in "-ose" (e.g., fructose, glucose) often indicate added sugars.

### Cost-Saving Tips

- **Buy in Bulk:** Purchase whole grains, nuts, and legumes in larger quantities to save money.
- **Shop Seasonally:** Seasonal produce is fresher, more flavorful, and often more affordable.

**Pro Tip:** Make a shopping list organized by store section to save time and minimize impulse buys.

## 3. Cooking Methods for Flavorful, Healthy Meals

Choosing the right cooking techniques enhances flavor without compromising your dietary goals.

### Healthy Cooking Techniques

- **Grilling and Roasting:** These methods add robust flavors without extra fat. Use herbs and spices for seasoning.
- **Steaming and Stir-Frying:** Preserve nutrients in vegetables by steaming or lightly stir-frying with minimal oil.
- **Baking and Air Frying:** Create crispy textures without the need for deep frying.

**Pro Tip:** Use non-stick cookware and cooking sprays to reduce fat content.

## 4. Dining Out and Socializing

Eating out or attending social events doesn't have to derail your diet.

### Strategies for Dining Out

- **Check Menus in Advance:** Many restaurants offer nutritional information online.
- **Customize Your Order:** Ask for grilled, steamed, or roasted options instead of fried or breaded foods.
- **Choose Wisely:** Opt for salads with vinaigrette dressings, lean proteins, and non-starchy sides.

### Navigating Social Events

- **Communicate Your Needs:** Politely inform hosts about your dietary preferences.

- **Bring a Diabetic-Friendly Dish:** Ensure there's at least one option suitable for you.
- **Moderate Portions:** Sample small amounts of higher-carb foods and fill up on vegetables and lean proteins.

**Pro Tip:** Drink water or unsweetened beverages to stay hydrated and avoid sugary drinks.

## 5. Troubleshooting Common Obstacles

Even the most dedicated individuals face challenges. Here's how to overcome them.

### Managing Cravings

- **Identify Triggers:** Recognize situations or emotions that lead to unhealthy eating and find alternative coping strategies.
- **Healthy Swaps:** Satisfy sweet cravings with a small piece of dark chocolate or a handful of berries.

### Handling Slip-Ups

- **Don't Dwell on Mistakes:** One indulgent meal won't undo your progress. Refocus on your next healthy choice.
- **Reflect and Adjust:** Consider what led to the slip-up and plan strategies to prevent recurrence.

### Motivational Tips

- **Celebrate Small Wins:** Track milestones, such as weight loss or lower A1C levels.
- **Stay Accountable:** Share your goals with a friend or join a support group.

### Conclusion: Empowering Lifestyle Changes

Success with the diabetic diet is about consistency and adaptability. By applying these techniques and staying motivated, you can turn dietary guidelines into a sustainable, enjoyable lifestyle. Celebrate progress, embrace new habits, and savor the benefits of better health!

# 2000 DAYS OF RECIPES

## BREAKFAST

### FLUFFY ALMOND FLOUR PANCAKES



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

15

#### INSTRUCTIONS

- Prepare the batter

In a medium bowl, whisk together the eggs, almond milk, oil, and vanilla extract until smooth.

- Mix dry ingredients

In a separate bowl, combine the almond flour, baking powder, salt, erythritol (if using), and cinnamon. Stir well to distribute the baking powder evenly.

- Combine wet and dry ingredients

Slowly add the dry ingredients into the wet mixture, stirring gently until a smooth batter forms. Avoid overmixing to maintain a fluffy texture.

- Heat the skillet

Heat a non-stick skillet or griddle over medium-low heat. Lightly grease with a small amount of olive oil or coconut oil.

- Cook the pancakes

Scoop about 2 tablespoons of batter per pancake onto the heated skillet. Spread the batter slightly to form a small circle.

- Flip carefully

Cook for 2-3 minutes on one side, until bubbles form on the surface and the edges appear set. Gently flip with a spatula and cook for another 2 minutes on the other side until golden brown.

- Repeat

Repeat with the remaining batter, adjusting the heat as necessary to prevent burning.

#### INGREDIENTS

- 1 cup almond flour (finely ground, blanched)
- 2 large eggs
- 1 tablespoon unsweetened almond milk (or water)
- 1 tablespoon olive oil or melted coconut oil
- 1 teaspoon vanilla extract (optional)
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1 tablespoon granulated erythritol or stevia (optional, for sweetness)
- 1/4 teaspoon ground cinnamon (optional, for flavor)

#### NUTRITIONAL INFORMATION (2 PANCAKES)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
220	9g	6g	3g	18g	170mg	80mg

#### DIABETIC-FRIENDLY HIGHLIGHTS

- Almond flour is a low-carb, high-fiber, and protein-rich flour that helps maintain stable blood sugar levels.
- Erythritol or stevia provides sweetness without spiking blood sugar.
- Adding a dash of cinnamon may help improve insulin sensitivity.
- This recipe avoids refined sugar and high-carb flours, making it ideal for individuals managing Type 2 Diabetes and Prediabetes.

# CINNAMON CHIA SEED PUDDING WITH BERRIES



**SERVES**

4



**PREP TIME**

5



**CHILLING TIME**

2-4 hours  
(or overnight)

## INSTRUCTIONS

- Mix the base

In a medium-sized bowl or jar, combine the chia seeds, almond milk, cinnamon, vanilla extract (if using), sweetener (if using), and salt.

- Blend well

Stir thoroughly to ensure the chia seeds are evenly distributed. Allow the mixture to sit for 5 minutes, then stir again to break up any clumps.

- Chill the pudding

Cover the bowl or jar and refrigerate for at least 2 hours, or overnight for best results, allowing the chia seeds to absorb the liquid and form a pudding-like texture.

- Prepare for serving

Before serving, give the pudding a good stir. If the pudding is too thick, add a little more almond milk to reach the desired consistency.

- Top with berries and optional garnish

Divide the pudding into four servings. Top each with a portion of fresh mixed berries and a sprinkle of nuts if desired.

## INGREDIENTS

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk (or another low-carb milk alternative)
- 1 teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract (optional)
- 1 tablespoon granulated erythritol or stevia (optional, to taste)
- 1/4 teaspoon salt
- 1/2 cup mixed fresh berries (such as blueberries, raspberries, or strawberries), divided
- 1 tablespoon chopped nuts (almonds or walnuts, optional for garnish)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
140	5g	12g	8g	9g	100mg	150mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Chia seeds are a rich source of soluble fiber and omega-3 fatty acids, both beneficial for stabilizing blood sugar levels and improving heart health.
- Cinnamon may enhance insulin sensitivity and help lower blood sugar.
- Using unsweetened almond milk keeps carbohydrates low, while erythritol or stevia offers sweetness without raising blood glucose.
- Berries are low-glycemic fruits packed with antioxidants and fiber, perfect for diabetics when consumed in moderation.

# SPINACH AND FETA EGG MUFFINS

## INSTRUCTIONS



**SERVES**  
6



**PREP TIME**  
10



**COOK TIME**  
20

- Preheat the oven

Preheat your oven to 375°F (190°C). Lightly grease a 12-cup muffin tin with cooking spray or a small amount of olive oil.

- Whisk the eggs

In a large bowl, whisk together the eggs, almond milk, salt, and black pepper until smooth.

- Prepare the filling

Stir in the chopped spinach, feta cheese, red bell pepper, onion, and oregano (if using) into the egg mixture. Ensure all ingredients are evenly distributed.

- Fill the muffin tin

Pour the egg mixture evenly into each muffin cup, filling about 3/4 full.

- Bake the muffins

Bake for 18-20 minutes, or until the egg muffins are set and lightly golden on top.

- Cool and serve

Allow the muffins to cool in the tin for 5 minutes before carefully removing them.

## INGREDIENTS

- 6 large eggs
- 1/4 cup unsweetened almond milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup fresh spinach leaves, chopped
- 1/2 cup crumbled feta cheese
- 1/4 cup diced red bell pepper (optional for added flavor)
- 1/4 cup diced onion (optional)
- 1/2 teaspoon dried oregano or basil (optional)
- Cooking spray or olive oil for greasing

## NUTRITIONAL INFORMATION (PER 2 MUFFINS)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
160	12g	3g	1g	11g	310mg	190mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Eggs are a protein-rich, low-carb ingredient that supports satiety and blood sugar management.
- Feta cheese adds flavor while keeping carbohydrates minimal. Use a reduced-sodium version if sodium intake is a concern.
- Spinach provides fiber, vitamins, and antioxidants without impacting blood sugar.
- This recipe is highly customizable—add mushrooms, zucchini, or herbs for variety while keeping it diabetes-friendly.

# LOW-CARB AVOCADO BREAKFAST TOAST



**SERVES**  
2



**PREP TIME**  
5



**COOK TIME**  
5

## INSTRUCTIONS

- Toast the bread

Lightly toast the low-carb bread slices in a toaster or on a skillet over medium heat until golden brown.

- Prepare the avocado topping

Halve the avocado, remove the pit, and scoop the flesh into a bowl. Add lemon juice, salt, and black pepper. Mash with a fork until slightly chunky or smooth, depending on your preference.

- Cook the eggs (optional)

Heat olive oil in a small skillet over medium heat. Crack the eggs into the pan and cook to your desired doneness. Poached or sunny-side-up are excellent options.

- Assemble the toast

Spread the mashed avocado evenly over the toasted bread. Top with the eggs, if using.

- Garnish and serve

Sprinkle with fresh parsley or cilantro, and red pepper flakes for extra flavor.

## INGREDIENTS

- 2 slices low-carb bread (made with almond flour or flaxseed, about 3-4g net carbs per slice)
- 1 medium ripe avocado (about 150g)
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon olive oil
- 2 large eggs (optional, fried or poached for added protein)
- 1 tablespoon chopped fresh parsley or cilantro (optional for garnish)
- 1/4 teaspoon red pepper flakes (optional for heat)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
290	11g	8g	4g	24g	310mg	485mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Avocados are rich in heart-healthy monounsaturated fats and fiber, both beneficial for stabilizing blood sugar.
- Low-carb bread options, made from almond flour or flaxseed, keep carbohydrates minimal compared to traditional bread.
- Adding eggs boosts protein content, supporting blood sugar control and long-lasting energy.
- Red pepper flakes and lemon juice enhance flavor without added sugars.

# KETO COCONUT FLOUR WAFFLES

## INSTRUCTIONS



**SERVES**

4



**PREP TIME**

5



**COOK TIME**

10

- Preheat the waffle maker  
Lightly grease it with non-stick spray or brush with melted coconut oil.
- Prepare the dry ingredients  
In a small bowl, whisk together the coconut flour, baking powder, and salt.
- Mix the wet ingredients  
In a separate medium-sized bowl, whisk the eggs until smooth. Add the almond milk, melted coconut oil, vanilla extract, and sweetener if using.
- Combine the ingredients  
Gradually add the dry ingredients to the wet mixture, whisking until a smooth batter forms. Let it sit for 1-2 minutes to allow the coconut flour to absorb the liquid.
- Cook the waffles  
Pour a portion of the batter into the preheated waffle maker (about 1/4 of the total batter per waffle). Cook according to your waffle maker's instructions, typically 3-4 minutes, or until golden brown and fully cooked.
- Repeat for remaining batter  
Continue until all waffles are prepared.

## INGREDIENTS

- 1/4 cup coconut flour
- 1/4 teaspoon baking powder
- 1/8 teaspoon salt
- 2 large eggs
- 1/4 cup unsweetened almond milk
- 1 tablespoon melted coconut oil or butter
- 1 teaspoon vanilla extract
- 1 tablespoon granulated erythritol or stevia (optional, to taste)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
110	5g	5g	5g	9g	140mg	190mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- Coconut flour is rich in fiber and very low in carbohydrates, making it ideal for blood sugar control.
- Erythritol or stevia provide sweetness without affecting blood sugar.
- Eggs add protein and help create a fluffy texture.
- Almond milk is low in carbohydrates compared to regular milk.

# SCRAMBLED EGGS WITH SMOKED SALMON AND DILL



**SERVES**  
2



**PREP TIME**  
5



**COOK TIME**  
5

## INSTRUCTIONS

- Prepare the egg mixture

In a medium bowl, whisk together the eggs, almond milk, salt, and black pepper until well combined and frothy.

- Heat the skillet

Heat the olive oil or butter in a non-stick skillet over medium heat.

- Cook the eggs

Pour the egg mixture into the skillet. Using a spatula, gently stir the eggs continuously, forming soft curds as they cook. Avoid overcooking by removing from heat while slightly underdone, as they will continue to cook from residual heat.

- Add the salmon and dill

Gently fold in the smoked salmon and fresh dill. If using cream cheese or goat cheese, incorporate it now for added creaminess. Stir just until combined and warmed through.

- Serve immediately

Transfer the scrambled eggs to a plate and garnish with additional dill if desired.

## INGREDIENTS

- 4 large eggs
- 2 tablespoons unsweetened almond milk or water
- 1/8 teaspoon salt (adjust to taste, considering the saltiness of the salmon)
- 1/8 teaspoon ground black pepper
- 1 tablespoon olive oil or unsalted butter
- 2 ounces smoked salmon, thinly sliced
- 1 tablespoon fresh dill, chopped
- 1 tablespoon cream cheese or goat cheese (optional for creaminess)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
220	20g	2g	1g	15g	360mg	280mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Smoked salmon provides omega-3 fatty acids beneficial for heart health and insulin sensitivity. Choose reduced-sodium varieties if salt intake is a concern.
- Eggs are a protein-rich, low-carb option ideal for managing blood sugar levels.
- Dill adds fresh flavor without carbohydrates or calories.
- Olive oil or unsalted butter provides healthy fats for added satiety.

# GREEK YOGURT PARFAIT WITH NUTS AND SEEDS



**SERVES**

1



**PREP TIME**

5



**COOK TIME**

0

## INSTRUCTIONS

- Prepare the base

In a small bowl or glass, spoon the Greek yogurt as the base layer.

- Mix in flavor (optional)

Stir in the vanilla extract and sprinkle cinnamon over the yogurt if using for additional flavor.

- Layer the toppings

Add the chia seeds and flaxseeds on top of the yogurt.

- Add nuts and seeds

Sprinkle the chopped walnuts or almonds and the pumpkin or sunflower seeds over the seeds.

- Add fruit

Top with a small amount of blueberries or raspberries for a touch of natural sweetness and fiber.

- Finish with optional garnish

Sprinkle the shredded coconut for extra texture and flavor if desired.

## INGREDIENTS

- 1/2 cup plain, unsweetened Greek yogurt (2% or full-fat)
- 1 tablespoon chia seeds
- 1 tablespoon flaxseeds (ground or whole)
- 1 tablespoon chopped walnuts or almonds
- 1 tablespoon unsweetened shredded coconut (optional)
- 1 tablespoon fresh or frozen blueberries (or a few raspberries)
- 1 teaspoon pumpkin seeds or sunflower seeds
- 1/4 teaspoon cinnamon (optional, for flavor)
- 1/2 teaspoon sugar-free vanilla extract (optional)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
220	12g	9g	5g	16g	50mg	200mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- Greek yogurt provides high protein with minimal carbohydrates. Opt for plain, unsweetened varieties to avoid added sugars.
- Chia seeds and flaxseeds offer fiber and omega-3 fatty acids that help regulate blood sugar levels.
- Nuts and seeds add healthy fats and protein for sustained energy without a blood sugar spike.
- Berries contribute antioxidants and a hint of natural sweetness with a low glycemic impact.

# ZUCCHINI AND CHEESE FRITTATA



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

25

## INSTRUCTIONS

- **Sauté vegetables:** Heat olive oil in a large oven-safe skillet over medium heat. Add the chopped onion and cook until softened, about 5 minutes. Add garlic and cook for another minute until fragrant.
- **Cook zucchini:** Add the diced zucchini to the skillet and cook until tender-crisp, about 5-7 minutes. If using optional spinach or kale, add it during the last few minutes of cooking.
- **Whisk eggs:** In a large bowl, whisk together eggs, milk, cheddar cheese, Parmesan cheese, salt, and pepper.
- **Combine and bake:** Pour the egg mixture over the cooked vegetables in the skillet. Sprinkle with any optional red pepper flakes. Transfer the skillet to a preheated oven at 350°F (175°C). Bake for 20-25 minutes, or until the frittata is set and lightly golden brown.

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 medium onion, chopped
  - 2 cloves garlic, minced
  - 1 pound zucchini, diced
  - 8 large eggs
  - 1/4 cup milk (unsweetened almond or coconut milk preferred)
  - 1/2 cup shredded cheddar cheese (reduced-fat)
  - 1/4 cup grated Parmesan cheese
  - 1/4 teaspoon salt
  - 1/4 teaspoon black pepper
- Optional additions:
- 1/2 cup chopped spinach or kale for extra fiber
  - 1/4 cup chopped bell peppers for added flavor and vitamins
  - Pinch of red pepper flakes for a little heat

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
270	20g	8g	3g	18g	300mg	380mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Zucchini:** Low in carbohydrates and calories, high in fiber and antioxidants.
- **Eggs:** Excellent source of protein and essential nutrients.
- **Reduced-fat cheese:** Provides flavor and calcium without excessive saturated fat.
- **Healthy fats:** Olive oil contributes to heart health and helps with nutrient absorption.

# BREAKFAST CAULIFLOWER HASH BROWNS



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

25

## INSTRUCTIONS

- Prepare cauliflower: Rice the cauliflower using a food processor or grater. Place the riced cauliflower in a microwave-safe bowl and microwave for 5-7 minutes, or until tender.
- Remove excess moisture: Transfer the cooked cauliflower to a clean dish towel and squeeze out as much moisture as possible. This is crucial for achieving a crispy texture.
- Combine ingredients: In a large bowl, combine the cauliflower, cheese, almond flour, eggs, onion, parsley, garlic powder, paprika, salt, and pepper. Mix well.
- Form hash browns: Heat olive oil in a large skillet over medium heat. Form the cauliflower mixture into 4 equal-sized patties.
- Cook hash browns: Cook the hash browns for about 4-5 minutes per side, or until golden brown and crispy.

## INGREDIENTS

- 1 large head of cauliflower, riced (about 4 cups)
  - 1/2 cup shredded cheddar cheese (reduced-fat)
  - 1/4 cup almond flour
  - 2 large eggs, lightly beaten
  - 1/4 cup chopped onion
  - 2 tablespoons chopped fresh parsley
  - 1 teaspoon garlic powder
  - 1/2 teaspoon paprika
  - 1/4 teaspoon salt
  - 1/4 teaspoon black pepper
  - 1 tablespoon olive oil
- Optional additions:
- 1/4 cup chopped red bell pepper for added flavor and vitamins
  - 1/4 teaspoon cayenne pepper for a spicy kick

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
210	12g	10g	5g	14g	280mg	460mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Cauliflower: A versatile vegetable that's low in carbohydrates and high in fiber.
- Almond flour: A gluten-free, low-carb alternative to wheat flour.
- Reduced-fat cheese: Provides flavor and calcium with less saturated fat.
- Healthy fats: Olive oil is a good source of monounsaturated fats, which are beneficial for heart health.

# LOW-CARB BANANA NUT MUFFINS



**SERVES**  
12



**PREP TIME**  
15



**COOK TIME**  
20-25

## INSTRUCTIONS

- Preheat and prepare: Preheat oven to 350°F (175°C). Line a muffin tin with paper liners or grease it well.
- Combine dry ingredients: In a large bowl, whisk together almond flour, coconut flour, protein powder, flaxseed meal, baking powder, baking soda, and salt.
- Combine wet ingredients: In a separate bowl, whisk together mashed bananas, applesauce, melted coconut oil, eggs, almond milk, and vanilla extract.
- Combine wet and dry: Pour the wet ingredients into the dry ingredients and mix until just combined. Don't overmix.
- Add nuts: Stir in the chopped nuts (and optional chocolate chips or spices).
- Fill muffin tin: Divide the batter evenly among the muffin cups, filling each about two-thirds full.
- Bake: Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.
- Cool: Let the muffins cool in the tin for a few minutes before transferring them to a wire rack to cool completely.

## INGREDIENTS

- 1 1/2 cups almond flour
  - 1/2 cup coconut flour
  - 1/4 cup protein powder (whey or plant-based)
  - 1/4 cup flaxseed meal
  - 1 teaspoon baking powder
  - 1/2 teaspoon baking soda
  - 1/4 teaspoon salt
  - 1/2 cup mashed ripe bananas (about 2 medium)
  - 1/4 cup unsweetened applesauce
  - 1/4 cup melted coconut oil
  - 2 large eggs
  - 1/4 cup unsweetened almond milk
  - 1 teaspoon vanilla extract
  - 1/4 cup chopped walnuts or pecans
- Optional additions:
- 1/4 cup sugar-free chocolate chips
  - 1 teaspoon cinnamon
  - 1/4 teaspoon nutmeg

## NUTRITIONAL INFORMATION (PER MUFFIN)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
180	7g	12g	4g	12g	120mg	150mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Almond and coconut flour: Low-carb and gluten-free alternatives to wheat flour.
- Protein powder: Boosts protein content for better blood sugar control and satiety.
- Flaxseed meal: Adds fiber and healthy fats for improved insulin sensitivity.
- Unsweetened applesauce: Provides natural sweetness without added sugar.
- Healthy fats: Coconut oil offers medium-chain triglycerides (MCTs), which can help regulate blood sugar.

# BAKED EGGS IN AVOCADO CUPS



**SERVES**  
2



**PREP TIME**  
5



**COOK TIME**  
15-20

## INSTRUCTIONS

- Preheat oven: Preheat your oven to 400°F (200°C).
- Prepare avocado: Cut the avocado in half lengthwise and remove the pit. Scoop out a small amount of avocado from each half to create a larger space for the egg.
- Crack eggs: Carefully crack one egg into each avocado half.
- Season: Season with salt and pepper to taste. Add any desired optional toppings like feta cheese, salsa, Everything Bagel seasoning, or herbs.
- Bake: Place the avocado halves in a baking dish or on a baking sheet. Bake for 15-20 minutes, or until the egg whites are set and the yolks are cooked to your preference.

## INGREDIENTS

- 1 large avocado, halved and pitted
  - 2 large eggs
  - Salt and pepper to taste
- Optional additions:
- 1 tablespoon crumbled feta cheese (reduced-fat)
  - 1 tablespoon salsa
  - 1 teaspoon Everything Bagel seasoning
  - Chopped fresh herbs (chives, parsley, cilantro)
  - Pinch of red pepper flakes

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
300	13g	10g	7g	24g	70mg	690mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Avocado: A great source of monounsaturated fats, fiber, and potassium, which help regulate blood sugar and improve heart health.
- Eggs: High in protein and essential nutrients, promoting satiety and blood sugar control.
- Low-carb: Minimal carbohydrates in this recipe help prevent blood sugar spikes.
- Nutrient-dense: Packed with vitamins, minerals, and antioxidants for overall health.

# BROCCOLI AND CHEDDAR QUICHE

## INSTRUCTIONS



**SERVES**  
6



**PREP TIME**  
20



**COOK TIME**  
40-45

- Prepare the crust: Preheat oven to 375°F (190°C). In a medium bowl, combine almond flour, coconut flour, olive oil, and salt. Gradually add cold water, 1 tablespoon at a time, until a dough forms. Press the dough into a 9-inch pie plate. Bake for 10-12 minutes, or until lightly golden.
- Sauté vegetables: While the crust is baking, heat olive oil in a skillet over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook for 1 minute more. Add broccoli florets and cook until tender-crisp, about 5-7 minutes.
- Prepare filling: In a large bowl, whisk together eggs, almond milk, cheddar cheese, Parmesan cheese, salt, and pepper.
- Assemble quiche: Spread the cooked broccoli mixture evenly over the pre-baked crust. Pour the egg mixture over the broccoli.
- Bake: Bake for 30-35 minutes, or until the quiche is set and the center is no longer jiggly. Let cool for 10 minutes before slicing and serving.

## INGREDIENTS

For the crust:

- 1 cup almond flour
- 2 tablespoons coconut flour
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 2-3 tablespoons cold water

For the filling:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced

- 2 cups broccoli florets, chopped
- 6 large eggs
- 1/2 cup unsweetened almond milk
- 1/2 cup shredded cheddar cheese (reduced-fat)
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Optional additions:

- 1/4 cup chopped red bell pepper for added flavor and vitamins
- 1/4 teaspoon nutmeg or cayenne pepper for a warm spice or a kick

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
290	18g	11g	4g	20g	320mg	390mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Almond flour crust: A low-carb and gluten-free alternative to traditional pastry crust.
- Broccoli: High in fiber and antioxidants, promoting healthy blood sugar control and overall well-being.
- Reduced-fat cheese: Provides flavor and calcium without excessive saturated fat.
- Eggs: Excellent source of protein and essential nutrients for satiety and blood sugar management.

# PEANUT BUTTER AND CHIA BREAKFAST BARS



**SERVES**  
12 bars



**PREP TIME**  
15



**COOK TIME**  
30

## INSTRUCTIONS

- **Combine ingredients:** In a large bowl, combine all ingredients (oats, peanut butter, chia seeds, coconut, almond flour, protein powder, applesauce, almond milk, and vanilla extract). Mix well until a sticky dough forms. Stir in any optional additions.
- **Prepare pan:** Line an 8x8 inch baking pan with parchment paper, leaving some overhang for easy removal.
- **Press and chill:** Press the mixture firmly and evenly into the prepared pan. Cover and refrigerate for at least 30 minutes to allow the bars to set.
- **Cut and serve:** Once chilled, lift the parchment paper to remove the bars from the pan. Cut into 12 equal-sized bars.

## INGREDIENTS

- 1 cup rolled oats (gluten-free if needed)
  - 1/2 cup natural peanut butter (no added sugar)
  - 1/4 cup chia seeds
  - 1/4 cup unsweetened shredded coconut
  - 1/4 cup almond flour
  - 2 tablespoons protein powder (whey or plant-based)
  - 2 tablespoons unsweetened applesauce
  - 2 tablespoons almond milk
  - 1 teaspoon vanilla extract
- Optional additions:**
- 1/4 cup chopped walnuts or pecans
  - 1/4 cup sugar-free chocolate chips
  - 1 teaspoon cinnamon

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
190	8g	15g	5g	11g	60mg	140mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Rolled oats:** A good source of soluble fiber, which helps regulate blood sugar levels.
- **Natural peanut butter:** Provides protein, healthy fats, and fiber for sustained energy and satiety.
- **Chia seeds:** Packed with fiber and omega-3 fatty acids, contributing to heart health and blood sugar control.
- **Protein powder:** Boosts protein content for improved blood sugar management and satiety.
- **No added sugar:** This recipe relies on natural sweetness from applesauce and the peanut butter.

# CREAM CHEESE AND CUCUMBER BREAKFAST ROLLS



**SERVES**

4



**PREP TIME**

10



**CHILL TIME**

30

## INSTRUCTIONS

- Prepare tortillas: If your tortillas are not very pliable, warm them briefly in a dry skillet or microwave to make them more flexible for rolling.
- Combine cream cheese mixture: In a small bowl, combine softened cream cheese, chopped dill, and lemon juice. Season with salt and pepper to taste.
- Assemble rolls: Spread the cream cheese mixture evenly over each tortilla. Arrange cucumber slices (and optional red onion or smoked salmon) over the cream cheese.
- Roll and chill: Tightly roll up each tortilla. For easier slicing, wrap the rolls in plastic wrap and chill for 30 minutes.
- Slice and serve: Using a sharp knife, slice each roll into 1-inch pieces. Sprinkle with Everything Bagel seasoning, if desired.

## INGREDIENTS

- 4 low-carb tortillas (like almond flour or coconut flour tortillas)
  - 4 ounces cream cheese, softened
  - 1 medium cucumber, thinly sliced
  - 2 tablespoons chopped fresh dill
  - 1 tablespoon lemon juice
  - Salt and pepper to taste
- Optional additions:
- 1/4 cup thinly sliced red onion
  - 2 tablespoons Everything Bagel seasoning
  - Smoked salmon or thinly sliced ham

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
250	12g	10g	3g	18g	300mg	200mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Low-carb tortillas: Using almond flour or coconut flour tortillas significantly reduces the carbohydrate content compared to traditional wheat tortillas.
- Cucumber: Low in calories and carbohydrates, high in water content and refreshing flavor.
- Cream cheese: Provides protein and healthy fats for satiety and blood sugar control.
- Fresh dill: Adds flavor and antioxidants.
- No added sugar: This recipe relies on natural flavors and avoids added sugars.

# SNACKS AND APPETIZERS

## MINI CAPRESE SKEWERS WITH BASIL



**SERVES**

12



**PREP TIME**

10



**COOK TIME**

0

### INSTRUCTIONS

- Wash and prepare: Wash the cherry tomatoes and basil leaves. Pat them dry with a paper towel.
- Assemble skewers: Thread one cherry tomato, one mozzarella ball, and one basil leaf onto each skewer. If using optional ingredients like avocado or olives, add them to the skewers as well.
- Drizzle and serve: Arrange the skewers on a serving platter. If desired, lightly drizzle with balsamic vinegar and sprinkle with freshly ground black pepper.

### INGREDIENTS

- 12 cherry tomatoes
  - 12 mini mozzarella balls (or ciliegine mozzarella)
  - 12 fresh basil leaves
  - 1 tablespoon balsamic vinegar (optional)
  - Freshly ground black pepper to taste
- Optional additions:
- 12 small cubes of avocado
  - 12 pitted olives (green or Kalamata)

### NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
30	2g	2g	1g	2g	15mg	30mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- Low-carb: Cherry tomatoes and mozzarella are naturally low in carbohydrates, making this recipe suitable for managing blood sugar levels.
- Healthy fats: Mozzarella provides a source of healthy fats, which can help slow down the absorption of sugar into the bloodstream.
- Antioxidants: Tomatoes and basil are rich in antioxidants, which protect cells from damage and contribute to overall health.
- Portion control: The skewer format helps with portion control, making it easier to manage calorie intake.

# AVOCADO AND SHRIMP LETTUCE BITES



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

5

## INSTRUCTIONS

- Prepare shrimp: If using raw shrimp, cook them in a skillet over medium heat until pink and opaque, about 2-3 minutes per side. Let cool slightly and chop into bite-sized pieces.
- Combine ingredients: In a medium bowl, combine cooked shrimp, diced avocado, red onion, cilantro, lime juice, and olive oil. Gently toss to coat. Season with salt and pepper to taste.
- Assemble lettuce bites: Spoon the shrimp and avocado mixture into lettuce leaves.
- Serve immediately: Enjoy the lettuce bites fresh.

## INGREDIENTS

- 1 pound cooked shrimp, peeled and deveined
  - 2 ripe avocados, diced
  - 1/4 cup red onion, finely chopped
  - 1/4 cup cilantro, chopped
  - 2 tablespoons lime juice
  - 1 tablespoon olive oil
  - salt and pepper to taste
  - 12 large lettuce leaves (butter lettuce, romaine, or Bibb)
- Optional additions:
- 1 jalapeño, seeded and minced (for a spicy kick)
  - 1/4 cup chopped bell pepper (for added crunch and vitamins)
  - 2 tablespoons chopped fresh parsley

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
280	20g	8g	5g	18g	100mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Low-carb: Lettuce wraps replace high-carb bread or tortillas.
- Shrimp: An excellent source of lean protein, essential for blood sugar control and satiety.
- Avocado: Provides healthy monounsaturated fats, fiber, and potassium, which help regulate blood sugar and improve heart health.
- Nutrient-dense: Packed with vitamins, minerals, and antioxidants from shrimp, avocado, and fresh herbs.
- Portion control: Using lettuce cups naturally helps with portion control.

# ROASTED ZUCCHINI CHIPS WITH PARMESAN



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

20-25

## INSTRUCTIONS

- Preheat oven and prepare baking sheet: Preheat oven to 250°F (120°C). Line a baking sheet with parchment paper.
- Toss zucchini: In a large bowl, toss the zucchini slices with olive oil, Parmesan cheese, garlic powder, oregano, salt, and pepper.
- Arrange and bake: Arrange the zucchini slices in a single layer on the prepared baking sheet. Bake for 20-25 minutes, flipping halfway through, until golden brown and crispy.

## INGREDIENTS

- 2 medium zucchini, sliced into 1/4-inch rounds
  - 2 tablespoons olive oil
  - 1/4 cup grated Parmesan cheese
  - 1/4 teaspoon garlic powder
  - 1/4 teaspoon dried oregano
  - salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 teaspoon paprika
  - Pinch of red pepper flakes

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
110	5g	6g	2g	8g	150mg	260mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Zucchini: Low in carbohydrates and calories, high in fiber and antioxidants.
- Baked, not fried: This cooking method reduces fat content and avoids unhealthy trans fats.
- Parmesan cheese: Adds flavor and a source of calcium without excessive carbohydrates.
- Portion control: Making your own chips allows you to control the serving size and ingredients.

# DEVEILED EGGS WITH AVOCADO FILLING



**SERVES**  
6



**PREP TIME**  
15



**COOK TIME**  
10-12

## INSTRUCTIONS

- **Hard-boil eggs:** Place eggs in a saucepan and cover with cold water. Bring the water to a boil over medium-high heat. Once boiling, cover the pan, remove from heat, and let the eggs sit for 10-12 minutes.
- **Cool and peel:** Drain the hot water and immediately run cold water over the eggs until they are cool enough to handle. Peel the eggs and cut them in half lengthwise.
- **Prepare filling:** In a medium bowl, combine the mashed avocado, Dijon mustard, lemon juice, and chives. Season with salt and pepper to taste.
- **Fill eggs:** Scoop the egg yolks into the bowl with the avocado mixture and mash everything together until smooth. Spoon or pipe the filling back into the egg white halves.
- **Garnish and serve:** Sprinkle with paprika (or any other desired garnish) and serve immediately.

## INGREDIENTS

- 6 large eggs
  - 1 ripe avocado, mashed
  - 1 tablespoon Dijon mustard
  - 1 tablespoon lemon juice
  - 1 tablespoon chopped fresh chives
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 teaspoon garlic powder
  - Pinch of cayenne pepper
  - Paprika for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
140	6g	3g	2g	11g	70mg	160mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Avocado:** A great source of monounsaturated fats, fiber, and potassium, which help regulate blood sugar and improve heart health.
- **Eggs:** High in protein and essential nutrients, promoting satiety and blood sugar control.
- **Low-carb:** Minimal carbohydrates in this recipe help prevent blood sugar spikes.
- **Nutrient-dense:** Packed with vitamins, minerals, and antioxidants for overall health.
- **Portion control:** Deviled eggs naturally offer built-in portion control.

# GREEK SALAD BITES WITH OLIVE TAPENADE



**SERVES**  
12 bites



**PREP TIME**  
15-20



**COOK TIME**  
0

## INSTRUCTIONS

- Make the tapenade: In a food processor, combine olives, capers, garlic, olive oil, and lemon juice. Pulse until finely chopped but still slightly chunky. Season with black pepper.
- Assemble the bites: Spread a small amount of olive tapenade on each cucumber slice. Top with a feta cheese cube, a basil leaf, and a cherry tomato half.
- Serve: Arrange the salad bites on a platter and serve immediately.

## INGREDIENTS

For the Olive Tapenade:

- 1/2 cup pitted Kalamata olives
- 1 tablespoon capers, rinsed
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- Freshly ground black pepper to taste

For the Salad Bites:

- 12 cherry tomatoes, halved
- 12 cucumber slices (about 1/4-inch thick)
- 12 cubes feta cheese (about 1/2-inch cubes)
- 12 fresh basil leaves

Optional additions:

- 12 pitted green olives
- 12 small cubes of avocado

## NUTRITIONAL INFORMATION (PER BITE)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
50	2g	2g	1g	4g	110mg	50mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Low-carb: This recipe utilizes fresh vegetables and healthy fats, keeping the carbohydrate content low.
- Olive tapenade: Provides healthy fats and flavor without added sugars.
- Feta cheese: Offers protein and calcium for satiety and bone health.
- Fresh vegetables: Cucumbers and tomatoes are packed with vitamins, minerals, and fiber, promoting healthy digestion and blood sugar control.
- Portion control: The bite-sized portions help manage calorie intake.

# SPINACH AND ARTICHOKE STUFFED MUSHROOMS



**SERVES**  
12



**PREP TIME**  
15



**COOK TIME**  
20-25

## INSTRUCTIONS

- Preheat oven and prepare mushrooms: Preheat oven to 375°F (190°C). Remove the stems from the mushrooms and gently wipe the caps clean with a damp cloth.
- Sauté vegetables: Heat olive oil in a skillet over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook for 1 minute more. Add spinach and artichoke hearts, and cook until heated through.
- Make the filling: In a medium bowl, combine the sautéed vegetables with Parmesan cheese, feta cheese, Greek yogurt, lemon juice, salt, and pepper. Mix well.
- Stuff mushrooms: Fill each mushroom cap generously with the spinach and artichoke filling.
- Bake: Arrange the stuffed mushrooms on a baking sheet lined with parchment paper. Bake for 20-25 minutes, or until the mushrooms are tender and the filling is golden brown.

## INGREDIENTS

- 12 large white button mushrooms
  - 1 tablespoon olive oil
  - 1/2 cup chopped onion
  - 2 cloves garlic, minced
  - 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
  - 1 (14 ounce) can artichoke hearts, drained and chopped
  - 1/4 cup grated Parmesan cheese
  - 1/4 cup crumbled feta cheese (reduced-fat)
  - 1/4 cup plain Greek yogurt
  - 1 tablespoon lemon juice
  - 1/4 teaspoon salt
  - 1/4 teaspoon black pepper
- Optional additions:
- 1/4 cup chopped red bell pepper for added flavor and vitamins
  - Pinch of red pepper flakes for a touch of heat

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
80	5g	5g	2g	5g	180mg	220mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Mushrooms: Low in carbohydrates and calories, high in fiber and antioxidants.
- Spinach and artichoke: Excellent sources of fiber, vitamins, and minerals, promoting healthy blood sugar control and overall well-being.
- Reduced-fat feta cheese: Provides flavor and calcium without excessive saturated fat.
- Greek yogurt: A healthy alternative to mayonnaise or sour cream, providing protein and probiotics for gut health.

# SMOKED SALMON AND CREAM CHEESE BITES



**SERVES**  
12 bites



**PREP TIME**  
10



**COOK TIME**  
0

## INSTRUCTIONS

- Prepare cucumber: Wash and slice the cucumber into rounds.
- Combine cream cheese mixture: In a small bowl, combine softened cream cheese, chopped dill, and lemon juice. Season with freshly ground black pepper.
- Assemble bites: Spread a thin layer of the cream cheese mixture onto each cucumber slice. Top with a piece of smoked salmon.
- Garnish and serve: If desired, garnish with thinly sliced red onion, Everything Bagel seasoning, or capers. Arrange the bites on a serving platter and serve immediately.

## INGREDIENTS

- 1 medium cucumber, sliced into 1/4-inch rounds
  - 4 ounces smoked salmon, thinly sliced
  - 4 ounces cream cheese, softened
  - 1 tablespoon chopped fresh dill
  - 1 tablespoon lemon juice
  - Freshly ground black pepper to taste
- Optional additions:
- 1/4 cup thinly sliced red onion
  - 2 tablespoons Everything Bagel seasoning
  - Capers

## NUTRITIONAL INFORMATION (PER BITE)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
60	4g	1g	0g	5g	100mg	60mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Low-carb: Cucumber slices replace high-carb crackers or bread, keeping the carbohydrate count low.
- Smoked salmon: An excellent source of protein and omega-3 fatty acids, which are beneficial for heart health and blood sugar control.
- Cream cheese: Provides protein and healthy fats for satiety and blood sugar management.
- Fresh dill: Adds flavor and antioxidants.
- No added sugar: This recipe relies on natural flavors and avoids added sugars.
- Portion control: The bite-sized portions help manage calorie intake.

# PESTO AND MOZZARELLA STUFFED CHERRY TOMATOES



## SERVES

24 stuffed tomatoes



## PREP TIME

15



## COOK TIME

0

## INSTRUCTIONS

- **Prepare tomatoes:** Wash and dry the cherry tomatoes. Slice off the tops and use a small spoon to carefully scoop out the seeds and pulp, creating a small cavity.
- **Fill tomatoes:** Fill each tomato with a small amount of basil pesto and a cube of mozzarella cheese.
- **Garnish and serve:** Arrange the stuffed tomatoes on a serving platter. If desired, sprinkle with freshly ground black pepper and toasted nuts. Drizzle with balsamic glaze, if using.

### Tips for a Diabetic-Friendly Pesto:

- **Use less oil:** Traditional pesto can be high in fat due to the olive oil content. Reduce the amount of oil used or substitute some of it with water or broth.
- **Add more greens:** Increase the amount of basil or add other leafy greens like spinach or kale to boost the fiber and nutrient content.
- **Limit or avoid pine nuts:** Pine nuts can be high in calories. Use a smaller amount or substitute with walnuts or almonds, which are lower in calories and higher in fiber.

## INGREDIENTS

- 24 cherry tomatoes
  - 1/4 cup fresh basil pesto (see notes for a diabetic-friendly version)
  - 4 ounces fresh mozzarella cheese, cut into small cubes
  - Freshly ground black pepper to taste
- Optional additions:
- 1/4 cup chopped walnuts or pine nuts, toasted
  - Balsamic glaze for drizzling

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
120	6g	5g	1g	9g	80mg	150mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Low-carb:** Cherry tomatoes and mozzarella are naturally low in carbohydrates, making this recipe suitable for managing blood sugar levels.
- **Healthy fats:** Mozzarella and pesto (made with olive oil) provide a source of healthy fats, which can help slow down the absorption of sugar into the bloodstream.
- **Antioxidants:** Tomatoes and basil are rich in antioxidants, which protect cells from damage and contribute to overall health.
- **Portion control:** The small size of cherry tomatoes helps with portion control, making it easier to manage calorie intake.

# ALMOND BUTTER CELERY STICKS WITH FLAX SEEDS



**SERVES**

4



**PREP TIME**

5



**COOK TIME**

0

## INSTRUCTIONS

- Prepare celery: Wash and trim the celery stalks. Cut each stalk in half lengthwise, if desired, for easier handling.
- Fill with almond butter: Spread 1 tablespoon of almond butter evenly into the groove of each celery stalk.
- Sprinkle with flax seeds: Sprinkle the almond butter with flax seeds.
- Serve: Enjoy immediately.

## INGREDIENTS

- 4 celery stalks, washed and trimmed
- 4 tablespoons almond butter (no added sugar)
- 2 tablespoons flax seeds
- Optional additions:
  - A sprinkle of cinnamon
  - A few raisins or chopped dates (use sparingly)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
150	5g	7g	4g	12g	70mg	200mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Celery: Low in calories and carbohydrates, high in fiber and water content.
- Almond butter: Provides protein, healthy fats, and fiber for sustained energy and satiety.
- Flax seeds: Packed with fiber and omega-3 fatty acids, contributing to heart health and blood sugar control.
- No added sugar: This recipe relies on natural sweetness from the celery and almond butter.
- Portion control: The natural structure of celery sticks helps with portion control.

# LOW-CARB GUACAMOLE WITH CUCUMBER SLICES



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

0

## INSTRUCTIONS

- **Mash avocados:** In a medium bowl, mash the avocados with a fork until desired consistency is reached (chunky or smooth).
- **Combine ingredients:** Add the red onion, jalapeño (if using), cilantro, lime juice, garlic powder, cumin, salt, and pepper to the mashed avocado. Mix well to combine.
- **Serve:** Arrange the cucumber slices on a plate and serve with the guacamole.

## INGREDIENTS

- 2 ripe avocados, pitted and scooped
  - 1/4 cup red onion, finely chopped
  - 1 jalapeño, seeded and minced (optional, or adjust to taste)
  - 2 tablespoons cilantro, chopped
  - 2 tablespoons lime juice
  - 1/4 teaspoon garlic powder
  - 1/4 teaspoon cumin
  - Salt and pepper to taste
  - 1 medium cucumber, sliced into 1/4-inch rounds
- Optional additions:
- 1/4 cup chopped tomato
  - 1 tablespoon chopped fresh parsley

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
170	2g	8g	5g	15g	10mg	450mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Avocado:** A great source of monounsaturated fats, fiber, and potassium, which help regulate blood sugar and improve heart health.
- **Low-carb:** This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- **Healthy fats:** Avocados provide healthy fats that promote satiety and help regulate blood sugar.
- **Fiber-rich:** The combination of avocado and cucumber provides a good source of fiber, which aids in digestion and blood sugar control.
- **Nutrient-dense:** Packed with vitamins, minerals, and antioxidants from avocados, onions, cilantro, and lime juice.

# LUNCH

## CAULIFLOWER CRUST MINI PIZZAS

### INSTRUCTIONS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

20-25

- **Prepare cauliflower:** Rice the cauliflower using a food processor or grater. Place the riced cauliflower in a microwave-safe bowl and microwave for 5-7 minutes, or until tender.
- **Remove excess moisture:** Transfer the cooked cauliflower to a clean dish towel and squeeze out as much moisture as possible. This is crucial for achieving a crispy crust.
- **Make the crust:** In a large bowl, combine the cauliflower, almond flour, egg, Parmesan cheese, garlic powder, oregano, salt, and pepper. Mix well.
- **Form crusts:** Divide the cauliflower mixture into 4 equal portions. On a baking sheet lined with parchment paper, form each portion into a small circle or oval, about 1/4-inch thick.
- **Pre-bake crusts:** Bake the crusts for 10-12 minutes at 400°F (200°C), or until lightly golden.
- **Add toppings:** Top each crust with marinara sauce, mozzarella cheese, and your desired vegetables and protein.
- **Bake again:** Bake for another 8-10 minutes, or until the cheese is melted and bubbly.

### INGREDIENTS

For the crust:

- 1 small head of cauliflower, riced (about 2 cups)
- 1/4 cup almond flour
- 1 egg, lightly beaten
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- Salt and pepper to taste

For the toppings:

- 1/2 cup sugar-free marinara sauce
- 1/2 cup shredded mozzarella cheese (part-skim)
- 1/4 cup chopped bell peppers (any color)
- 1/4 cup sliced mushrooms

Optional additions:

- Sliced black olives
- Chopped onions
- Sliced cherry tomatoes
- Cooked chicken or turkey sausage, crumbled

### NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
220	15g	12g	4g	13g	400mg	350mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- **Cauliflower crust:** A low-carb and gluten-free alternative to traditional pizza dough.
- **High in fiber:** Cauliflower and vegetables provide a good source of fiber, which helps regulate blood sugar levels.
- **Lean protein:** Choose lean protein sources like chicken or turkey sausage to keep saturated fat low and promote satiety.
- **Portion control:** Making mini pizzas helps with portion control and calorie management.
- **Customizable:** You can easily adjust the toppings to your preferences and dietary needs.

# ZOODLES WITH CREAMY PESTO SAUCE



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

5

## INSTRUCTIONS

- Prepare zoodles: If using a spiralizer, spiralize the zucchini into noodle shapes. Alternatively, you can use a julienne peeler or a knife to create thin zucchini strips.
- Sauté zoodles: Heat olive oil in a large skillet over medium heat. Add the garlic and cook for about 30 seconds until fragrant. Add the zoodles and sauté for 2-3 minutes, or until tender-crisp. Be careful not to overcook, as they can become mushy.
- Make the sauce: In a small bowl, combine the basil pesto and Greek yogurt.
- Combine and serve: Add the pesto-yogurt sauce to the skillet with the zoodles. Toss to coat. Sprinkle with Parmesan cheese and season with salt and pepper to taste. Serve immediately.

Tips for a Diabetic-Friendly Pesto:

- Use less oil: Traditional pesto can be high in fat due to the olive oil content. Reduce the amount of oil used or substitute some of it with water or broth.
- Add more greens: Increase the amount of basil or add other leafy greens like spinach or kale to boost the fiber and nutrient content.

Limit or avoid pine nuts: Pine nuts can be high in calories. Use a smaller amount or substitute with walnuts or almonds, which are lower in calories and higher in fiber.

## INGREDIENTS

- 4 medium zucchini, spiralized or julienned
- 1/4 cup basil pesto (see notes for a diabetic-friendly version)
- 1/4 cup plain Greek yogurt
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1/4 cup grated Parmesan cheese
- Salt and freshly ground black pepper to taste

Optional additions:

- 1/4 cup chopped walnuts or pine nuts, toasted
- 1/4 cup cherry tomatoes, halved
- Grilled chicken or shrimp for added protein

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
180	8g	7g	3g	14g	150mg	550mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Zoodles: Zucchini noodles are a fantastic low-carb alternative to pasta, providing fiber and nutrients without spiking blood sugar.
- Healthy fats: The pesto (made with olive oil) and Greek yogurt provide healthy fats that promote satiety and help regulate blood sugar.
- High in nutrients: Zucchini, basil, and garlic are packed with vitamins, minerals, and antioxidants.
- Protein-rich: Greek yogurt adds protein to the dish, further aiding in blood sugar control and satiety.
- Portion control: Using zoodles instead of pasta naturally helps with portion control.

# TURKEY LETTUCE WRAP TACOS



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

10

## INSTRUCTIONS

- Cook turkey: Heat olive oil in a large skillet over medium heat. Add ground turkey and cook, breaking it up with a spoon, until browned.
- Sauté vegetables and spices: Add onion, garlic, and bell pepper to the skillet. Cook until vegetables are softened, about 5 minutes. Stir in chili powder, cumin, paprika, salt, and pepper.
- Assemble tacos: Spoon the turkey mixture into lettuce leaves. Top with your favorite taco toppings.

## INGREDIENTS

- 1 pound ground turkey
  - 1 tablespoon olive oil
  - 1/2 cup onion, chopped
  - 1 clove garlic, minced
  - 1/2 cup bell pepper (any color), chopped
  - 1 teaspoon chili powder
  - 1/2 teaspoon cumin
  - 1/4 teaspoon paprika
  - Salt and pepper to taste
  - 4 large lettuce leaves (butter lettuce, romaine, or Bibb)
- Toppings of your choice:
- Salsa
  - Guacamole or avocado slices
  - Shredded cheese (reduced-fat)
  - Plain Greek yogurt or sour cream (light)
  - Hot sauce

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
260	25g	10g	4g	15g	180mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lettuce wraps: Using lettuce instead of tortillas significantly reduces the carbohydrate content.
- Lean protein: Ground turkey is a lean source of protein, essential for blood sugar control and satiety.
- Fiber-rich vegetables: Onions and bell peppers add flavor, vitamins, minerals, and fiber.
- Healthy fats: Olive oil and avocado (if used as a topping) provide healthy fats that promote satiety and help regulate blood sugar.
- Customizable: You can easily adjust the toppings to your preferences and dietary needs.

# LOW-CARB CHICKEN CAESAR WRAPS



**SERVES**

4 wraps



**PREP TIME**

15



**COOK TIME**

10

## INSTRUCTIONS

- Prepare the chicken: Cook the chicken breasts using your preferred method (grilling, baking, or pan-frying). Shred the cooked chicken and set aside.
- Assemble the wraps: Lay the tortillas flat. Spread a thin layer of Caesar dressing on each tortilla.
- Layer ingredients: Top with chopped romaine lettuce, shredded chicken, and Parmesan cheese. Add optional ingredients like parsley or cherry tomatoes.
- Wrap and serve: Fold the sides of the tortillas inward and then roll them up tightly. Slice in half and serve immediately.

### Tips for a Diabetic-Friendly Caesar Dressing:

- Use Greek yogurt: Replace some or all of the mayonnaise in traditional Caesar dressing with plain Greek yogurt to increase protein and reduce fat content.
- Limit added sugar: Choose a Caesar dressing with minimal added sugar or make your own at home using sugar-free alternatives.
- Watch portion size: Even healthy fats should be consumed in moderation. Use a small amount of dressing to keep calories and fat in check.

### Tips for Cooking Chicken:

- Grilling: Grill chicken breasts over medium heat for 5-7 minutes per side, or until cooked through.
- Baking: Bake chicken breasts at 375°F (190°C) for 20-25 minutes, or until cooked through.
- Pan-frying: Heat a small amount of olive oil in a skillet over medium heat. Cook chicken breasts for 5-7 minutes per side, or until cooked through.

## INGREDIENTS

- 1 pound boneless, skinless chicken breasts, cooked and shredded (see notes for cooking methods)
  - 4 low-carb tortillas (like almond flour or coconut flour tortillas)
  - 4 cups romaine lettuce, chopped
  - 1/2 cup grated Parmesan cheese
  - 1/4 cup Caesar dressing (see notes for a diabetic-friendly version)
- Optional additions:**
- 2 tablespoons chopped fresh parsley
  - Cherry tomatoes, halved

## NUTRITIONAL INFORMATION (PER 1 WRAP)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
300	30g	10g	3g	17g	400mg	400mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Low-carb tortillas: Using almond flour or coconut flour tortillas significantly reduces the carbohydrate content compared to traditional wheat tortillas.
- Lean protein: Chicken breast is a lean source of protein, essential for blood sugar control and satiety.
- Fiber-rich lettuce: Romaine lettuce provides fiber, which aids in digestion and blood sugar control.
- Healthy fats: A small amount of healthy fats from the Caesar dressing and optional additions like avocado contribute to satiety and help regulate blood sugar.
- Portion control: Using wraps instead of a large salad helps with portion control.

# SHRIMP AND CUCUMBER SALAD WITH LEMON DRESSING



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

5

## INSTRUCTIONS

- Prepare shrimp: If using raw shrimp, cook them in a skillet over medium heat until pink and opaque, about 2-3 minutes per side. Let cool slightly.
- Combine salad ingredients: In a large bowl, combine cooked shrimp, diced cucumber, red onion, and fresh dill.
- Whisk the dressing: In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, garlic powder, salt, and pepper.
- Toss and serve: Pour the dressing over the salad and toss to coat. Serve immediately.

## INGREDIENTS

- 1 pound cooked shrimp, peeled and deveined
- 2 cups cucumber, diced
- 1/4 cup red onion, thinly sliced
- 1/4 cup fresh dill, chopped
- 1/4 teaspoon garlic powder
- Salt and freshly ground black pepper to taste

Optional additions:

- 1/4 cup chopped bell pepper (any color)
  - 1/4 cup cherry tomatoes, halved
  - 2 tablespoons chopped fresh parsley
- For the lemon dressing:
- 2 tablespoons olive oil
  - 2 tablespoons lemon juice
  - 1 tablespoon Dijon mustard

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
220	20g	5g	2g	15g	150mg	350mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Low-carb: This salad is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- Shrimp: An excellent source of lean protein, essential for blood sugar control and satiety.
- Cucumber: Low in calories and carbohydrates, high in water content and refreshing flavor.
- Healthy fats: Olive oil in the dressing provides healthy fats that promote satiety and help regulate blood sugar.
- Nutrient-dense: Packed with vitamins, minerals, and antioxidants from shrimp, cucumber, and fresh herbs.

# STUFFED BELL PEPPERS WITH TURKEY AND QUINOA

## INSTRUCTIONS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

35-40

- Preheat oven and prepare peppers: Preheat oven to 375°F (190°C). Cut the bell peppers in half lengthwise and remove the seeds and membranes.
- Cook turkey: Heat olive oil in a large skillet over medium heat. Add ground turkey and cook, breaking it up with a spoon, until browned.
- Sauté vegetables and spices: Add onion and garlic to the skillet. Cook until vegetables are softened, about 5 minutes. Stir in chili powder, cumin, oregano, salt, and pepper.
- Combine with quinoa and tomatoes: Add cooked quinoa, diced tomatoes, and tomato sauce to the skillet. Stir to combine and simmer for 5 minutes to allow flavors to meld.
- Stuff peppers: Fill each bell pepper half with the turkey and quinoa mixture.
- Bake: Place the stuffed peppers in a baking dish. Add a small amount of water to the bottom of the dish to prevent sticking. Bake for 35-40 minutes, or until the peppers are tender and the filling is heated through.

### Tips for Cooking Quinoa:

- Rinse quinoa under cold water before cooking to remove any bitterness.
- Combine 1 cup quinoa with 2 cups water or broth in a saucepan. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until the liquid is absorbed and the quinoa is cooked through.

## INGREDIENTS

- 4 large bell peppers (any color)
- 1 pound ground turkey
- 1 tablespoon olive oil
- 1/2 cup onion, chopped
- 2 cloves garlic, minced
- 1 cup cooked quinoa (see notes for cooking instructions)
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1/2 cup tomato sauce
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon dried oregano
- Salt and pepper to taste

### Optional additions:

- 1/4 cup chopped cilantro for garnish
- 1/4 cup shredded reduced-fat cheese

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
280	25g	25g	6g	12g	300mg	550mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Bell peppers: Low in carbohydrates and high in fiber, vitamins, and antioxidants, promoting healthy blood sugar control and overall well-being.
- Lean protein: Ground turkey is a lean source of protein, essential for blood sugar control and satiety.
- Fiber-rich quinoa: Quinoa is a complete protein source that is also high in fiber, aiding in digestion and blood sugar control.
- Healthy fats: Olive oil provides healthy fats that promote satiety and help regulate blood sugar.
- Nutrient-dense: This dish is packed with vitamins, minerals, and antioxidants from the variety of vegetables and spices.

# CHICKEN AND SPINACH STUFFED PORTOBELLO MUSHROOMS



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

25-30

## INSTRUCTIONS

- Preheat oven and prepare mushrooms: Preheat oven to 375°F (190°C). Remove the stems from the portobello mushrooms and gently wipe the caps clean with a damp cloth.
- Sauté vegetables and chicken: Heat olive oil in a large skillet over medium heat. Add onion and garlic, and cook until softened, about 5 minutes. Add ground chicken and cook, breaking it up with a spoon, until browned.
- Add spinach: Stir in the thawed and squeezed spinach. Cook until heated through.
- Season and stuff: Stir in Parmesan cheese, salt, and pepper. Spoon the chicken and spinach mixture generously into the portobello mushroom caps.
- Bake: Arrange the stuffed mushrooms on a baking sheet lined with parchment paper. Bake for 25-30 minutes, or until the mushrooms are tender and the filling is heated through.

## INGREDIENTS

- 4 large portobello mushrooms
  - 1 tablespoon olive oil
  - 1/2 cup onion, chopped
  - 2 cloves garlic, minced
  - 1 pound ground chicken
  - 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
  - 1/4 cup grated Parmesan cheese
  - 1/4 teaspoon salt
  - 1/4 teaspoon black pepper
- Optional additions:
- 1/4 cup chopped red bell pepper for added flavor and vitamins
  - 1/4 cup crumbled feta cheese

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
250	25g	8g	4g	14g	250mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Portobello mushrooms: Low in carbohydrates and calories, high in fiber and antioxidants, promoting healthy blood sugar control and overall well-being.
- Lean protein: Ground chicken is a lean source of protein, essential for blood sugar control and satiety.
- Fiber-rich spinach: Spinach is an excellent source of fiber, vitamins, and minerals, further aiding in blood sugar control and overall health.
- Healthy fats: Olive oil provides healthy fats that promote satiety and help regulate blood sugar.
- Nutrient-dense: This dish is packed with vitamins, minerals, and antioxidants from the variety of vegetables.

## SALADS

# AVOCADO AND SHRIMP SALAD WITH LIME VINAIGRETTE



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

5

### INSTRUCTIONS

- Prepare shrimp: If using raw shrimp, cook them in a skillet over medium heat until pink and opaque, about 2-3 minutes per side. Let cool slightly.
- Combine salad ingredients: In a large bowl, combine cooked shrimp, diced avocado, cherry tomatoes, red onion, and cilantro.
- Whisk the dressing: In a small bowl, whisk together olive oil, lime juice, Dijon mustard, cumin, salt, and pepper.
- Toss and serve: Pour the dressing over the salad and toss to coat. Serve immediately.

### INGREDIENTS

- 1 pound cooked shrimp, peeled and deveined
  - 2 ripe avocados, diced
  - 1 cup cherry tomatoes, halved
  - 1/2 cup red onion, thinly sliced
  - 1/4 cup fresh cilantro, chopped
  - For the lime vinaigrette:
    - 3 tablespoons olive oil
    - 3 tablespoons lime juice
    - 1 teaspoon Dijon mustard
    - 1/2 teaspoon cumin
    - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 cup chopped bell pepper (any color)
  - 2 tablespoons chopped fresh parsley
  - 1 jalapeño, seeded and minced (for a spicy kick)

### NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
320	20g	10g	7g	25g	100mg	600mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- Low-carb: This salad is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- Shrimp: An excellent source of lean protein, essential for blood sugar control and satiety.
- Avocado: Provides healthy monounsaturated fats, fiber, and potassium, which help regulate blood sugar and improve heart health.
- Healthy fats: Olive oil in the dressing provides healthy fats that promote satiety and help regulate blood sugar.
- Nutrient-dense: Packed with vitamins, minerals, and antioxidants from shrimp, avocado, tomatoes, and fresh herbs.

# MEDITERRANEAN QUINOA SALAD WITH FETA AND OLIVES



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

20

## INSTRUCTIONS

- Cook quinoa: In a saucepan, combine quinoa and vegetable broth. Bring to a boil, then reduce heat and simmer for 15-20 minutes, or until the liquid is absorbed and the quinoa is cooked through. Fluff with a fork and set aside to cool.
- Prepare vegetables: While the quinoa is cooking, dice the cucumber, halve the cherry tomatoes, and dice the red onion.
- Make the dressing: In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper.
- Combine salad ingredients: In a large bowl, combine the cooked quinoa, cucumber, tomatoes, red onion, olives, feta cheese, and parsley.
- Toss and serve: Pour the dressing over the salad and toss to coat. Serve immediately or chill for later.

## INGREDIENTS

- 1 cup quinoa, rinsed
  - 1 3/4 cups vegetable broth (low-sodium)
  - 1 cucumber, diced
  - 1 cup cherry tomatoes, halved
  - 1/2 cup red onion, diced
  - 1/2 cup Kalamata olives, pitted and halved
  - 1/2 cup crumbled feta cheese (reduced-fat)
  - 1/4 cup fresh parsley, chopped
  - 2 tablespoons olive oil
  - 2 tablespoons lemon juice
  - 1 teaspoon dried oregano
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 cup chopped fresh mint
  - 1/4 cup chopped bell pepper (any color)
  - 2 tablespoons toasted pine nuts

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
380	15g	45g	8g	20g	300mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Quinoa: A complete protein source that is also high in fiber, aiding in digestion and blood sugar control.
- Healthy fats: Olives and feta cheese provide healthy fats, which promote satiety and help regulate blood sugar.
- Fiber-rich vegetables: Cucumbers, tomatoes, and onions are packed with vitamins, minerals, and fiber.
- Low in sodium: Using low-sodium broth and feta cheese helps keep sodium levels in check.
- Nutrient-dense: This salad is packed with vitamins, minerals, and antioxidants from the variety of vegetables and herbs.

# TUNA SALAD WITH CELERY AND AVOCADO



**SERVES**

2



**PREP TIME**

10



**COOK TIME**

0

## INSTRUCTIONS

- **Combine ingredients:** In a medium bowl, combine the drained tuna, mashed avocado, celery, and red onion.
- **Make the dressing:** In a small bowl, whisk together the Greek yogurt, lemon juice, and Dijon mustard. Season with salt and pepper to taste.
- **Dress the salad:** Pour the dressing over the tuna mixture and stir gently to combine.
- **Add optional ingredients:** If desired, stir in chopped walnuts or pecans, fresh dill or parsley, garlic powder, and red pepper flakes.
- **Chill and serve:** For best flavor, cover and chill the salad in the refrigerator for at least 30 minutes before serving.

## INGREDIENTS

### Main ingredients:

- 1 (5 ounce) can tuna in water, drained
- 1 medium avocado, pitted and mashed
- 1/2 cup celery, finely chopped
- 1 tablespoon red onion, finely chopped

### Dressing:

- 2 tablespoons plain Greek yogurt
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard

- Salt and black pepper to taste

### Optional additions:

- 1 tablespoon chopped walnuts or pecans (for healthy fats and crunch)
- 1/4 cup chopped fresh dill or parsley (for added freshness and flavor)
- 1/2 teaspoon garlic powder (for an extra flavor boost)
- Pinch of red pepper flakes (for a touch of heat)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
310	28g	12g	6g	20g	200mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **High in protein:** Tuna and Greek yogurt provide a significant amount of protein, which helps with satiety and blood sugar control.
- **Healthy fats:** Avocado is a good source of monounsaturated fats, which are beneficial for heart health and can improve insulin sensitivity.
- **Low in carbohydrates:** This salad is relatively low in carbohydrates, making it suitable for managing blood sugar levels.
- **High in fiber:** Celery and avocado contribute to the fiber content, which aids in digestion and helps regulate blood sugar.
- **No added sugars:** By using avocado instead of mayonnaise and plain Greek yogurt, this recipe avoids added sugars, which can negatively impact blood sugar levels.

# ROASTED VEGETABLE SALAD WITH BALSAMIC GLAZE



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

30

## INSTRUCTIONS

- Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper.
- Prepare vegetables: Wash and dice all vegetables. In a large bowl, toss them with olive oil, oregano, basil, garlic powder, salt, and pepper.
- Roast vegetables: Spread the vegetables in a single layer on the prepared baking sheet. Roast for 30 minutes, or until tender and slightly browned, flipping halfway through.
- Make balsamic glaze: While the vegetables are roasting, simmer balsamic vinegar in a small saucepan over medium heat. Reduce heat to low and cook until the vinegar thickens into a syrupy glaze (about 10-15 minutes). Be careful not to overcook, as it can burn easily.
- Assemble salad: Once the vegetables are cooked, let them cool slightly. Transfer them to a large bowl. Drizzle with the balsamic glaze and toss gently to coat.
- Add optional ingredients: If desired, sprinkle with chopped walnuts or pecans and crumbled feta cheese. Garnish with fresh herbs.

## INGREDIENTS

Vegetables:

- 1 medium eggplant, diced (about 1 lb)
- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- 1 red bell pepper, seeded and diced
- 1 cup Brussels sprouts, trimmed and halved
- 1 medium red onion, diced
- 1 cup broccoli florets

For Roasting:

- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried basil

- 1/2 teaspoon garlic powder
- Salt and black pepper to taste
- For Balsamic Glaze:
- 1/2 cup balsamic vinegar

Optional additions:

- 1/4 cup chopped walnuts or pecans (for healthy fats and added crunch)
- 1/4 cup crumbled feta cheese (for extra protein and flavor)
- Fresh herbs like parsley or mint (for added freshness)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
200	5g	25g	7g	10g	100mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Low in carbohydrates: This salad is naturally low in carbs, making it suitable for managing blood sugar levels.
- High in fiber: The variety of vegetables provides ample fiber, which helps regulate blood sugar and promotes digestive health.
- Good source of protein: The optional addition of feta cheese boosts the protein content, contributing to satiety and helping maintain muscle mass.
- Healthy fats: Olive oil and optional nuts provide healthy fats, which are essential for overall health and help with nutrient absorption.
- Balsamic glaze: The balsamic glaze adds a touch of sweetness without relying on refined sugars, making it a diabetic-friendly alternative to sugary dressings.

# COBB SALAD WITH LOW-FAT RANCH DRESSING



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

10

## INSTRUCTIONS

- Prepare the chicken: Grill or bake the chicken breast until cooked through. Let it cool slightly, then dice or shred it.
- Hard-boil the eggs: Place eggs in a saucepan and cover with cold water. Bring to a boil, then remove from heat and let sit covered for 10 minutes. Drain and rinse with cold water to cool. Peel and quarter the eggs.
- Assemble the salad: In a large bowl, combine the mixed greens, diced chicken, hard-boiled eggs, avocado, cherry tomatoes, cucumber, and red onion.
- Make the dressing: In a separate bowl, whisk together the Greek yogurt, buttermilk, parsley, chives, lemon juice, Dijon mustard, garlic powder, onion powder, salt, and pepper.
- Serve: Divide the salad among four plates. Drizzle with the low-fat ranch dressing and top with crumbled feta cheese, if desired.

## INGREDIENTS

### Salad:

- 4 cups mixed greens (e.g., romaine, spinach, kale)
- 1 pound boneless, skinless chicken breast, grilled or baked
- 4 hard-boiled eggs, peeled and quartered
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, thinly sliced
- 2 tablespoons crumbled feta cheese (optional)

### Low-Fat Ranch Dressing:

- 1 cup plain Greek yogurt
- 1/4 cup low-fat buttermilk
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh chives, chopped
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and black pepper to taste

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
380	35g	15g	8g	18g	200mg	700mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Chicken breast is an excellent source of lean protein, which helps with blood sugar control and promotes satiety.
- Healthy fats: Avocado provides monounsaturated fats, which can improve insulin sensitivity and heart health.
- High fiber: Mixed greens and vegetables contribute to fiber intake, aiding in digestion and blood sugar regulation.
- Low-fat dairy: Greek yogurt in the dressing provides protein and calcium without excessive fat.

# CAPRESE SALAD WITH BALSAMIC REDUCTION



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

10

## INSTRUCTIONS

- Make the balsamic reduction: In a small saucepan, bring the balsamic vinegar to a simmer over medium heat. Reduce heat to low and cook until the vinegar thickens to a syrupy consistency (about 8-10 minutes). It should coat the back of a spoon. Let it cool.
- Assemble the salad: Arrange alternating slices of tomato and mozzarella on a platter or individual plates.
- Add basil: Tuck fresh basil leaves between the tomato and mozzarella slices.
- Drizzle with olive oil and balsamic reduction: Drizzle the salad with olive oil and the cooled balsamic reduction.
- Season: Season with salt and freshly ground black pepper to taste.

## INGREDIENTS

- 2 large ripe tomatoes, sliced
  - 8 ounces fresh mozzarella cheese, sliced (look for low-moisture options)
  - 1/2 cup fresh basil leaves
  - 1/4 cup balsamic vinegar
  - 1 tablespoon extra virgin olive oil
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 cup chopped walnuts or pecans for added crunch and healthy fats
  - 1 teaspoon Dijon mustard for a more savory balsamic reduction

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
220	12g	7g	2g	15g	150mg	250mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Low carbohydrate: Tomatoes and mozzarella are naturally low in carbohydrates, making this salad a great option for blood sugar control.
- Healthy fats: Mozzarella provides some protein and fat, contributing to satiety without excessive carbohydrates. Olive oil offers heart-healthy monounsaturated fats.
- Antioxidants: Tomatoes are rich in lycopene, a powerful antioxidant with various health benefits.
- Portion control: This recipe emphasizes mindful portion sizes to help manage overall calorie and carbohydrate intake.

# SALMON SALAD WITH LEMON-DILL DRESSING



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

10-15

## INSTRUCTIONS

- Cook the salmon: Bake, grill, or poach the salmon fillet until cooked through. Let it cool slightly, then flake it into a large bowl.
- Prepare the dressing: In a small bowl, whisk together the Greek yogurt, lemon juice, olive oil, Dijon mustard, salt, and pepper.
- Combine the salad: Add the chopped celery, red onion, dill, and parsley to the bowl with the flaked salmon.
- Dress the salad: Pour the lemon-dill dressing over the salad and toss gently to combine.
- Serve: Enjoy the salad on its own, or see serving suggestions below.

## INGREDIENTS

- 1 pound skinless salmon fillet, cooked and flaked (baked, grilled, or poached)
  - 1 cup chopped celery
  - 1/2 cup chopped red onion
  - 1/4 cup chopped fresh dill
  - 2 tablespoons chopped fresh parsley
  - 1/4 cup plain Greek yogurt
  - 2 tablespoons lemon juice
  - 1 tablespoon extra virgin olive oil
  - 1 teaspoon Dijon mustard
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 cup chopped walnuts or pecans for added crunch and healthy fats
  - 1/4 cup chopped cucumber for extra freshness

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
310	30g	8g	3g	18g	180mg	550mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Salmon is an excellent source of protein, which helps with blood sugar control and satiety. It's also rich in omega-3 fatty acids, beneficial for heart health.
- **Healthy fats:** Salmon and olive oil provide heart-healthy fats that can improve insulin sensitivity.
- **Low carbohydrate:** This salad is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- **Fiber:** Celery and onion contribute to fiber intake, aiding in digestion and blood sugar regulation.

# TACO SALAD WITH GROUND TURKEY AND SALSA



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

10

## INSTRUCTIONS

- Cook the turkey: Heat olive oil in a large skillet over medium heat. Add the onion and cook until softened, about 5 minutes. Add the ground turkey and cook until browned, breaking it up with a spoon. Drain any excess grease.
- Season the turkey: Stir in the taco seasoning according to package directions.
- Assemble the salad: In a large bowl, combine the chopped romaine lettuce, tomatoes, bell peppers, and black beans.
- Add the turkey: Top the salad with the seasoned ground turkey.
- Top with salsa and cheese: Spoon salsa over the salad and sprinkle with shredded cheddar cheese, if desired.

## INGREDIENTS

- 1 pound ground turkey (93% lean or higher)
  - 1 tablespoon olive oil
  - 1 onion, chopped
  - 1 packet taco seasoning (look for low-sodium options)
  - 4 cups chopped romaine lettuce
  - 1 cup chopped tomatoes
  - 1/2 cup chopped bell peppers (any color)
  - 1/2 cup black beans, rinsed and drained
  - 1/2 cup salsa (choose a variety with no added sugar)
  - 1/4 cup shredded cheddar cheese (optional)
- Optional additions:
- 1/4 cup chopped avocado for healthy fats and creaminess
  - 1/4 cup chopped cilantro for extra flavor
  - A dollop of plain Greek yogurt or sour cream as a topping

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
350	35g	25g	8g	15g	500mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Ground turkey is an excellent source of lean protein, crucial for blood sugar control and satiety.
- High fiber: Romaine lettuce, tomatoes, bell peppers, and black beans contribute to fiber intake, promoting healthy digestion and blood sugar regulation.
- Low carbohydrate: This salad is naturally low in carbohydrates, with the emphasis on non-starchy vegetables.
- Controlled portions: This recipe encourages mindful portion sizes to help manage overall calorie and carbohydrate intake.

# BROCCOLI SALAD WITH CREAMY DIJON DRESSING



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

5

## INSTRUCTIONS

- Blanch the broccoli: Bring a pot of water to a boil. Add the broccoli florets and cook for 2-3 minutes, or until slightly tender-crisp. Drain immediately and rinse with cold water to stop the cooking process.
- Prepare the dressing: In a small bowl, whisk together the Greek yogurt, mayonnaise, apple cider vinegar, Dijon mustard, honey (if using), salt, and pepper.
- Assemble the salad: In a large bowl, combine the blanched broccoli, red onion, sunflower seeds, and dried cranberries.
- Add the dressing: Pour the dressing over the salad and toss to coat.
- Chill and serve: Refrigerate the salad for at least 30 minutes to allow the flavors to meld.

## INGREDIENTS

- 1 large head of broccoli, cut into florets
  - 1/2 cup red onion, thinly sliced
  - 1/4 cup sunflower seeds
  - 2 tablespoons dried cranberries (no sugar added)
  - 1 tablespoon Dijon mustard
  - 1 teaspoon honey (optional, or use a sugar substitute)
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 cup chopped walnuts or pecans for extra crunch and healthy fats
  - 1/4 cup shredded carrots for added sweetness and color

### Dressing:

- 1/2 cup plain Greek yogurt
- 2 tablespoons mayonnaise (light or regular)
- 2 tablespoons apple cider vinegar

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
210	8g	15g	5g	14g	190mg	460mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Cruciferous vegetable: Broccoli is a non-starchy vegetable packed with fiber, vitamins, and antioxidants, making it an excellent choice for blood sugar management.
- Healthy fats: Greek yogurt and mayonnaise (in moderation) provide healthy fats and creaminess, contributing to satiety without excessive carbohydrates.
- Low carbohydrate: This salad is naturally low in carbohydrates, with the emphasis on non-starchy vegetables and a small amount of dried cranberries.
- Portion control: This recipe encourages mindful portion sizes to help manage overall calorie and carbohydrate intake.

# CHICKEN CAESAR SALAD WITH LOW-CARB CROUTONS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

20

## INSTRUCTIONS

- Prepare the chicken: Preheat oven to 400°F (200°C). Season chicken breasts with olive oil, garlic powder, salt, and pepper. Bake for 15-20 minutes, or until cooked through. Let cool and slice.
- Make the croutons: In a bowl, combine almond flour, Parmesan cheese, garlic powder, oregano, olive oil, and water. Mix until a dough forms. Roll out the dough on a lightly floured surface and cut into small squares. Bake for 10-12 minutes, or until golden brown.
- Prepare the dressing: In a bowl, whisk together Greek yogurt, mayonnaise, lemon juice, Dijon mustard, minced garlic, salt, and pepper.
- Assemble the salad: In a large bowl, combine chopped romaine lettuce, sliced chicken, and low-carb croutons.
- Dress the salad: Pour the dressing over the salad and toss to coat.
- Top with Parmesan: Sprinkle with grated Parmesan cheese.

## INGREDIENTS

For the Chicken:

- 1 pound boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

For the Low-Carb Croutons:

- 2 cups almond flour
- 1/4 cup grated Parmesan cheese
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 cup olive oil
- 1/4 cup water

For the Dressing:

- 1/2 cup plain Greek yogurt

- 2 tablespoons mayonnaise (light or regular)

- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

For the Salad:

- 4 cups romaine lettuce, chopped
- 1/4 cup grated Parmesan cheese
- Optional additions:
  - 1/4 cup chopped walnuts or pecans for extra crunch and healthy fats
  - 2 tablespoons nutritional yeast for a cheesy flavor in the croutons

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
420	38g	15g	5g	28g	400mg	580mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Chicken breast is an excellent source of lean protein, crucial for blood sugar control and satiety.
- Healthy fats: Olive oil in the dressing and croutons provides heart-healthy monounsaturated fats.
- Low-carb croutons: Almond flour croutons are a great alternative to traditional bread croutons, significantly reducing carbohydrate content.
- Fiber: Romaine lettuce contributes to fiber intake, aiding in digestion and blood sugar regulation.

# STEAK SALAD WITH BLUE CHEESE AND WALNUTS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

15-20

## INSTRUCTIONS

- Cook the steak: Heat olive oil in a large skillet over medium-high heat. Season the steak with salt and pepper. Cook the steak to your desired doneness (about 4-5 minutes per side for medium-rare). Let the steak rest for 5 minutes before slicing thinly against the grain.
- Prepare the dressing: In a small bowl, whisk together balsamic vinegar, olive oil, Dijon mustard, honey (if using), salt, and pepper.
- Assemble the salad: In a large bowl, combine mixed greens, avocado, cherry tomatoes, red onion, blue cheese, and walnuts.
- Add the steak: Arrange the sliced steak on top of the salad.
- Drizzle with dressing: Drizzle the balsamic vinaigrette over the salad.

## INGREDIENTS

- 1 pound sirloin steak, trimmed of excess fat
  - 1 tablespoon olive oil
  - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
  - 4 cups mixed greens (e.g., spinach, romaine, arugula)
  - 1 avocado, diced
  - 1/2 cup cherry tomatoes, halved
  - 1/4 cup red onion, thinly sliced
  - 1/4 cup crumbled blue cheese
  - 1/4 cup chopped walnuts
- Dressing:**
- 2 tablespoons balsamic vinegar
  - 1 tablespoon extra virgin olive oil
  - 1 teaspoon Dijon mustard
  - 1/2 teaspoon honey (optional, or use a sugar substitute)
  - Salt and freshly ground black pepper to taste
- Optional additions:**
- 1/4 cup chopped cucumber for extra freshness
  - 2 tablespoons chopped fresh parsley for added flavor

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
450	30g	12g	6g	32g	300mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Sirloin steak is a good source of lean protein, crucial for blood sugar control and satiety.
- **Healthy fats:** Avocado and walnuts provide monounsaturated and polyunsaturated fats, which can improve insulin sensitivity and heart health.
- **Low carbohydrate:** This salad is naturally low in carbohydrates, with an emphasis on non-starchy vegetables.
- **Fiber:** Mixed greens and vegetables contribute to fiber intake, aiding in digestion and blood sugar regulation.

# BERRY SPINACH SALAD WITH POPPY SEED DRESSING



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

0

## INSTRUCTIONS

- Prepare the dressing: In a small bowl, whisk together the Greek yogurt, olive oil, apple cider vinegar, lemon juice, Dijon mustard, poppy seeds, honey (if using), salt, and pepper.
- Assemble the salad: In a large bowl, combine the spinach, mixed berries, feta cheese (if using), and walnuts or pecans.
- Add the dressing: Pour the poppy seed dressing over the salad and toss gently to coat.
- Serve immediately: Enjoy the salad as is or with serving suggestions below.

## INGREDIENTS

- 5 ounces baby spinach, washed and dried
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1/4 cup crumbled feta cheese (optional)
- 2 tablespoons chopped walnuts or pecans
- 1 teaspoon Dijon mustard
- 1 teaspoon poppy seeds
- 1/2 teaspoon honey (optional, or use a sugar substitute)
- Salt and freshly ground black pepper to taste

### Dressing:

- 1/4 cup plain Greek yogurt
- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice

### Optional additions:

- 1/4 cup sliced almonds for extra crunch
- 2 tablespoons chopped fresh mint for added freshness

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
280	6g	18g	5g	22g	100mg	350mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Nutrient-rich greens: Spinach is packed with vitamins, minerals, and antioxidants, making it an excellent choice for blood sugar management and overall health.
- Low-sugar fruits: Berries are lower in sugar compared to other fruits, providing sweetness and fiber without causing significant blood sugar spikes.
- Healthy fats: Olive oil and nuts offer heart-healthy fats that can improve insulin sensitivity.
- Low carbohydrate: This salad is naturally low in carbohydrates, with an emphasis on non-starchy vegetables and a controlled portion of berries.

# FISCH AND SEAFOOD

## LEMON HERB BAKED SALMON



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

15-20

### INSTRUCTIONS

- Preheat oven: Preheat your oven to 400°F (200°C).
- Prepare the salmon: Pat the salmon fillets dry with paper towels. Place them in a baking dish lined with parchment paper or foil.
- Season the salmon: Drizzle the salmon with olive oil and season with salt and pepper.
- Add the toppings: Top each fillet with lemon slices, chopped herbs, and minced garlic.
- Bake: Bake for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork.

### INGREDIENTS

- 4 (6-ounce) salmon fillets, skin on or off
  - 1 tablespoon olive oil
  - 1 lemon, thinly sliced
  - 2 tablespoons fresh herbs, chopped (such as dill, parsley, thyme, and rosemary)
  - 1 clove garlic, minced
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 teaspoon red pepper flakes for a touch of heat
  - 1/4 cup chopped shallots for added flavor

### NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
280	35g	2g	1g	15g	100mg	600mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Salmon is an excellent source of protein, which helps with blood sugar control and satiety. It's also rich in omega-3 fatty acids, beneficial for heart health.
- Healthy fats: Salmon provides heart-healthy fats that can improve insulin sensitivity.
- Low carbohydrate: This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- Fresh herbs: Herbs add flavor without adding carbohydrates or unnecessary sodium.

# GRILLED SHRIMP SKEWERS WITH PINEAPPLE AND PEPPERS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

10-12

## INSTRUCTIONS

- Soak skewers: If using wooden skewers, soak them in water for at least 30 minutes to prevent them from burning on the grill.
- Prepare the marinade: In a bowl, whisk together olive oil, lime juice, cilantro, garlic, salt, and pepper.
- Marinate the shrimp: Add the shrimp to the marinade and let them sit for at least 15 minutes in the refrigerator.
- Assemble the skewers: Thread the shrimp, pineapple chunks, red bell pepper, green bell pepper, and red onion onto the skewers.
- Grill the skewers: Preheat grill to medium heat. Grill the skewers for 2-3 minutes per side, or until the shrimp is pink and opaque and the vegetables are slightly charred.

## INGREDIENTS

- 1 pound large shrimp, peeled and deveined
- 1 cup fresh pineapple chunks
- 1 red bell pepper, cut into 1-inch pieces
- 1 green bell pepper, cut into 1-inch pieces
- 1/4 cup red onion, cut into 1-inch pieces
- 1 tablespoon chopped fresh cilantro
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Optional additions:

### Marinade:

- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 1/4 teaspoon chili powder for a touch of heat
- 1 zucchini, cut into 1-inch pieces, for added vegetables

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
250	25g	15g	3g	10g	150mg	400mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Shrimp is an excellent source of lean protein, crucial for blood sugar control and satiety.
- Low carbohydrate: This recipe is naturally low in carbohydrates, with the emphasis on non-starchy vegetables.
- Fiber: Bell peppers and pineapple contribute to fiber intake, aiding in digestion and blood sugar regulation.
- Portion control: This recipe encourages mindful portion sizes to help manage overall calorie and carbohydrate intake.

# PAN-SEARED TUNA WITH SESAME GINGER GLAZE



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

10

## INSTRUCTIONS

- Prepare the glaze: In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, ginger, garlic, honey (if using), and red pepper flakes (if using). Set aside.
- Sear the tuna: Heat sesame oil and olive oil in a large skillet over medium-high heat. Pat the tuna steaks dry with paper towels.
- Cook the tuna: Sear the tuna steaks for 2-3 minutes per side for medium-rare, or until cooked to your liking.
- Glaze the tuna: Pour the glaze over the tuna steaks in the skillet. Cook for another minute, turning the tuna to coat in the glaze and allowing it to thicken slightly.
- Serve: Remove the tuna from the skillet and serve immediately.

## INGREDIENTS

- 4 (4-ounce) tuna steaks, about 1 inch thick
  - 1 clove garlic, minced
  - 1 tablespoon sesame oil
  - 1 teaspoon honey (optional, or use a sugar substitute)
  - 1 tablespoon olive oil
  - 1/2 teaspoon red pepper flakes (optional)
- Glaze:
- 2 tablespoons low-sodium soy sauce
  - 1 tablespoon rice vinegar
  - 1 tablespoon sesame oil
  - 1 tablespoon grated fresh ginger
- Optional additions:
- 1 tablespoon black or white sesame seeds for garnish
  - 1 green onion, thinly sliced, for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
300	38g	5g	1g	17g	400mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Tuna is an excellent source of lean protein, crucial for blood sugar control and satiety. It's also rich in omega-3 fatty acids, beneficial for heart health.
- **Healthy fats:** Tuna and sesame oil provide heart-healthy fats that can improve insulin sensitivity.
- **Low carbohydrate:** This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- **Controlled portions:** This recipe encourages mindful portion sizes to help manage overall calorie and carbohydrate intake.

# BAKED COD WITH LEMON AND HERBS



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

15-20

## INSTRUCTIONS

- Preheat oven: Preheat your oven to 400°F (200°C).
- Prepare the cod: Pat the cod fillets dry with paper towels. Place them in a baking dish lined with parchment paper or foil.
- Season the cod: Drizzle the cod with olive oil and season with salt and pepper.
- Add the toppings: Top each fillet with lemon slices, chopped herbs, and minced garlic.
- Bake: Bake for 15-20 minutes, or until the cod is cooked through and flakes easily with a fork.

## INGREDIENTS

- 4 (6-ounce) cod fillets, skin on or off
  - 1 tablespoon olive oil
  - 1 lemon, thinly sliced
  - 2 tablespoons fresh herbs, chopped (such as dill, parsley, thyme, and rosemary)
  - 1 clove garlic, minced
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 teaspoon red pepper flakes for a touch of heat
  - 1/4 cup chopped shallots for added flavor

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
220	30g	2g	1g	10g	100mg	500mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Cod is an excellent source of lean protein, which helps with blood sugar control and satiety. It's also low in saturated fat and a good source of omega-3 fatty acids, beneficial for heart health.
- Healthy fats: Olive oil provides heart-healthy monounsaturated fats.
- Low carbohydrate: This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- Fresh herbs: Herbs add flavor without adding carbohydrates or unnecessary sodium.

# SHRIMP SCAMPI WITH ZUCCHINI NOODLES



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

10

## INSTRUCTIONS

- Prepare the zucchini noodles: Use a spiralizer or vegetable peeler to create zucchini noodles. Set aside.
- Sauté garlic: Heat olive oil in a large skillet over medium heat. Add the minced garlic and cook until fragrant, about 30 seconds. Be careful not to burn the garlic.
- Deglaze the pan (optional): If using white wine, add it to the skillet and cook for 1 minute, scraping up any browned bits from the bottom of the pan. If not using wine, proceed to the next step.
- Add shrimp: Add the shrimp to the skillet and cook until pink and opaque, about 3-4 minutes per side.
- Make the sauce: Stir in lemon juice and parsley. Season with salt and pepper to taste.
- Add zucchini noodles: Add the zucchini noodles to the skillet and toss to combine with the shrimp and sauce. Cook for 2-3 minutes, or until the zucchini is tender-crisp.
- Serve: Sprinkle with Parmesan cheese (if using) and serve immediately.

## INGREDIENTS

- 1 pound large shrimp, peeled and deveined
  - 2 tablespoons olive oil
  - 4 cloves garlic, minced
  - 1/4 cup dry white wine (optional, can substitute with chicken broth)
  - 3 tablespoons lemon juice
  - 1/4 cup chopped fresh parsley
  - 2 medium zucchini, spiralized or cut into noodles
  - Salt and freshly ground black pepper to taste
  - 2 tablespoons grated Parmesan cheese (optional)
- Optional additions:
- 1/4 teaspoon red pepper flakes for a touch of heat
  - 1/4 cup chopped fresh basil for added flavor

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
250	25g	8g	3g	14g	180mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Shrimp is an excellent source of lean protein, crucial for blood sugar control and satiety.
- Low carbohydrate: Zucchini noodles are a fantastic low-carb alternative to pasta, significantly reducing the overall carbohydrate content of the dish.
- Fiber: Zucchini is a good source of fiber, aiding in digestion and blood sugar regulation.
- Healthy fats: Olive oil provides heart-healthy monounsaturated fats.

# SALMON PATTIES WITH DILL AND CAPERS



## SERVES

4



## PREP TIME

15



## COOK TIME

10-12

## INSTRUCTIONS

- **Combine ingredients:** In a large bowl, combine the flaked salmon, almond flour, egg, red onion, dill, capers, Dijon mustard, lemon juice, salt, and pepper. Mix well with a fork until thoroughly combined.
- **Form patties:** Shape the mixture into 8 small patties (about 1/2 inch thick).
- **Cook the patties:** Heat olive oil in a large skillet over medium heat. Add the salmon patties and cook for 3-4 minutes per side, or until golden brown and cooked through.

## INGREDIENTS

- 1 (14.75-ounce) can salmon, drained and flaked (skinless and boneless)
  - 1/4 cup almond flour
  - 1 large egg, lightly beaten
  - 1/4 cup chopped red onion
  - 2 tablespoons chopped fresh dill
  - 1 tablespoon capers, drained and chopped
  - 1 tablespoon Dijon mustard
  - 1 tablespoon lemon juice
  - 1/4 teaspoon salt
  - 1/4 teaspoon black pepper
  - 1 tablespoon olive oil
- Optional additions:**
- 1/4 cup chopped celery for added crunch and fiber
  - 1/4 teaspoon garlic powder for extra flavor
  - 2 tablespoons chopped fresh parsley for added freshness

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
300	3g	8g	2g	18g	300mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Salmon is an excellent source of protein, which helps with blood sugar control and satiety. It's also rich in omega-3 fatty acids, beneficial for heart health.
- **Healthy fats:** Salmon and olive oil provide heart-healthy fats that can improve insulin sensitivity.
- **Low carbohydrate:** Almond flour is a low-carb alternative to breadcrumbs, keeping the carbohydrate content of these patties low.
- **Fiber:** Adding chopped celery (optional) can boost the fiber content, aiding in digestion and blood sugar regulation.

# GRILLED SWORDFISH WITH MANGO SALSA



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

10-12

## INSTRUCTIONS

- Prepare the mango salsa: In a medium bowl, combine the diced mango, red bell pepper, red onion, jalapeño (if using), cilantro, lime juice, and olive oil. Season with salt and pepper to taste.
- Prepare the swordfish: Pat the swordfish steaks dry with paper towels. Brush them with olive oil and season with salt and pepper.
- Grill the swordfish: Preheat grill to medium-high heat. Grill the swordfish for 3-4 minutes per side, or until cooked through and opaque. Be careful not to overcook.
- Serve: Top the grilled swordfish with the mango salsa and serve immediately.

## INGREDIENTS

- 4 (6-ounce) swordfish steaks, about 1 inch thick
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- Salt and freshly ground black pepper to taste

### Optional additions:

- 1/4 cup diced avocado for extra creaminess and healthy fats
- 2 tablespoons chopped fresh mint for a refreshing twist

### Mango Salsa:

- 1 ripe mango, peeled and diced
- 1/2 red bell pepper, diced
- 1/4 red onion, finely chopped
- 1 jalapeño, seeded and minced (optional, or use less for milder heat)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
320	35g	15g	3g	15g	150mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Swordfish is an excellent source of lean protein, crucial for blood sugar control and satiety. It's also low in saturated fat and a good source of omega-3 fatty acids, beneficial for heart health.
- **Low carbohydrate:** This recipe is naturally low in carbohydrates, with the emphasis on non-starchy vegetables and a controlled portion of mango in the salsa.
- **Fiber:** The mango salsa provides fiber, aiding in digestion and blood sugar regulation.
- **Healthy fats:** Olive oil offers heart-healthy monounsaturated fats.

# BAKED TILAPIA WITH TOMATOES AND OLIVES



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

20

## INSTRUCTIONS

- Preheat oven: Preheat your oven to 400°F (200°C).
- Prepare the tilapia: Pat the tilapia fillets dry with paper towels. Place them in a baking dish lined with parchment paper or foil.
- Combine the topping: In a bowl, combine the cherry tomatoes, olives, capers, garlic, basil, and lemon juice. Season with salt and pepper to taste.
- Bake: Pour the tomato mixture over the tilapia fillets. Bake for 20 minutes, or until the fish is cooked through and flakes easily with a fork.

## INGREDIENTS

- 4 (6-ounce) tilapia fillets
  - 1 tablespoon olive oil
  - 1 cup cherry tomatoes, halved
  - 1/4 cup Kalamata olives, pitted and halved
  - 2 tablespoons capers, rinsed
  - 2 cloves garlic, minced
  - 1/4 cup fresh basil leaves, chopped
  - 1 tablespoon lemon juice
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 teaspoon red pepper flakes for a touch of heat
  - 1/4 cup chopped red onion for added flavor

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
250	30g	6g	2g	12g	200mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Tilapia is an excellent source of lean protein, crucial for blood sugar control and satiety. It's also low in saturated fat and a good source of omega-3 fatty acids, beneficial for heart health.
- Low carbohydrate: This recipe is naturally low in carbohydrates, with the emphasis on non-starchy vegetables.
- Fiber: Tomatoes and olives provide fiber, aiding in digestion and blood sugar regulation.
- Healthy fats: Olive oil offers heart-healthy monounsaturated fats.

# SHRIMP AND BROCCOLI STIR-FRY



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

10

## INSTRUCTIONS

- Prepare the vegetables: Wash and cut the broccoli into florets. Thinly slice the red bell pepper and chop the onion. Mince the garlic.
- Make the sauce: In a small bowl, whisk together the soy sauce, rice vinegar, sesame oil, ginger, and red pepper flakes (if using).
- Stir-fry the vegetables: Heat olive oil in a large skillet or wok over medium-high heat. Add the broccoli, red bell pepper, and onion. Stir-fry for 5-7 minutes, or until the vegetables are tender-crisp.
- Add shrimp and sauce: Add the shrimp and the sauce to the skillet. Stir-fry for another 3-4 minutes, or until the shrimp is pink and cooked through.
- Serve: Serve immediately, garnished with cilantro and sesame seeds (if using).

## INGREDIENTS

- 1 pound large shrimp, peeled and deveined
  - 1 tablespoon olive oil
  - 1 large head of broccoli, cut into florets
  - 1 red bell pepper, thinly sliced
  - 1/2 cup chopped onion
  - 2 cloves garlic, minced
- Sauce:**
- 2 tablespoons low-sodium soy sauce
  - 1 tablespoon rice vinegar
  - 1 tablespoon sesame oil
  - 1 teaspoon grated fresh ginger
  - 1/2 teaspoon red pepper flakes (optional)

### Optional additions:

- 1 tablespoon chopped fresh cilantro for garnish
- 1 teaspoon toasted sesame seeds for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
280	28g	12g	5g	15g	350mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Shrimp is an excellent source of lean protein, crucial for blood sugar control and satiety.
- Low carbohydrate: This stir-fry is naturally low in carbohydrates, with the emphasis on non-starchy vegetables.
- Fiber: Broccoli and bell peppers are good sources of fiber, aiding in digestion and blood sugar regulation.
- Healthy fats: Olive oil and sesame oil provide heart-healthy fats.

# SALMON WITH ROASTED ASPARAGUS



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

20

## INSTRUCTIONS

- Preheat oven: Preheat your oven to 400°F (200°C).
- Prepare the asparagus: Wash and trim the asparagus. Toss them in a bowl with olive oil, salt, and pepper.
- Prepare the salmon: Pat the salmon fillets dry with paper towels. Place them in a baking dish lined with parchment paper.
- Season and bake: Season the salmon with salt, pepper, and chopped herbs. Top each fillet with lemon slices. Arrange the asparagus around the salmon in the baking dish.
- Bake: Bake for 15-20 minutes, or until the salmon is cooked through and the asparagus is tender-crisp.

## INGREDIENTS

- 4 (6-ounce) salmon fillets, skin on or off
  - 1 pound asparagus, ends trimmed
  - 1 tablespoon olive oil
  - 1 lemon, thinly sliced
  - 2 tablespoons fresh herbs, chopped (such as dill, parsley, thyme)
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1 clove garlic, minced, for extra flavor
  - 1/4 teaspoon red pepper flakes for a touch of heat

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
300	35g	7g	3g	17g	100mg	700mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Salmon is an excellent source of protein, which helps with blood sugar control and satiety. It's also rich in omega-3 fatty acids, beneficial for heart health.
- Non-starchy vegetables: Asparagus is low in carbohydrates and a good source of fiber, vitamins, and antioxidants.
- Healthy fats: Olive oil provides heart-healthy monounsaturated fats.
- Low carbohydrate: This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.

# COD WITH LEMON-BUTTER SAUCE



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

15-20

## INSTRUCTIONS

- Preheat oven: Preheat your oven to 400°F (200°C).
- Prepare the cod: Pat the cod fillets dry with paper towels. Place them in a baking dish lined with parchment paper or foil.
- Season the cod: Drizzle the cod with olive oil and season with salt and pepper.
- Bake: Bake for 10-15 minutes, or until the cod is almost cooked through.
- Make the sauce: While the cod is baking, melt the butter in a small saucepan over medium heat. Add the garlic and cook until fragrant, about 30 seconds. Stir in the lemon slices and parsley.
- Finish the dish: Pour the lemon-butter sauce over the cod fillets and bake for another 5 minutes, or until the cod is cooked through and flakes easily with a fork.

## INGREDIENTS

- 4 (6-ounce) cod fillets, skin on or off
  - 1 tablespoon olive oil
  - 1 lemon, thinly sliced
  - 4 tablespoons butter, unsalted
  - 2 tablespoons fresh parsley, chopped
  - 1 clove garlic, minced
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1/4 teaspoon red pepper flakes for a touch of heat
  - 1/4 cup chopped shallots for added flavor
  - 1 tablespoon capers, rinsed, for a briny flavor

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
300	30g	2g	1g	20g	100mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Cod is an excellent source of protein, which helps with blood sugar control and satiety. It's also low in saturated fat and a good source of omega-3 fatty acids, beneficial for heart health.
- Healthy fats: Olive oil and butter (in moderation) provide healthy fats.
- Low carbohydrate: This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- Fresh herbs: Parsley adds flavor without adding carbohydrates or unnecessary sodium.

# TUNA STEAKS WITH AVOCADO CREAM



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

10-12

## INSTRUCTIONS

- Prepare the avocado cream: In a small bowl, mash the avocado with a fork. Stir in Greek yogurt, lime juice, cilantro, garlic powder, salt, and pepper.
- Prepare the tuna: Pat the tuna steaks dry with paper towels. Brush them with olive oil and season with salt and pepper.
- Cook the tuna: Heat a large skillet over medium-high heat. Sear the tuna steaks for 2-3 minutes per side for medium-rare, or until cooked to your liking.
- Serve: Top each tuna steak with a generous dollop of avocado cream and serve immediately.

## INGREDIENTS

- 4 (4-ounce) tuna steaks, about 1 inch thick
- 1/4 teaspoon garlic powder
- 1 tablespoon olive oil
- Salt and freshly ground black pepper to taste
- Salt and freshly ground black pepper to taste

### Avocado Cream:

- 1 large ripe avocado, pitted and scooped
- 1/4 cup plain Greek yogurt
- 2 tablespoons lime juice
- 1 tablespoon chopped fresh cilantro
- 1/4 teaspoon red pepper flakes for a touch of heat in the avocado cream
- 1 tablespoon chopped red onion for added flavor in the avocado cream
- Lemon wedges for serving

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
350	30g	8g	5g	25g	150mg	700mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Tuna is an excellent source of protein, which helps with blood sugar control and satiety. It's also rich in omega-3 fatty acids, beneficial for heart health.
- **Healthy fats:** Tuna and avocado provide heart-healthy fats that can improve insulin sensitivity.
- **Low carbohydrate:** This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- **Fiber:** Avocado contributes to fiber intake, aiding in digestion and blood sugar regulation.

# TILAPIA WITH ROASTED VEGETABLES



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

25

## INSTRUCTIONS

- Preheat oven: Preheat your oven to 400°F (200°C).
- Prepare the vegetables: Wash and chop the vegetables. Toss them in a bowl with olive oil, salt, and pepper.
- Prepare the tilapia: Pat the tilapia fillets dry with paper towels. Place them in a baking dish lined with parchment paper.
- Season and bake: Season the tilapia with salt, pepper, and chopped herbs. Top each fillet with lemon slices. Arrange the vegetables around the tilapia in the baking dish.
- Bake: Bake for 20-25 minutes, or until the tilapia is cooked through and the vegetables are tender.

## INGREDIENTS

- 4 (6-ounce) tilapia fillets
  - 1 tablespoon olive oil
  - 1 cup broccoli florets
  - 1 cup Brussels sprouts, halved
  - 1 red bell pepper, cut into 1-inch pieces
  - 1/2 cup chopped red onion
  - 1 lemon, thinly sliced
  - 2 tablespoons fresh herbs, chopped (such as rosemary, thyme, and parsley)
  - Salt and freshly ground black pepper to taste
- Optional additions:
- 1 clove garlic, minced, for extra flavor
  - 1/4 teaspoon red pepper flakes for a touch of heat

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
280	30g	10g	4g	14g	100mg	800mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Tilapia is an excellent source of lean protein, which helps with blood sugar control and satiety. It's also low in saturated fat and a good source of omega-3 fatty acids, beneficial for heart health.
- Non-starchy vegetables: Broccoli, Brussels sprouts, and bell peppers are low in carbohydrates and excellent sources of fiber, vitamins, and antioxidants.
- Healthy fats: Olive oil provides heart-healthy monounsaturated fats.
- Low carbohydrate: This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.

# FISH TACOS WITH CABBAGE SLAW



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

10-12

## INSTRUCTIONS

- Prepare the fish: Pat the fish fillets dry with paper towels. In a small bowl, combine the chili powder, cumin, garlic powder, onion powder, salt, and pepper. Rub the spice mixture all over the fish.
- Cook the fish: Heat olive oil in a large skillet over medium heat. Add the fish fillets and cook for 3-4 minutes per side, or until cooked through and flaky.
- Make the slaw: While the fish is cooking, combine the shredded cabbage, red onion, cilantro, lime juice, and olive oil in a bowl. Season with salt and pepper to taste.
- Warm the tortillas: Warm the tortillas in a dry skillet or microwave.
- Assemble the tacos: Flake the cooked fish with a fork. Fill each tortilla with fish and top with cabbage slaw.

## INGREDIENTS

- 1 pound white fish fillets (cod, tilapia, or haddock), skinless and boneless
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Salt and freshly ground black pepper to taste
- 8 small corn tortillas (or low-carb tortillas)

### Cabbage Slaw:

- 2 cups shredded cabbage
- 1/4 cup chopped red onion
- 1/4 cup chopped cilantro
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- Salt and freshly ground black pepper to taste

### Optional additions:

- 1 avocado, diced, for topping
- Hot sauce for added spice
- 1/4 cup chopped jalapeño for the slaw (remove seeds for less heat)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
350	30g	3g	5g	15g	300mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: White fish like cod or tilapia is an excellent source of lean protein, crucial for blood sugar control and satiety.
- Low carbohydrate: Using corn tortillas (in moderation) or low-carb tortillas helps keep the carbohydrate content of these tacos in check.
- Fiber: Cabbage is a good source of fiber, aiding in digestion and blood sugar regulation.
- Healthy fats: Olive oil provides heart-healthy monounsaturated fats.

# SEAFOOD STEW WITH TOMATOES AND HERBS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

30

## INSTRUCTIONS

- **Sauté vegetables:** Heat olive oil in a large pot or Dutch oven over medium heat. Add the onion and cook until softened, about 5 minutes. Add the garlic and cook for another minute, until fragrant.
- **Build the broth:** Stir in the crushed tomatoes, broth, wine (if using), bay leaf, oregano, thyme, and red pepper flakes (if using). Bring to a simmer and cook for 15 minutes, stirring occasionally.
- **Add the seafood:** Add the cod, shrimp, and mussels to the pot. Cover and simmer for 5-7 minutes, or until the fish is cooked through, the shrimp is pink and opaque, and the mussels have opened. Discard any mussels that do not open.
- **Season and serve:** Stir in the parsley, and season with salt and pepper to taste. Serve immediately.

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 onion, chopped
  - 2 cloves garlic, minced
  - 1 (28-ounce) can crushed tomatoes
  - 1 cup fish broth or vegetable broth
  - 1/2 cup dry white wine (optional, can be substituted with broth)
  - 1 bay leaf
  - 1 teaspoon dried oregano
  - 1/2 teaspoon dried thyme
  - 1/4 teaspoon red pepper flakes (optional)
  - 1 pound cod fillets, cut into 1-inch pieces
  - 1/2 pound shrimp, peeled and deveined
  - 1/2 pound mussels, scrubbed and debearded
  - 1/4 cup chopped fresh parsley
  - Salt and freshly ground black pepper to taste
- Optional additions:**
- 1/2 cup chopped celery for added flavor and fiber
  - 1/4 cup chopped fennel bulb for a subtle anise flavor
  - 1/4 cup chopped fresh basil for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
320	40g	10g	3g	14g	400mg	900mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** A variety of seafood provides an excellent source of lean protein, crucial for blood sugar control and satiety. It's also low in saturated fat and a good source of omega-3 fatty acids, beneficial for heart health.
- **Low carbohydrate:** This stew is naturally low in carbohydrates, with the emphasis on non-starchy vegetables and lean protein.
- **Fiber:** Tomatoes and optional additions like celery and fennel contribute to fiber intake, aiding in digestion and blood sugar regulation.
- **Healthy fats:** Olive oil offers heart-healthy monounsaturated fats.
- **Antioxidants:** Tomatoes are rich in lycopene, a powerful antioxidant with various health benefits.

# POULTRY

## SHEET PAN CHICKEN FAJITAS



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

20-25

### INSTRUCTIONS

- Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper for easy cleanup.
- In a large bowl, combine the chicken strips, bell peppers, onion, olive oil, garlic, chili powder, cumin, paprika, oregano, cayenne pepper (if using), salt, and black pepper. Toss until everything is well coated.
- Spread the mixture in a single layer on the prepared baking sheet.
- Bake for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender-crisp.
- Serve immediately with lime wedges and fresh cilantro (if using).

### INGREDIENTS

- 1.5 lbs boneless, skinless chicken breasts, cut into thin strips
  - 1 large red bell pepper, thinly sliced
  - 1 large green bell pepper, thinly sliced
  - 1 large yellow onion, thinly sliced
  - 2 tablespoons olive oil
  - 2 cloves garlic, minced
  - 1 tablespoon chili powder
  - 1 teaspoon cumin
  - 1 teaspoon smoked paprika
  - 1/2 teaspoon oregano
  - 1/4 teaspoon cayenne pepper (optional)
  - Salt and black pepper to taste
  - 1 lime, cut into wedges
  - Fresh cilantro, chopped (optional)
- Optional additions for extra flavor/nutrition:
- 1 jalapeno pepper, thinly sliced (seeds removed for less heat)
  - 1/2 cup sliced mushrooms
  - 1/4 cup chopped fresh cilantro

### NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
310	38g	15g	4g	13g	150mg	700mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Chicken breast is an excellent source of lean protein, which helps stabilize blood sugar and keeps you feeling full.
- **Non-starchy vegetables:** Bell peppers and onions are packed with vitamins, minerals, and fiber, contributing to better blood sugar control.
- **Healthy fats:** Olive oil provides monounsaturated fats, which are beneficial for heart health.
- **Low-carb:** This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.

# CHICKEN AND BROCCOLI STIR-FRY WITH ALMOND BUTTER SAUCE



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

15

## INSTRUCTIONS

- Prepare the sauce: In a small bowl, whisk together almond butter, soy sauce, rice vinegar, water, sesame oil, and red pepper flakes (if using) until smooth. Set aside.
- Cook the chicken: Heat olive oil in a large skillet or wok over medium-high heat. Add chicken and cook until browned and cooked through, about 5-7 minutes. Remove chicken from skillet and set aside.
- Stir-fry the vegetables: Add broccoli, bell pepper, onion, garlic, and ginger to the skillet. Stir-fry for 5-7 minutes, or until vegetables are tender-crisp.
- Combine and serve: Return the cooked chicken to the skillet. Pour the almond butter sauce over the chicken and vegetables. Stir until everything is well coated and heated through.
- Serve immediately over cauliflower rice or a small portion of brown rice. Garnish with chopped cashews, sesame seeds, or scallions (if using).

## INGREDIENTS

- 1.5 lbs boneless, skinless chicken breasts, cut into bite-sized pieces
- 2 heads broccoli, cut into florets
- 1 tablespoon olive oil
- 1 red bell pepper, thinly sliced
- 1 small onion, thinly sliced
- 2 cloves garlic, minced
- 1 inch ginger, grated
- 2 tablespoons soy sauce (low-sodium)
- 2 tablespoons rice vinegar
- 1 tablespoon water
- 1 teaspoon sesame oil
- 1/2 teaspoon red pepper flakes (optional)

### Optional additions for extra flavor/nutrition:

- 1/4 cup chopped cashews or almonds
  - 1 tablespoon toasted sesame seeds
  - 1/4 cup chopped scallions
- For the Almond Butter Sauce:
- 1/4 cup almond butter (no sugar added)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
420	40g	20g	6g	25g	400mg	800mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Chicken breast provides a good source of protein, essential for blood sugar management and satiety.
- Fiber-rich vegetables: Broccoli is a cruciferous vegetable packed with fiber, which helps regulate blood sugar levels and promotes digestive health.
- Healthy fats: Almond butter offers monounsaturated fats and some protein, contributing to heart health and sustained energy levels.
- Controlled carbohydrates: This recipe uses limited carbohydrates, primarily from vegetables and a small portion of brown rice or cauliflower rice, to help manage blood sugar.

# CHICKEN AND CAULIFLOWER RICE CURRY

## INSTRUCTIONS



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

25

- Prepare the cauliflower rice: If using a whole cauliflower head, grate it using a box grater or pulse in a food processor until it resembles rice grains. Alternatively, you can purchase pre-riced cauliflower.
- Sauté aromatics: Heat olive oil in a large skillet or pot over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and ginger, and cook for another minute until fragrant.
- Cook chicken: Add chicken to the skillet and cook until browned on all sides.
- Add spices and vegetables: Stir in curry powder, cumin, turmeric, and cayenne pepper (if using). Cook for 1 minute more. Add bell pepper and diced tomatoes. Bring to a simmer.
- Simmer and thicken: Pour in coconut milk and season with salt and black pepper. Reduce heat to low, cover, and simmer for 15 minutes, or until chicken is cooked through and flavors have melded.
- Cook cauliflower rice: While the curry simmers, heat a separate skillet over medium heat. Add the cauliflower rice and cook, stirring occasionally, until tender, about 5-7 minutes. Season with salt and pepper to taste.
- Serve: Serve the chicken curry over the cauliflower rice. Garnish with fresh cilantro and optional additions like peas, cashews, and a squeeze of lime juice.

## INGREDIENTS

- 1.5 lbs boneless, skinless chicken breasts, cut into bite-sized pieces
  - 1 large head cauliflower, riced (about 4 cups)
  - 1 tablespoon olive oil
  - 1 medium onion, chopped
  - 2 cloves garlic, minced
  - 1 inch ginger, grated
  - 1 red bell pepper, chopped
  - 1 (14.5 oz) can diced tomatoes, undrained
  - 1 (13.5 oz) can unsweetened coconut milk
  - 2 tablespoons curry powder
  - 1 teaspoon cumin
  - 1/2 teaspoon turmeric
  - 1/4 teaspoon cayenne pepper (optional)
  - Salt and black pepper to taste
  - Fresh cilantro, chopped (for garnish)
- Optional additions for extra flavor/nutrition:
- 1/2 cup frozen peas
  - 1/4 cup chopped cashews
  - 1 tablespoon lime juice

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
380	35g	18g	6g	20g	350mg	850mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Chicken breast provides a good source of lean protein, crucial for managing blood sugar levels and promoting satiety.
- Low-carb: Cauliflower rice is a low-carbohydrate alternative to white rice, helping to keep blood sugar levels stable.
- Fiber-rich: Cauliflower, bell peppers, and tomatoes contribute to the fiber content, which aids in digestion and blood sugar control.
- Healthy fats: Coconut milk and olive oil provide healthy fats that promote heart health and provide sustained energy.
- Nutrient-dense: This curry is packed with vitamins and minerals from the vegetables and spices, contributing to overall health.

# CREAMY TUSCAN CHICKEN WITH SPINACH AND MUSHROOMS



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

20

## INSTRUCTIONS

- **Cook chicken:** Heat olive oil in a large skillet over medium heat. Add chicken and cook until browned on all sides and cooked through, about 6-8 minutes. Remove chicken from skillet and set aside.
- **Sauté vegetables:** In the same skillet, add mushrooms and garlic. Cook until mushrooms are softened, about 5 minutes.
- **Wilt spinach:** Add spinach to the skillet and cook until wilted, about 2 minutes.
- **Make the sauce:** Reduce heat to low. Stir in cream cheese, chicken broth, lemon juice, oregano, salt, and pepper. Cook until cream cheese is melted and sauce is smooth.
- **Combine and serve:** Return chicken to the skillet. Stir to coat in the sauce. Serve immediately.

## INGREDIENTS

- 1.5 lbs boneless, skinless chicken breasts, cut into 1-inch pieces
  - 1 tablespoon olive oil
  - 8 oz cremini mushrooms, sliced
  - 2 cloves garlic, minced
  - 5 oz baby spinach
  - 4 oz light cream cheese
  - 1/2 cup chicken broth
  - 1 tablespoon lemon juice
  - 1 teaspoon dried oregano
  - 1/4 teaspoon salt
  - 1/4 teaspoon black pepper
- Optional additions for extra flavor/nutrition:
- 1/4 cup sun-dried tomatoes, chopped
  - 1/4 cup grated Parmesan cheese
  - 1/4 teaspoon red pepper flakes

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
320	40g	8g	3g	18g	420mg	700mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Chicken breast is an excellent source of lean protein, which helps stabilize blood sugar and keeps you feeling full.
- **Non-starchy vegetables:** Spinach and mushrooms are low in carbohydrates and high in fiber, vitamins, and minerals, contributing to better blood sugar control and overall health.
- **Healthy fats:** Olive oil provides heart-healthy monounsaturated fats.
- **Controlled carbohydrates:** This recipe is relatively low in carbohydrates, especially when served with low-carb options like cauliflower rice or zucchini noodles.
- **Light cream cheese:** Using light cream cheese reduces the fat content compared to traditional cream cheese while maintaining a creamy texture.

# SPICY CHICKEN LETTUCE WRAPS WITH PEANUT SAUCE

## INSTRUCTIONS

- Prepare the Peanut Sauce: In a small bowl, whisk together all the peanut sauce ingredients until smooth. If the sauce is too thick, add a little more water, 1 teaspoon at a time, until you reach your desired consistency. Set aside.
- Cook the Chicken: Heat olive oil in a large skillet over medium heat. Add the ground chicken and cook, breaking it up with a spoon, until browned. Drain any excess fat.
- Add Vegetables and Spices: Add the onion, garlic, and red bell pepper to the skillet and cook until softened, about 5 minutes. If using mushrooms, add them now. Stir in the chili powder, cumin, and cayenne pepper (if using) and cook for 1 minute more.
- Simmer: Pour in the soy sauce, rice vinegar, and ginger. Bring to a simmer and cook until the sauce thickens slightly, about 2-3 minutes. Stir in the cilantro.
- Assemble the Wraps: Lay the lettuce leaves on a platter. Spoon the chicken mixture into the center of each leaf. Drizzle with peanut sauce and garnish with chopped peanuts and green onions, if desired.



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

15

## INGREDIENTS

### For the Chicken:

- 1 pound ground chicken (93% lean or higher)
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 cup chopped mushrooms (optional, adds fiber)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper (optional, adjust to taste)
- 1/4 cup low-sodium soy sauce or tamari
- 2 tablespoons rice vinegar
- 1 tablespoon grated fresh ginger
- 1/4 cup chopped cilantro

### For the Peanut Sauce:

- 1/4 cup natural peanut butter (no added sugar)
- 2 tablespoons low-sodium soy sauce or tamari
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 tablespoon water
- 1 teaspoon grated fresh ginger
- 1 clove garlic, minced

Optional: 1/2 teaspoon red pepper flakes for extra spice

### For Serving:

- 12 large lettuce leaves (butter lettuce or romaine)
- 1/4 cup chopped peanuts (optional, for garnish)
- 1/4 cup chopped green onions (optional, for garnish)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
380	35g	18g	5g	5g	680mg	550mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Ground chicken is an excellent source of lean protein, which helps stabilize blood sugar and keeps you feeling full.
- High fiber: Vegetables and optional mushrooms provide fiber, which slows down digestion and helps regulate blood sugar levels.
- Healthy fats: Olive oil and natural peanut butter offer healthy fats that contribute to satiety and overall health.
- Low-carb: By using lettuce wraps instead of tortillas or bread, this recipe keeps carbohydrates low, making it suitable for managing blood sugar.
- Controlled sodium: Using low-sodium soy sauce helps keep sodium levels in check, which is important for people with diabetes who may be at higher risk for heart disease.

# CHICKEN AND VEGETABLE CURRY WITH COCONUT MILK



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

30

## INSTRUCTIONS

- **Sauté Aromatics:** Heat olive oil in a large pot or Dutch oven over medium heat. Add the onion and cook until softened, about 5 minutes. Add the garlic and ginger and cook until fragrant, about 30 seconds.
- **Bloom Spices:** Stir in the curry powder, cumin, turmeric, and cayenne pepper (if using). Cook for 1 minute more, stirring constantly, until fragrant.
- **Brown Chicken:** Add the chicken to the pot and cook, stirring occasionally, until browned on all sides.
- **Add Vegetables:** Add the red bell pepper, broccoli, and cauliflower to the pot. Cook for 5 minutes, stirring occasionally, until slightly softened.
- **Simmer:** Stir in the diced tomatoes and coconut milk. Bring to a simmer, then reduce heat to low, cover, and simmer for 20 minutes, or until the chicken is cooked through and the vegetables are tender.
- **Season:** Season with salt and pepper to taste.
- **Serve:** Garnish with chopped cilantro, if desired, and serve hot.

## INGREDIENTS

For the Curry:

- 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 1 red bell pepper, chopped
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 (13.5 ounce) can light coconut milk
- 2 tablespoons curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon cayenne pepper (optional, adjust to taste)
- Salt and pepper to taste

Optional:

- 1/4 cup chopped cilantro for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
350	32g	17g	7g	19g	380mg	850mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean Protein:** Chicken breast is an excellent source of lean protein, crucial for blood sugar management and keeping you feeling full.
- **Fiber-Rich Vegetables:** Broccoli, cauliflower, and bell peppers provide ample fiber, which slows down digestion and helps regulate blood sugar levels.
- **Healthy Fats:** Coconut milk provides healthy fats that contribute to satiety and overall health. Choose light coconut milk to reduce saturated fat content.
- **Low-Carb Option:** Serving this curry with cauliflower rice instead of traditional rice significantly reduces the carbohydrate content.
- **Controlled Sodium:** Using canned diced tomatoes without added salt helps keep sodium levels in check.

# LOW-CARB TURKEY MEATBALLS IN CREAMY TOMATO SAUCE

## INSTRUCTIONS



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

30

- **Prepare the Meatballs:** In a large bowl, combine the ground turkey, almond flour, Parmesan cheese, egg, garlic, parsley, oregano, salt, and pepper. Mix well with your hands until just combined.
- **Shape the Meatballs:** Roll the mixture into 1-inch meatballs. You should have about 20-24 meatballs.
- **Brown the Meatballs:** Heat the olive oil in a large skillet over medium heat. Add the meatballs and cook, turning occasionally, until browned on all sides.
- **Sauté the Onion and Garlic:** Remove the meatballs from the skillet and set aside. Add the onion to the skillet and cook until softened, about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds.
- **Simmer the Sauce:** Stir in the crushed tomatoes, heavy cream (or coconut milk), basil, oregano, salt, and pepper. Bring to a simmer, then reduce heat to low and return the meatballs to the skillet. Cover and simmer for 20 minutes, or until the meatballs are cooked through and the sauce has thickened slightly.
- **Serve:** Garnish with fresh basil, if desired, and serve hot.

## INGREDIENTS

For the Meatballs:

- 1 pound ground turkey (93% lean or higher)
- 1/4 cup almond flour
- 1/4 cup grated Parmesan cheese
- 1 egg, lightly beaten
- 1 clove garlic, minced
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

For the Sauce:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 (28 ounce) can crushed tomatoes
- 1/2 cup heavy cream (or full-fat coconut milk for a dairy-free option)
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- Salt and pepper to taste

Optional:

- 1/4 cup chopped fresh basil for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
370	35g	12g	4g	24g	580mg	620mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean Protein:** Ground turkey is an excellent source of lean protein, which helps stabilize blood sugar and keeps you feeling full.
- **High Fiber:** Almond flour adds fiber, which slows down digestion and helps regulate blood sugar levels.
- **Healthy Fats:** Olive oil and full-fat dairy or coconut milk provide healthy fats that contribute to satiety and overall health.
- **Low-Carb:** Using almond flour instead of breadcrumbs and serving with low-carb alternatives like zucchini noodles keeps carbohydrates low.
- **Controlled Sodium:** Choose low-sodium crushed tomatoes and be mindful of added salt to keep sodium intake in check.

# TURKEY-STUFFED BELL PEPPERS WITH CAULIFLOWER RICE



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

40

## INSTRUCTIONS

- Prepare the Peppers: Preheat oven to 375°F (190°C). Wash and dry the bell peppers. Cut them in half lengthwise and remove the seeds and membranes. Place the pepper halves in a baking dish.
- Cook the Filling: Heat olive oil in a large skillet over medium heat. Add the onion and cook until softened, about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds.
- Brown the Turkey: Add the ground turkey to the skillet and cook, breaking it up with a spoon, until browned. Drain any excess fat.
- Add Vegetables and Spices: Add the chopped red bell pepper, cauliflower rice, diced tomatoes, parsley, oregano, chili powder, and cumin to the skillet. Stir well to combine. Bring to a simmer, then reduce heat to low and cook for 10 minutes, or until the cauliflower rice is tender. Season with salt and black pepper to taste.
- Stuff the Peppers: Spoon the turkey filling into the prepared bell pepper halves.
- Bake: Cover the baking dish with foil and bake for 30 minutes. Uncover and bake for an additional 10 minutes, or until the peppers are tender and the filling is heated through.
- Serve: Top with shredded cheddar cheese and cilantro, if desired, and serve hot.

## INGREDIENTS

For the Filling:

- 1 pound ground turkey (93% lean or higher)
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 cup cauliflower rice
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1/2 cup chopped fresh parsley
- 1 teaspoon dried oregano

- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin
- Salt and black pepper to taste

For the Peppers:

- 4 large bell peppers (any color), halved lengthwise and seeded
- Optional:
  - 1/4 cup shredded cheddar cheese (for topping)
  - 1/4 cup chopped fresh cilantro (for garnish)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
310	28g	20g	6g	15g	400mg	720mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean Protein:** Ground turkey is an excellent source of lean protein, crucial for blood sugar management and keeping you feeling full.
- **Fiber-Rich Vegetables:** Bell peppers and cauliflower rice provide ample fiber, which slows down digestion and helps regulate blood sugar levels.
- **Healthy Fats:** Olive oil provides heart-healthy fats and contributes to feeling full and satisfied.
- **Low-Carb:** Using cauliflower rice instead of traditional rice significantly reduces the carbohydrate content of this dish.
- **Controlled Sodium:** Choose low-sodium diced tomatoes and be mindful of added salt to keep sodium intake in check.

# BAKED TURKEY MEATLOAF WITH OATS AND HERBS



**SERVES**

6



**PREP TIME**

15



**COOK TIME**

50

## INSTRUCTIONS

- **Preheat Oven and Prepare Pan:** Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper or lightly grease a loaf pan.
- **Combine Ingredients:** In a large bowl, combine the ground turkey, oats, onion, garlic, egg, parsley, thyme, oregano, salt, and pepper. Mix well with your hands until just combined.
- **Shape the Meatloaf:** Transfer the mixture to the prepared baking sheet or loaf pan. Shape it into a loaf about 9x5 inches.
- **Make the Glaze (Optional):** In a small bowl, whisk together the sugar-free ketchup, Dijon mustard, and Worcestershire sauce.
- **Bake:** Bake the meatloaf uncovered for 30 minutes. If using the glaze, brush it over the top of the meatloaf and continue baking for another 20 minutes, or until the meatloaf is cooked through and a meat thermometer inserted into the center registers 165°F (74°C).
- **Rest and Serve:** Let the meatloaf rest for 10 minutes before slicing and serving.

## INGREDIENTS

For the Meatloaf:

- 1.5 pounds ground turkey (93% lean or higher)
- 1/2 cup rolled oats (not instant)
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1 egg, lightly beaten
- 1/4 cup chopped fresh parsley
- 1 tablespoon chopped fresh thyme

- 1 teaspoon dried oregano

- 1/4 teaspoon salt

- 1/4 teaspoon black pepper

For the Glaze (optional):

- 1/4 cup sugar-free ketchup

- 1 tablespoon Dijon mustard

- 1 teaspoon Worcestershire sauce

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
280	30g	18g	3g	12g	350mg	480mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean Protein:** Ground turkey is an excellent source of lean protein, essential for blood sugar management and satiety.
- **High Fiber:** Rolled oats provide soluble fiber, which helps slow down digestion and regulate blood sugar levels.
- **Healthy Fats:** A small amount of fat from the ground turkey contributes to satiety and overall health.
- **Controlled Sodium:** Using herbs and spices instead of relying on salt for flavor helps keep sodium intake in check.
- **Nutrient-Rich:** Oats provide important vitamins and minerals like magnesium and phosphorus.

# CRANBERRY-GLAZED TURKEY TENDERLOINS



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

25-30

## INSTRUCTIONS

- **Preheat Oven and Prepare Turkey:** Preheat oven to 400°F (200°C). Pat the turkey tenderloins dry with paper towels. In a small bowl, combine the olive oil, thyme, rosemary, salt, and pepper. Rub this mixture all over the turkey tenderloins.
- **Make the Cranberry Glaze:** In a small saucepan over medium heat, combine the cranberries, orange juice, sugar-free maple syrup, Dijon mustard, and orange zest. Bring to a simmer and cook, stirring occasionally, until the cranberries have burst and the sauce has thickened slightly, about 5-7 minutes.
- **Roast the Turkey:** Place the turkey tenderloins in a baking dish. Roast for 15 minutes, then remove from the oven and spoon half of the cranberry glaze over the turkey. Return to the oven and roast for another 10-15 minutes, or until a meat thermometer inserted into the thickest part registers 165°F (74°C).
- **Rest and Serve:** Let the turkey rest for 5 minutes before slicing. Serve with the remaining cranberry glaze.

## INGREDIENTS

For the Turkey:

- 2 (1-pound) turkey tenderloins
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

For the Cranberry Glaze:

- 1 cup fresh or frozen cranberries
- 1/4 cup orange juice
- 2 tablespoons sugar-free maple syrup (or alternative sweetener)
- 1 tablespoon Dijon mustard
- 1 teaspoon grated orange zest

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
290	4g	15g	2g	10g	300mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean Protein:** Turkey tenderloin is an excellent source of lean protein, essential for blood sugar management and satiety.
- **High in Vitamins and Minerals:** Turkey provides essential nutrients like niacin, vitamin B6, and selenium.
- **Antioxidant-Rich Cranberries:** Cranberries are packed with antioxidants, which can help protect against cell damage.
- **Low-Carb:** This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- **Controlled Sugar:** Using sugar-free maple syrup helps keep added sugars to a minimum.

# GRILLED TURKEY KEBABS WITH MEDITERRANEAN VEGETABLES



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

10-12

## INSTRUCTIONS

- Prepare the Marinade: In a large bowl, whisk together the olive oil, lemon juice, garlic, oregano, thyme, salt, and pepper.
- Marinate the Turkey: Add the turkey cubes to the marinade and toss to coat. Cover and refrigerate for at least 30 minutes, or up to 4 hours.
- Assemble the Kebabs: Thread the marinated turkey, bell peppers, zucchini, red onion, and cherry tomatoes onto the skewers.
- Preheat the Grill: Preheat grill to medium-high heat.
- Grill the Kebabs: Grill the kebabs for 10-12 minutes, turning occasionally, or until the turkey is cooked through and the vegetables are tender.
- Serve: Garnish with fresh parsley, if desired, and serve hot.

## INGREDIENTS

### For the Kebabs:

- 1 pound boneless, skinless turkey breast, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 green bell pepper, cut into 1-inch pieces
- 1 zucchini, cut into 1/2-inch thick slices
- 1 red onion, cut into 1-inch wedges
- 1 cup cherry tomatoes
- 8-12 metal or bamboo skewers (if using bamboo, soak in water for 30 minutes before grilling)

### For the Marinade:

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Optional:

- 1/4 cup chopped fresh parsley (for garnish)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
320	35g	15g	5g	16g	280mg	750mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean Protein: Turkey breast is an excellent source of lean protein, essential for blood sugar management and satiety.
- Fiber-Rich Vegetables: Bell peppers, zucchini, and red onion provide ample fiber, which slows down digestion and helps regulate blood sugar levels.
- Healthy Fats: Olive oil provides heart-healthy fats and contributes to feeling full and satisfied.
- Low-Carb: This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- Nutrient-Rich: The variety of vegetables provides essential vitamins and minerals.

# TURKEY TACOS WITH LOW-CARB TORTILLAS AND SALSA VERDE

## INSTRUCTIONS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

15

- Prepare the Salsa Verde: Combine all salsa verde ingredients in a food processor or blender and pulse until smooth. Season with salt and pepper to taste. Set aside.
- Cook the Turkey: Heat olive oil in a large skillet over medium heat. Add the ground turkey and cook, breaking it up with a spoon, until browned. Drain any excess fat.
- Add Flavor: Add the onion and garlic to the skillet and cook until softened, about 5 minutes. Stir in the chili powder, cumin, paprika, and cayenne pepper (if using). Cook for 1 minute more.
- Simmer: Pour in the chicken broth. Bring to a simmer and cook until the liquid is reduced slightly, about 2-3 minutes.
- Warm Tortillas: Warm the tortillas according to package directions.
- Assemble the Tacos: Fill each tortilla with the turkey mixture and top with salsa verde and your favorite toppings.

## INGREDIENTS

For the Turkey Filling:

- 1 pound ground turkey (93% lean or higher)
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper (optional, adjust to taste)
- 1/4 cup low-sodium chicken broth

For the Salsa Verde:

- 1 cup packed fresh cilantro leaves
- 1/2 cup packed fresh parsley leaves

- 1/4 cup chopped white onion
- 2 jalapeño peppers, seeded and chopped (adjust to taste)
- 2 cloves garlic, minced
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- Salt and pepper to taste

For Serving:

- 8 low-carb tortillas (e.g., almond flour or coconut flour tortillas)

Optional toppings: shredded lettuce, diced tomatoes, avocado, Greek yogurt

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
360	32g	20g	6g	18g	450mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean Protein: Ground turkey is an excellent source of lean protein, which helps stabilize blood sugar and keeps you feeling full.
- High Fiber: Low-carb tortillas and vegetables provide fiber, which slows down digestion and helps regulate blood sugar levels.
- Healthy Fats: Olive oil provides heart-healthy fats and contributes to satiety and overall health.
- Low-Carb: Using low-carb tortillas significantly reduces the carbohydrate content of this dish.
- Controlled Sodium: Using low-sodium chicken broth helps keep sodium levels in check.

# TURKEY SHEPHERD'S PIE WITH CAULIFLOWER MASH

## INSTRUCTIONS



**SERVES**

6



**PREP TIME**

20



**COOK TIME**

40

- Prepare the Cauliflower Mash: Steam or boil the cauliflower florets until tender. Drain well and transfer to a food processor. Add almond milk, butter, and Parmesan cheese. Process until smooth and creamy. Season with salt and pepper to taste. Set aside.
- Cook the Filling: Heat olive oil in a large skillet over medium heat. Add the onion, carrots, and celery and cook until softened, about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds.
- Brown the Turkey: Add the ground turkey to the skillet and cook, breaking it up with a spoon, until browned. Drain any excess fat.
- Simmer: Stir in the tomato paste, chicken broth, thyme, rosemary, parsley, salt, and pepper. Bring to a simmer, then reduce heat to low and cook for 10 minutes, or until the sauce has thickened slightly.
- Add Vegetables: Stir in the frozen peas and corn.
- Assemble and Bake: Preheat oven to 375°F (190°C). Transfer the turkey filling to a baking dish. Spread the cauliflower mash evenly over the top. Bake for 20 minutes, or until the filling is bubbly and the topping is lightly golden.

## INGREDIENTS

### For the Filling:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cloves garlic, minced
- 1 pound ground turkey (93% lean or higher)
- 1 tablespoon tomato paste
- 1 cup low-sodium chicken broth
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/4 cup chopped fresh parsley
- Salt and pepper to taste
- 1 cup frozen peas
- 1 cup frozen corn

### For the Cauliflower Mash:

- 1 large head of cauliflower, cut into florets
- 1/4 cup unsweetened almond milk
- 2 tablespoons unsalted butter
- 1/4 cup grated Parmesan cheese
- Salt and pepper to taste

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
340	30g	22g	6g	18g	420mg	800mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean Protein: Ground turkey is an excellent source of lean protein, essential for blood sugar management and satiety.
- High Fiber: Cauliflower, carrots, celery, peas, and corn provide ample fiber, which slows down digestion and helps regulate blood sugar levels.
- Healthy Fats: Olive oil and a moderate amount of butter provide healthy fats that contribute to satiety and overall health.
- Low-Carb: Using cauliflower mash instead of traditional mashed potatoes significantly reduces the carbohydrate content of this dish.
- Controlled Sodium: Using low-sodium chicken broth helps keep sodium levels in check.

# TURKEY AND MUSHROOM OMELETTE



**SERVES**

1



**PREP TIME**

5



**COOK TIME**

5

## INSTRUCTIONS

- **Whisk Eggs:** In a medium bowl, whisk together the eggs, almond milk, salt, and pepper.
- **Sauté Vegetables:** Heat olive oil in a small nonstick skillet over medium heat. Add the onion and mushrooms and cook until softened, about 3-5 minutes. Stir in the cooked turkey (if using).
- **Cook Omelette:** Pour the egg mixture into the skillet. As the eggs begin to set, gently lift the edges with a spatula, allowing the uncooked egg to flow underneath. Continue cooking until the eggs are set but still slightly moist on top.
- **Serve:** Fold the omelette in half and slide onto a plate. Garnish with fresh chives, if desired.

## INGREDIENTS

- 2 large eggs
- 1 tablespoon unsweetened almond milk (or water)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon olive oil
- 1/4 cup chopped onion
- 1/2 cup sliced mushrooms
- 1/4 cup cooked turkey, chopped (optional)
- 1 tablespoon chopped fresh chives (optional)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
270	20g	4g	1g	20g	300mg	350mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **High Protein:** Eggs and turkey provide a good source of protein, which helps to stabilize blood sugar levels and keep you feeling full.
- **Low Carb:** This omelette is naturally low in carbohydrates, making it suitable for managing blood sugar.
- **Healthy Fats:** Olive oil provides heart-healthy monounsaturated fats.
- **Nutrient-Rich:** Eggs are a good source of choline, which is important for brain health, and mushrooms provide selenium, an antioxidant.
- **Versatile:** You can easily customize this omelette with your favorite vegetables or herbs.

# PORK, LAMB AND BEEF

## GRILLED PORK TENDERLOIN WITH ROASTED APPLES AND BRUSSELS SPROUTS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

25-30

### INSTRUCTIONS

- Prepare the pork: In a small bowl, whisk together olive oil, garlic, Dijon mustard, balsamic vinegar, thyme, salt, and pepper. Place the pork tenderloin in a shallow dish and pour the marinade over it, turning to coat. Allow marinating for at least 15 minutes, or up to 2 hours in the refrigerator.
- Prepare the vegetables: Preheat oven to 400°F (200°C). Toss the apple wedges and Brussels sprouts with 1 tablespoon of olive oil, salt, and pepper on a baking sheet.
- Grill the pork: Heat a grill or grill pan over medium-high heat. Remove the pork from the marinade and grill for 5-7 minutes per side, or until an internal temperature of 145°F (63°C) is reached. Let the pork rest for 5 minutes before slicing.
- Roast the vegetables: While the pork is grilling, roast the apples and Brussels sprouts in the preheated oven for 20-25 minutes, or until tender and slightly browned.
- Serve: Slice the pork tenderloin and serve with the roasted apples and Brussels sprouts. If desired, sprinkle with chopped walnuts or pecans.

### INGREDIENTS

- 1.5 lbs pork tenderloin, trimmed of excess fat
  - 2 medium apples (Granny Smith or Honeycrisp), cored and cut into 1-inch wedges
  - 1 lb Brussels sprouts, trimmed and halved
  - 2 tablespoons olive oil
  - 2 cloves garlic, minced
  - 1 tablespoon Dijon mustard
  - 1 tablespoon balsamic vinegar
  - 1 teaspoon dried thyme
  - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
- Optional ingredients:
- 1/4 cup chopped walnuts or pecans for added healthy fats and crunch
  - 1 teaspoon red pepper flakes for a spicy kick
  - Fresh herbs like rosemary or sage for extra flavor

### NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
350	35g	20g	6g	17g	300mg	600mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Pork tenderloin is a lean source of protein, crucial for managing blood sugar and promoting satiety.
- High fiber: Brussels sprouts and apples are excellent sources of fiber, which helps regulate blood sugar levels and promotes digestive health.
- Healthy fats: Olive oil provides heart-healthy monounsaturated fats, beneficial for overall health.
- Low carb: This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- Nutrient-rich: Apples provide vitamins and antioxidants, while Brussels sprouts are packed with vitamins, minerals, and fiber.

# PORK CHOPS WITH MUSHROOM SAUCE AND CAULIFLOWER MASH

## INSTRUCTIONS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

30

- Prepare the cauliflower mash: Steam cauliflower florets until tender. While still hot, transfer to a food processor. Add cream cheese, butter, and salt and pepper to taste. Process until smooth and creamy. Set aside.
- Cook the pork chops: Season pork chops with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Add pork chops and cook for 4-5 minutes per side, or until golden brown and cooked through. Remove from skillet and set aside.
- Make the mushroom sauce: In the same skillet, melt butter over medium heat. Add onion and cook until softened, about 5 minutes. Add mushrooms and garlic, and cook until mushrooms are tender and browned, about 8 minutes.
- Finish the sauce: Add chicken broth, heavy cream (or almond milk), Dijon mustard, and thyme to the skillet. Bring to a simmer and cook until the sauce thickens slightly, about 5 minutes. If using, stir in white wine during the last minute of cooking.
- Serve: Place a spoonful of cauliflower mash on each plate. Top with a pork chop and generously spoon mushroom sauce over the top. Garnish with fresh parsley or chives, if desired.

## INGREDIENTS

- 4 boneless pork chops (about 1 inch thick), trimmed of excess fat
  - 1 tablespoon olive oil
  - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
  - 1 tablespoon butter
  - 1 onion, chopped
  - 8 ounces cremini mushrooms, sliced
  - 2 cloves garlic, minced
  - 1/2 cup chicken broth
  - 1/4 cup heavy cream (or unsweetened almond milk for a lighter option)
  - 1 tablespoon Dijon mustard
  - 1 teaspoon dried thyme
  - 1 head cauliflower, cut into florets
  - 2 tablespoons cream cheese (or dairy-free alternative)
  - 1 tablespoon unsalted butter
- Optional ingredients:
- 1/4 cup dry white wine for added depth of flavor in the sauce
  - Fresh parsley or chives, chopped, for garnish
  - Pinch of nutmeg for the cauliflower mash

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
420	38g	15g	6g	25g	400mg	900mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Pork chops are a good source of lean protein, essential for blood sugar control and muscle mass.
- **High fiber:** Cauliflower mash offers significantly more fiber than traditional mashed potatoes, aiding in digestion and blood sugar regulation.
- **Controlled fat:** Using a small amount of healthy fats like olive oil and butter helps with satiety and nutrient absorption without excessive saturated fat.
- **Low carb:** This recipe replaces high-carb potatoes with cauliflower, keeping the carbohydrate count low.
- **Nutrient-dense:** Mushrooms are low in calories and provide important nutrients like selenium, potassium, and B vitamins.

# SPICY BEEF AND BROCCOLI STIR-FRY



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

15

## INSTRUCTIONS

- Prepare the beef: In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, cornstarch, and water. Add beef and toss to coat. Let marinate for at least 10 minutes.
- Stir-fry: Heat olive oil in a large skillet or wok over medium-high heat. Add onion, garlic, and red bell pepper and stir-fry for 2-3 minutes until softened.
- Add beef: Push vegetables to the side of the pan. Add the marinated beef to the center and stir-fry until browned, about 3-4 minutes.
- Add broccoli: Add broccoli florets and chili pepper (if using) to the pan. Stir-fry for 3-4 minutes until broccoli is tender-crisp.
- Combine and serve: Pour the remaining marinade over the beef and vegetables. Stir-fry for another minute until the sauce thickens. Season with salt and black pepper to taste. Serve immediately.

## INGREDIENTS

- 1 lb lean beef sirloin, thinly sliced
- 2 tablespoons olive oil
- 1 large onion, sliced
- 2 cloves garlic, minced
- 1 red bell pepper, thinly sliced
- 1 head broccoli, cut into florets
- 1 red chili pepper, thinly sliced (optional, or adjust to taste)
- 1 tablespoon grated fresh ginger
- 1/4 cup low-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon cornstarch
- 1/4 cup water
- Salt and black pepper to taste

### Optional ingredients:

- 1 teaspoon red pepper flakes for extra heat
- 1 tablespoon toasted sesame seeds for garnish
- 1/4 cup chopped cashews or almonds for added crunch and healthy fats

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
380	35g	18g	5g	22g	500mg	700mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Beef sirloin is a great source of lean protein, essential for managing blood sugar and maintaining muscle mass.
- High fiber: Broccoli is packed with fiber, which helps regulate blood sugar levels and promotes digestive health.
- Controlled carbohydrates: This recipe is relatively low in carbohydrates, especially when served with cauliflower rice.
- Healthy fats: Olive oil and sesame oil provide heart-healthy fats.
- Nutrient-rich: This stir-fry includes a variety of vegetables that provide essential vitamins and minerals.

# BEEF AND VEGETABLE KEBABS WITH YOGURT SAUCE

## INSTRUCTIONS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

10-12

- Prepare the marinade: In a large bowl, whisk together olive oil, balsamic vinegar, garlic powder, oregano, salt, and pepper. Add the beef cubes and vegetables to the bowl and toss to coat. Let marinate for at least 15 minutes, or up to 2 hours in the refrigerator.
- Make the yogurt sauce: While the beef and vegetables are marinating, combine the Greek yogurt, cilantro, lemon juice, garlic, salt, and pepper in a small bowl. Mix well and refrigerate until ready to serve.
- Assemble the kebabs: Thread the marinated beef and vegetables onto skewers, alternating between ingredients.
- Grill the kebabs: Heat a grill or grill pan over medium-high heat. Grill the kebabs for 10-12 minutes, turning occasionally, until the beef is cooked through and the vegetables are tender.
- Serve: Serve the kebabs hot with the yogurt sauce on the side.

## INGREDIENTS

For the kebabs:

- 1 lb lean beef sirloin, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 green bell pepper, cut into 1-inch pieces
- 1 small red onion, cut into wedges
- 1 zucchini, cut into 1-inch thick rounds
- 1 cup cherry tomatoes
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

For the yogurt sauce:

- 1 cup plain Greek yogurt
- 1/4 cup chopped fresh cilantro
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Optional ingredients:

- 1 teaspoon smoked paprika for a smoky flavor
- 1/4 cup crumbled feta cheese to add to the yogurt sauce
- Wooden or metal skewers (if using wooden skewers, soak them in water for 30 minutes before grilling to prevent burning)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
370	32g	15g	4g	22g	250mg	650mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Beef sirloin provides a good source of lean protein, which helps manage blood sugar and promotes satiety.
- High fiber: Vegetables like bell peppers and zucchini contribute to the fiber content, aiding in digestion and blood sugar regulation.
- Controlled carbohydrates: This recipe is naturally low in carbohydrates, making it suitable for managing blood sugar levels.
- Healthy fats: Olive oil in the marinade provides heart-healthy monounsaturated fats.
- Nutrient-dense: The variety of vegetables offers a range of vitamins, minerals, and antioxidants.

# BEEF STEW WITH ROOT VEGETABLES (LOW-CARB)

## INSTRUCTIONS

### Stovetop Method:

- **Brown the beef:** Heat olive oil in a large Dutch oven or pot over medium-high heat. Add beef and cook until browned on all sides. Remove beef from pot and set aside.
- **Sauté vegetables:** Add onion and garlic to the pot and cook until softened, about 5 minutes. Stir in thyme, rosemary, pepper, and salt.
- **Deglaze and simmer:** Pour in red wine (if using) and scrape the bottom of the pot to loosen any browned bits. Stir in beef broth, tomato paste, and bay leaf. Bring to a simmer.
- **Add vegetables and beef:** Return the beef to the pot. Add turnips, rutabagas, celery root, and carrots. Bring back to a simmer, then reduce heat to low, cover, and simmer for 1.5 hours, or until beef and vegetables are tender.
- **Add green beans:** Stir in green beans and cook for another 15 minutes.
- **Serve:** Remove bay leaf before serving. Garnish with fresh parsley, if desired.

### Slow Cooker Method:

- **Brown the beef:** Follow step 1 from the stovetop method.
- **Combine ingredients:** Transfer the browned beef, onion, garlic, and all remaining ingredients (except green beans) to a slow cooker.
- **Cook:** Cover and cook on low for 4 hours, or until beef and vegetables are tender.
- **Add green beans:** Stir in green beans and cook for another 30 minutes on low.
- **Serve:** Remove bay leaf before serving. Garnish with fresh parsley, if desired.

## INGREDIENTS

- 1.5 lbs beef stew meat, trimmed of excess fat
- 1 bay leaf
- 1 tablespoon olive oil
- 1 lb turnips, peeled and cubed
- 1 large onion, chopped
- 1 lb rutabagas, peeled and cubed
- 2 cloves garlic, minced
- 1 cup celery root, peeled and cubed
- 1 teaspoon dried thyme
- 1 cup carrots, chopped
- 1/2 teaspoon dried rosemary
- 1 cup green beans, trimmed
- 1/4 teaspoon black pepper
- **Optional ingredients:**
- 1/2 teaspoon salt
- 1/4 cup red wine for added depth of flavor
- 4 cups beef broth (low sodium)
- 1 tablespoon Worcestershire sauce
- 1 tablespoon tomato paste
- Fresh parsley, chopped, for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
320	30g	20g	7g	14g	350mg	800mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Beef stew meat is a good source of lean protein, which helps manage blood sugar and promotes satiety.
- **High fiber:** Root vegetables like turnips and rutabagas are excellent sources of fiber, aiding in digestion and blood sugar regulation.
- **Low carb:** This stew uses low-carb root vegetables instead of potatoes, keeping the carbohydrate count low.
- **Nutrient-dense:** This recipe includes a variety of vegetables that provide essential vitamins and minerals.
- **Blood sugar friendly:** The combination of protein, fiber, and low-carb vegetables helps to prevent blood sugar spikes.



**SERVES**

6



**PREP TIME**

20



**COOK TIME**

2 hours (stovetop) or  
4 hours (slow cooker)

# SHEPHERD'S PIE WITH CAULIFLOWER MASH TOPPING



**SERVES**

6



**PREP TIME**

25



**COOK TIME**

40

## INSTRUCTIONS

- Prepare the cauliflower mash: Steam cauliflower florets until tender. While still hot, transfer to a food processor. Add butter, almond milk (or cream), salt, and pepper. Process until smooth and creamy. Set aside.
- Make the filling: Heat olive oil in a large skillet over medium heat. Add onion and carrots and cook until softened, about 5 minutes. Add garlic and cook for 1 minute more.
- Brown the beef: Add ground beef to the skillet and cook, breaking it up with a spoon, until browned. Drain off any excess fat.
- Simmer the filling: Stir in tomato paste, beef broth, Worcestershire sauce, thyme, rosemary, salt, and pepper. Bring to a simmer, then reduce heat to low and cook for 15 minutes, or until the sauce has thickened slightly. Stir in frozen peas during the last 5 minutes of cooking.
- Assemble and bake: Preheat oven to 375°F (190°C). Transfer the beef filling to a 9x13 inch baking dish. Spread the cauliflower mash evenly over the top. Sprinkle with Parmesan cheese, if desired.
- Bake: Bake for 20-25 minutes, or until the topping is lightly golden and the filling is bubbly.

## INGREDIENTS

For the filling:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 cloves garlic, minced
- 1 lb lean ground beef
- 1 tablespoon tomato paste
- 1 cup beef broth (low sodium)
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon salt

- 1/4 teaspoon black pepper

- 1 cup frozen peas

For the cauliflower mash:

- 1 large head cauliflower, cut into florets
- 2 tablespoons unsalted butter
- 1/4 cup unsweetened almond milk (or heavy cream for a richer option)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Optional ingredients:

- 1/2 cup chopped mushrooms for added texture and nutrients
- 1/4 cup grated Parmesan cheese for the topping

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
310	28g	18g	6g	16g	300mg	750mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Ground beef provides a good source of lean protein, which helps manage blood sugar and promotes satiety.
- **High fiber:** Cauliflower mash offers significantly more fiber than traditional mashed potatoes, aiding in digestion and blood sugar regulation.
- **Controlled carbohydrates:** This recipe replaces high-carb potatoes with cauliflower, keeping the carbohydrate count low.
- **Nutrient-dense:** This dish includes a variety of vegetables that provide essential vitamins and minerals.
- **Blood sugar friendly:** The combination of protein, fiber, and low-carb vegetables helps to prevent blood sugar spikes.

# BEEF AND MUSHROOM STIR-FRY WITH ZUCCHINI NOODLES



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

15

## INSTRUCTIONS

- Prepare the beef: In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, cornstarch, and water. Add beef and toss to coat. Let marinate for at least 10 minutes.
- Stir-fry: Heat olive oil in a large skillet or wok over medium-high heat. Add onion, garlic, and red bell pepper and stir-fry for 2-3 minutes until softened.
- Add beef and mushrooms: Push vegetables to the side of the pan. Add the marinated beef to the center and stir-fry until browned, about 3-4 minutes. Add mushrooms and stir-fry for another 2-3 minutes until softened.
- Add zucchini noodles: Add zucchini noodles to the pan. Stir-fry for 2-3 minutes, or until tender-crisp.
- Combine and serve: Pour the remaining marinade over the beef and vegetables. Stir-fry for another minute until the sauce thickens. Season with salt and black pepper to taste. Serve immediately.

## INGREDIENTS

- 1 lb lean beef sirloin, thinly sliced
- 1 tablespoon olive oil
- 8 ounces cremini mushrooms, sliced
- 1 red bell pepper, thinly sliced
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 1/4 cup low-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon cornstarch
- 1/4 cup water
- 2 large zucchini, spiralized or cut into noodles
- Salt and black pepper to taste

### Optional ingredients:

- 1 teaspoon red pepper flakes for extra heat
- 1 tablespoon toasted sesame seeds for garnish
- 1/4 cup chopped cashews or almonds for added crunch and healthy fats

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
350	32g	12g	4g	20g	450mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Beef sirloin is a great source of lean protein, essential for managing blood sugar and maintaining muscle mass.
- High fiber: Zucchini noodles and mushrooms contribute to the fiber content, aiding in digestion and blood sugar regulation.
- Low carb: This recipe uses zucchini noodles instead of traditional noodles, keeping the carbohydrate count low.
- Healthy fats: Olive oil and sesame oil provide heart-healthy fats.
- Nutrient-dense: This stir-fry includes a variety of vegetables that provide essential vitamins and minerals.

# LAMB CHOPS WITH ROSEMARY AND GARLIC



**SERVES**

4



**PREP TIME**

10



**COOK TIME**

15-20

## INSTRUCTIONS

- Marinate the lamb chops: In a shallow dish, combine olive oil, garlic, rosemary, salt, and pepper. Add the lamb chops and turn to coat in the marinade. Allow to marinate for at least 30 minutes, or up to 2 hours in the refrigerator.
- Cook the lamb chops: Heat a grill pan or skillet over medium-high heat. Remove the lamb chops from the marinade and cook for 4-6 minutes per side for medium-rare, or until desired doneness is reached.
- Rest and serve: Let the lamb chops rest for 5 minutes before serving. This allows the juices to redistribute, resulting in a more tender and flavorful chop.

## INGREDIENTS

- 4 lamb chops (about 1 inch thick), trimmed of excess fat
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- Optional ingredients:
  - 1 teaspoon Dijon mustard for an extra layer of flavor
  - Zest of 1 lemon for a bright citrus note
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1/2 teaspoon salt

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
280	25g	1g	0g	20g	200mg	400mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Lamb is a good source of protein, which helps manage blood sugar levels and promotes satiety.
- Low carb: This recipe is naturally very low in carbohydrates, making it suitable for managing blood sugar levels.
- Healthy fats: Olive oil provides heart-healthy monounsaturated fats.
- Nutrient-dense: Lamb is a good source of iron, zinc, and vitamin B12.
- Flavorful: The rosemary and garlic provide a delicious flavor without adding unnecessary carbohydrates or calories.

# LAMB BURGERS WITH TZATZIKI SAUCE



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

10-12

## INSTRUCTIONS

- Prepare the tzatziki sauce: In a medium bowl, combine the Greek yogurt, grated cucumber, lemon juice, garlic, dill, salt, and pepper. Mix well and refrigerate until ready to serve.
- Make the burger patties: In a large bowl, combine the ground lamb, mint, parsley, garlic, salt, and pepper. Gently mix until just combined. Form the mixture into 4 patties, about 1/2 inch thick.
- Cook the burgers: Heat a grill pan or skillet over medium-high heat. Cook the burgers for 4-5 minutes per side, or until cooked through.
- Assemble and serve: Place the cooked lamb burgers on lettuce leaves (or your preferred bun alternative). Top with tzatziki sauce, tomato slices, and red onion, if desired.

## INGREDIENTS

For the burgers:

- 1 lb ground lamb
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh parsley
- 1 clove garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

For the tzatziki sauce:

- 1 cup plain Greek yogurt
- 1/2 cucumber, grated and squeezed to remove excess water

1 tablespoon lemon juice

- 1 clove garlic, minced
- 1 tablespoon chopped fresh dill
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Optional ingredients:

- 1/4 teaspoon ground cumin for added warmth
- Lettuce leaves, tomato slices, and red onion slices for toppings

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
360	30g	8g	2g	24g	250mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Lamb is a good source of protein, which helps manage blood sugar levels and promotes satiety.
- **Low carb:** This recipe is relatively low in carbohydrates, especially when served without buns or with low-carb alternatives.
- **Healthy fats:** The fat in lamb and Greek yogurt provides satiety and helps with nutrient absorption.
- **Nutrient-dense:** Lamb is a good source of iron, zinc, and vitamin B12. The tzatziki sauce provides calcium and probiotics from the yogurt.
- **Flavorful:** The fresh herbs and lemon juice in the tzatziki sauce add a bright and refreshing flavor to the rich lamb burgers.

# LAMB AND GREEN BEAN STIR-FRY WITH ALMOND BUTTER SAUCE



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

10

## INSTRUCTIONS

- Prepare the sauce: In a small bowl, whisk together almond butter, soy sauce, rice vinegar, sesame oil, honey (if using), and water until smooth. Set aside.
- Stir-fry: Heat olive oil in a large skillet or wok over medium-high heat. Add the lamb and stir-fry until browned, about 3-4 minutes. Remove from pan and set aside.
- Cook vegetables: Add onion, garlic, and ginger to the pan and stir-fry for 2-3 minutes until softened. Add green beans and red bell pepper and stir-fry for another 3-4 minutes until tender-crisp.
- Combine and serve: Return the lamb to the pan. Pour the almond butter sauce over the lamb and vegetables. Stir-fry for another minute until the sauce is heated through and slightly thickened. Season with salt and pepper to taste. Serve immediately.

## INGREDIENTS

- 1 lb lean lamb, thinly sliced (leg or shoulder work well)
- 1 tablespoon olive oil
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 1 lb green beans, trimmed
- 1 red bell pepper, thinly sliced
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon honey or sugar-free sweetener (optional)
- 1/4 cup water

### Optional ingredients:

For the almond butter sauce:

- 1/4 cup almond butter
- 2 tablespoons low-sodium soy sauce

- 1 teaspoon red pepper flakes for extra heat
- 1 tablespoon toasted sesame seeds for garnish
- Chopped cilantro or green onions for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
410	30g	15g	5g	28g	400mg	700mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Lamb is a great source of lean protein, essential for managing blood sugar and maintaining muscle mass.
- High fiber: Green beans are packed with fiber, which helps regulate blood sugar levels and promotes digestive health.
- Healthy fats: Almond butter provides healthy fats, including monounsaturated and polyunsaturated fats, which are beneficial for heart health.
- Low carb: This recipe is relatively low in carbohydrates, especially when served with cauliflower rice.
- Nutrient-dense: This stir-fry includes a variety of vegetables that provide essential vitamins and minerals.
- Blood sugar friendly: The combination of protein, fiber, and healthy fats helps to prevent blood sugar spikes.

# PORK CHOPS WITH APPLE CIDER GLAZE AND ROASTED VEGETABLES

## INSTRUCTIONS



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

35

- Prepare the vegetables: Preheat oven to 400°F (200°C). Toss the onion, carrots, and Brussels sprouts with 1 tablespoon olive oil, thyme, salt, and pepper on a baking sheet. Roast for 20 minutes.
- Sear the pork chops: While the vegetables are roasting, season the pork chops with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Sear the pork chops for 3-4 minutes per side, or until golden brown.
- Make the glaze: Pour the apple cider, Dijon mustard, and balsamic vinegar into the skillet with the pork chops. Bring to a simmer and cook until the sauce thickens slightly, about 5-7 minutes.
- Finish roasting: Add the pork chops to the baking sheet with the vegetables. Continue roasting for another 10-15 minutes, or until the pork chops are cooked through and the vegetables are tender.
- Serve: Serve the pork chops with the roasted vegetables and apple cider glaze.

## INGREDIENTS

For the pork chops and glaze:

- 4 boneless pork chops (about 1 inch thick), trimmed of excess fat
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup apple cider (not apple cider vinegar)
- 2 tablespoons Dijon mustard
- 1 tablespoon balsamic vinegar

For the roasted vegetables:

- 1 tablespoon olive oil

- 1 medium onion, chopped
- 2 carrots, chopped
- 1 cup Brussels sprouts, trimmed and halved
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Optional ingredients:

- 1/4 cup chopped walnuts or pecans for added healthy fats and crunch
- 1 apple, cored and chopped, for extra sweetness and fiber

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
400	35g	25g	6g	20g	350mg	700mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lean protein: Pork chops are a lean source of protein, crucial for managing blood sugar and promoting satiety.
- High fiber: Brussels sprouts and carrots are excellent sources of fiber, which helps regulate blood sugar levels and promotes digestive health.
- Healthy fats: Olive oil provides heart-healthy monounsaturated fats, beneficial for overall health.
- Controlled carbohydrates: This recipe uses a moderate amount of apple cider for the glaze, and the natural sugars are balanced by the fiber from the vegetables.
- Nutrient-rich: The vegetables provide a range of vitamins and minerals, including vitamin C, vitamin K, and potassium.

# SOUPS

## CREAMY BROCCOLI AND CHEDDAR SOUP



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

25

### INSTRUCTIONS

- **Sauté vegetables:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook for 1 minute more.
- **Add broccoli and cauliflower:** Add broccoli and cauliflower florets to the pot. Cook for 5 minutes, stirring occasionally.
- **Simmer:** Pour in chicken broth. Bring to a boil, then reduce heat and simmer for 15 minutes, or until the vegetables are tender.
- **Blend:** Use an immersion blender to blend the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and blend until smooth.
- **Add cheese and cream:** Return the soup to the pot (if using a blender). Stir in heavy cream (or coconut milk) and cheddar cheese. Cook over low heat until the cheese is melted and the soup is heated through. Season with salt, pepper, and nutmeg (if using).

### INGREDIENTS

- 1 tablespoon olive oil
  - 1 medium onion, chopped
  - 2 cloves garlic, minced
  - 4 cups broccoli florets
  - 2 cups cauliflower florets
  - 4 cups low-sodium chicken broth
  - 1/2 cup heavy cream (or full-fat coconut milk for a dairy-free option)
  - 1 cup shredded cheddar cheese (sharp or extra sharp)
  - 1/4 teaspoon salt
  - 1/4 teaspoon black pepper
  - Pinch of nutmeg (optional)
- Optional ingredients:**
- 1 tablespoon nutritional yeast for a cheesy flavor boost

### NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
280	18g	12g	5g	18g	300mg	600mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- **High fiber:** Broccoli and cauliflower are excellent sources of fiber, which helps regulate blood sugar levels and promotes digestive health.
- **Low carb:** This soup uses cauliflower to add creaminess without relying on starchy thickeners, keeping the carbohydrate count low.
- **Healthy fats:** Healthy fats from olive oil and cheese contribute to satiety and help with nutrient absorption.
- **Protein-rich:** Cheese and cream provide a good source of protein, important for blood sugar control and satiety.
- **Nutrient-dense:** Broccoli is packed with vitamins, minerals, and antioxidants.

# RUSTIC LENTIL AND SPINACH SOUP



**SERVES**

6



**PREP TIME**

15



**COOK TIME**

45

## INSTRUCTIONS

- Prepare the Base:
  - In a large soup pot, heat the olive oil over medium heat. Add the chopped onion, garlic, carrot, and celery. Sauté for 5-7 minutes until the vegetables are softened and the onion is translucent.
- Add the Spices:
  - Stir in the ground cumin, smoked paprika, turmeric, black pepper, and salt. Cook for 1-2 minutes, allowing the spices to become fragrant.
- Incorporate the Lentils and Broth:
  - Add the rinsed lentils to the pot and pour in the low-sodium broth. Add the bay leaf. Bring the soup to a boil, then reduce the heat to low and simmer for 30 minutes, stirring occasionally.
- Add Tomatoes and Spinach:
  - Stir in the diced tomatoes and cook for an additional 10 minutes. Add the spinach during the last 5 minutes of cooking, allowing it to wilt.
- Taste and Adjust:
  - Remove the bay leaf. Taste the soup and adjust seasoning as needed. Add lemon juice or apple cider vinegar for a tangy finish if desired.
- Garnish and Serve:
  - Ladle the soup into bowls, garnish with fresh parsley, and enjoy warm.

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 medium onion, finely chopped
  - 2 cloves garlic, minced
  - 1 medium carrot, diced
  - 1 celery stalk, diced
  - 1 teaspoon ground cumin
  - 1 teaspoon smoked paprika
  - 1/4 teaspoon ground turmeric
  - 1/4 teaspoon ground black pepper
  - 1/4 teaspoon salt (or to taste)
  - 1 cup dry green or brown lentils, rinsed and drained
  - 6 cups low-sodium vegetable or chicken broth
  - 2 cups fresh spinach leaves, chopped
  - 1/2 cup canned diced tomatoes, no added sugar
  - 1 bay leaf
  - Juice of 1/2 lemon (optional, for brightness)
  - Fresh parsley, chopped (for garnish)
- Optional for extra flavor or nutrition:
- 1 tablespoon apple cider vinegar
  - 1/2 teaspoon red pepper flakes (for spice)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
170	11g	25g	3,5g	11g	320mg	650mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Lentils are rich in fiber and protein, which help stabilize blood sugar levels.
- Spinach is low in carbohydrates and packed with vitamins and minerals.
- Olive oil provides heart-healthy fats beneficial for overall health.
- Low-sodium broth helps manage sodium intake, reducing the risk of high blood pressure.

# TOMATO BASIL SOUP WITH A HEALTHY TWIST



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

25

## INSTRUCTIONS

- **Sauté vegetables:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook for 1 minute more.
- **Add tomatoes and broth:** Stir in crushed tomatoes, diced tomatoes, vegetable broth, and cauliflower florets. Bring to a boil, then reduce heat and simmer for 15 minutes, or until the cauliflower is tender.
- **Blend:** Use an immersion blender to blend the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and blend until smooth.
- **Season and serve:** Return the soup to the pot (if using a blender). Stir in basil, balsamic vinegar, salt, and pepper.

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 medium onion, chopped
  - 2 cloves garlic, minced
  - 1 (28-ounce) can crushed tomatoes
  - 1 (14.5-ounce) can diced tomatoes, undrained
  - 2 cups low-sodium vegetable broth
  - 1 cup cauliflower florets
  - 1/2 cup fresh basil leaves, chopped
  - 1 tablespoon balsamic vinegar
  - 1/4 teaspoon salt
  - 1/4 teaspoon black pepper
- Optional ingredients:**
- 1/4 cup chopped fresh parsley for added freshness and nutrients
  - Pinch of red pepper flakes for a touch of heat

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
150	5g	22g	6g	6g	200mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **High fiber:** Cauliflower and tomatoes are good sources of fiber, which helps regulate blood sugar levels and promotes digestive health.
- **Low in saturated fat:** This soup is naturally low in saturated fat, which is beneficial for heart health.
- **Nutrient-dense:** This soup is packed with vitamins, minerals, and antioxidants, particularly vitamin C and lycopene from the tomatoes.
- **Blood sugar friendly:** The combination of fiber and complex carbohydrates helps to prevent blood sugar spikes.
- **Low calorie:** This soup is relatively low in calories, making it a good choice for weight management.

# SPICY MEXICAN CHICKEN TORTILLA SOUP



**SERVES**

6



**PREP TIME**

20



**COOK TIME**

30

## INSTRUCTIONS

- **Sauté vegetables:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and jalapeño (if using) and cook for 1 minute more.
- **Add spices:** Stir in chili powder, cumin, smoked paprika, and cayenne pepper (if using). Cook for 1 minute, stirring constantly, until fragrant.
- **Simmer:** Add diced tomatoes, chicken broth, shredded chicken, black beans, and corn. Bring to a boil, then reduce heat and simmer for 15 minutes to allow flavors to meld.
- **Finish:** Stir in cilantro and lime juice. Season with salt and black pepper to taste.

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 large onion, chopped
  - 2 cloves garlic, minced
  - 1 jalapeño pepper, seeded and minced (optional, or adjust to taste)
  - 1 teaspoon chili powder
  - 1/2 teaspoon cumin
  - 1/4 teaspoon smoked paprika
  - 1/4 teaspoon cayenne pepper (optional)
  - 1 (14.5-ounce) can diced tomatoes, undrained
  - 4 cups low-sodium chicken broth
  - 1.5 cups cooked chicken, shredded (about 1 lb boneless, skinless chicken breasts)
  - 1 (15-ounce) can black beans, rinsed and drained
  - 1 cup frozen corn
  - 1/4 cup chopped fresh cilantro
  - 2 tablespoons lime juice
  - Salt and black pepper to taste
- Optional ingredients:**
- 1 avocado, diced, for serving
  - 6 corn tortillas, cut into thin strips and baked or fried, for serving

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
290	28g	32g	8g	8g	300mg	700mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **High fiber:** Black beans and corn are excellent sources of fiber, which helps regulate blood sugar levels and promotes digestive health.
- **Lean protein:** Chicken provides a good source of lean protein, important for blood sugar control and satiety.
- **Low in saturated fat:** This soup is naturally low in saturated fat, which is beneficial for heart health.
- **Nutrient-dense:** This soup is packed with vitamins, minerals, and antioxidants from the vegetables and beans.
- **Blood sugar friendly:** The combination of protein, fiber, and complex carbohydrates helps to prevent blood sugar spikes.
- **Flavorful:** The spices and fresh cilantro provide a delicious flavor without adding unnecessary carbohydrates or calories.

# CREAMY MUSHROOM AND THYME SOUP



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

30

## INSTRUCTIONS

- **Sauté vegetables:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and cook for 1 minute more.
- **Cook mushrooms:** Add mushrooms and thyme to the pot. Cook, stirring occasionally, until the mushrooms are softened and browned, about 8-10 minutes.
- **Simmer:** Pour in vegetable broth and add cauliflower florets. Bring to a boil, then reduce heat and simmer for 15 minutes, or until the cauliflower is tender.
- **Blend:** Use an immersion blender to blend the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and blend until smooth.
- **Finish:** Return the soup to the pot (if using a blender). Stir in coconut milk (or almond milk) and nutritional yeast (if using). Season with salt and pepper to taste.

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 onion, chopped
  - 2 cloves garlic, minced
  - 1 pound mixed mushrooms (such as cremini, shiitake, and oyster), sliced
  - 1 teaspoon dried thyme
  - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
  - 4 cups low-sodium vegetable broth
  - 1 cup cauliflower florets
  - 1/4 cup full-fat coconut milk (or unsweetened almond milk)
  - 2 tablespoons nutritional yeast (optional, for a cheesy flavor)
- Optional ingredients:**
- 1/4 cup dry sherry or white wine for added complexity
  - Chopped fresh parsley for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
180	8g	16g	4g	10g	200mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **High fiber:** Mushrooms and cauliflower are good sources of fiber, which helps regulate blood sugar levels and promotes digestive health.
- **Low in saturated fat:** This soup is naturally low in saturated fat, which is beneficial for heart health.
- **Plant-based protein:** Mushrooms and nutritional yeast provide some plant-based protein, important for blood sugar control and satiety.
- **Nutrient-dense:** This soup is packed with vitamins, minerals, and antioxidants, particularly selenium and B vitamins from the mushrooms.
- **Blood sugar friendly:** The combination of fiber and complex carbohydrates helps to prevent blood sugar spikes.
- **Low calorie:** This soup is relatively low in calories, making it a good choice for weight management.

# BUTTERNUT SQUASH AND GINGER SOUP



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

35

## INSTRUCTIONS

- **Sauté onion and ginger:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Add grated ginger, salt, and pepper, and cook for 1 minute more.
- **Add squash and broth:** Stir in butternut squash and vegetable broth. Bring to a boil, then reduce heat and simmer for 20 minutes, or until the squash is tender.
- **Blend:** Use an immersion blender to blend the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and blend until smooth.
- **Finish:** Return the soup to the pot (if using a blender). Stir in coconut milk (or almond milk).

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 medium onion, chopped
  - 1 tablespoon fresh ginger, grated
  - 1/2 teaspoon salt
  - 1/4 teaspoon black pepper
  - 1 medium butternut squash (about 2 pounds), peeled, seeded, and cubed
  - 4 cups low-sodium vegetable broth
  - 1/4 cup full-fat coconut milk (or unsweetened almond milk)
- Optional ingredients:
- 1/4 teaspoon ground cinnamon for added warmth
  - Pinch of cayenne pepper for a subtle kick
  - Toasted pumpkin seeds for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
190	4g	30g	5g	7g	200mg	800mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **High fiber:** Butternut squash is an excellent source of fiber, which helps regulate blood sugar levels and promotes digestive health.
- **Low in saturated fat:** This soup is naturally low in saturated fat, which is beneficial for heart health.
- **Nutrient-dense:** This soup is packed with vitamins, minerals, and antioxidants, particularly vitamin A and potassium from the butternut squash.
- **Blood sugar friendly:** The combination of fiber and complex carbohydrates helps to prevent blood sugar spikes.
- **Low calorie:** This soup is relatively low in calories, making it a good choice for weight management.
- **Anti-inflammatory:** Ginger has anti-inflammatory properties, which may benefit individuals with diabetes.

# MEDITERRANEAN ZUCCHINI AND TOMATO SOUP



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

25

## INSTRUCTIONS

- **Sauté vegetables:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic, oregano, basil, and red pepper flakes (if using) and cook for 1 minute more.
- **Add zucchini and tomatoes:** Stir in zucchini and crushed tomatoes. Cook for 5 minutes, stirring occasionally, until the zucchini starts to soften.
- **Simmer:** Pour in vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes, or until the zucchini is tender.
- **Blend (optional):** For a smoother soup, use an immersion blender to partially blend the soup. Alternatively, carefully transfer the soup in batches to a blender and blend until desired consistency is reached.
- **Season and serve:** Stir in parsley and lemon juice. Season with salt and black pepper to taste.

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 medium onion, chopped
  - 2 cloves garlic, minced
  - 1 teaspoon dried oregano
  - 1/2 teaspoon dried basil
  - 1/4 teaspoon red pepper flakes (optional)
  - 4 medium zucchini, chopped
  - 1 (28-ounce) can crushed tomatoes
  - 4 cups low-sodium vegetable broth
  - 1/4 cup chopped fresh parsley
  - 1 tablespoon lemon juice
  - Salt and black pepper to taste
- Optional ingredients:**
- 1/2 cup cooked chickpeas for added protein and fiber
  - 1/4 cup crumbled feta cheese for a salty tang (use sparingly)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
160	6g	24g	5g	7g	200mg	700mg

### DIABETIC-FRIENDLY HIGHLIGHTS

- **High fiber:** Zucchini and tomatoes are good sources of fiber, which helps regulate blood sugar levels and promotes digestive health.
- **Low in saturated fat:** This soup is naturally low in saturated fat, which is beneficial for heart health.
- **Nutrient-dense:** This soup is packed with vitamins, minerals, and antioxidants, particularly vitamin C and lycopene from the tomatoes.
- **Blood sugar friendly:** The combination of fiber and complex carbohydrates helps to prevent blood sugar spikes.
- **Low calorie:** This soup is relatively low in calories, making it a good choice for weight management.
- **Anti-inflammatory:** The Mediterranean diet, rich in vegetables and olive oil, is known for its anti-inflammatory properties.

# SPICED CARROT AND TURMERIC SOUP



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

30

## INSTRUCTIONS

- **Sauté aromatics:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and ginger, and cook for 1 minute more.
- **Bloom spices:** Stir in turmeric, cumin, coriander, and cayenne pepper (if using). Cook for 1 minute, stirring constantly, until fragrant.
- **Add carrots and broth:** Add carrots and vegetable broth. Bring to a boil, then reduce heat and simmer for 20 minutes, or until the carrots are tender.
- **Blend:** Use an immersion blender to blend the soup until smooth. Alternatively, carefully transfer the soup in batches to a blender and blend until smooth.
- **Finish:** Return the soup to the pot (if using a blender). Stir in coconut milk (or almond milk). Season with salt and black pepper to taste.

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 medium onion, chopped
  - 2 cloves garlic, minced
  - 1 tablespoon fresh ginger, grated
  - 1 teaspoon ground turmeric
  - 1/2 teaspoon ground cumin
  - 1/4 teaspoon ground coriander
  - 1/4 teaspoon cayenne pepper (optional)
  - 1 pound carrots, peeled and chopped
  - 4 cups low-sodium vegetable broth
  - 1/4 cup full-fat coconut milk (or unsweetened almond milk)
  - Salt and black pepper to taste
- Optional ingredients:**
- 1/4 cup chopped fresh cilantro for garnish
  - 1 tablespoon toasted pumpkin seeds for garnish

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
170	3g	25g	5g	7g	200mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **High fiber:** Carrots are an excellent source of fiber, which helps regulate blood sugar levels and promotes digestive health.
- **Low in saturated fat:** This soup is naturally low in saturated fat, which is beneficial for heart health.
- **Nutrient-dense:** This soup is packed with vitamins, minerals, and antioxidants, particularly vitamin A and beta-carotene from the carrots, and curcumin from the turmeric.
- **Blood sugar friendly:** The combination of fiber and complex carbohydrates helps to prevent blood sugar spikes.
- **Low calorie:** This soup is relatively low in calories, making it a good choice for weight management.
- **Anti-inflammatory:** Turmeric and ginger have anti-inflammatory properties, which may benefit individuals with diabetes.

# LOW-SODIUM FRENCH ONION SOUP



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

40

## INSTRUCTIONS

- **Caramelize onions:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onions and cook, stirring occasionally, until deeply golden brown and caramelized, about 20-30 minutes. This step takes time, but it's crucial for developing the rich flavor of the soup.
- **Add garlic and spices:** Add garlic, balsamic vinegar, thyme, and black pepper. Cook for 1 minute more, stirring constantly.
- **Simmer:** Pour in beef broth and water. Bring to a boil, then reduce heat and simmer for 15 minutes to allow the flavors to meld. (If using a bay leaf, add it now.)
- **Assemble and broil:** Preheat broiler. Ladle soup into oven-safe bowls. Top each with a slice of toasted bread and sprinkle with Gruyère cheese.
- **Broil:** Broil for 2-3 minutes, or until the cheese is melted and bubbly.

## INGREDIENTS

- 1 tablespoon olive oil
  - 3 large onions, thinly sliced
  - 2 cloves garlic, minced
  - 4 cups low-sodium beef broth
  - 2 cups water
  - 1 tablespoon balsamic vinegar
  - 1 teaspoon dried thyme
  - 1/2 teaspoon black pepper
  - 4 slices whole-grain bread, toasted
  - 4 ounces Gruyère cheese, shredded (or a low-sodium alternative)
- Optional ingredients:**
- 1 bay leaf for added depth of flavor (remove before serving)
  - 1/4 cup dry sherry or white wine for complexity

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
290	15g	35g	5g	12g	250mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Low sodium:** This recipe uses low-sodium broth and limits added salt, making it suitable for those managing blood pressure and diabetes.
- **High fiber:** Whole-grain bread provides a good source of fiber, which helps regulate blood sugar levels and promotes digestive health.
- **Controlled carbohydrates:** This soup has a moderate amount of carbohydrates, primarily from the bread and onions. Choosing whole-grain bread helps to slow down the absorption of sugars.
- **Protein-rich:** Cheese and beef broth provide a good source of protein, important for blood sugar control and satiety.
- **Blood sugar friendly:** The combination of protein, fiber, and complex carbohydrates helps to prevent blood sugar spikes.

# THAI COCONUT CHICKEN SOUP (TOM KHA GAI)



**SERVES**

4



**PREP TIME**

20



**COOK TIME**

25

## INSTRUCTIONS

- **Brown chicken:** Heat coconut oil in a large pot or Dutch oven over medium heat. Add chicken and cook until browned on all sides. Remove from pot and set aside.
- **Sauté aromatics:** Add onion and garlic to the pot and cook until softened, about 5 minutes. Add ginger, lemongrass, and kaffir lime leaves (if using). Cook for 2 minutes more, stirring frequently.
- **Simmer:** Pour in coconut milk and chicken broth. Bring to a boil, then reduce heat and simmer for 15 minutes to allow the flavors to infuse.
- **Add remaining ingredients:** Add the cooked chicken, chili slices (if using), fish sauce, lime juice, and mushrooms. Simmer for 5 minutes more, or until the chicken is cooked through and the mushrooms are softened.
- **Finish:** Stir in cilantro and season with salt and black pepper to taste.

## INGREDIENTS

- 1 tablespoon coconut oil
  - 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
  - 1 medium onion, chopped
  - 2 cloves garlic, minced
  - 1-inch piece of ginger, peeled and thinly sliced
  - 2 stalks lemongrass, bruised and cut into 3-inch pieces
  - 4 kaffir lime leaves (optional)
  - 1 (14-ounce) can full-fat coconut milk
  - 4 cups low-sodium chicken broth
  - 1 red chili, thinly sliced (optional, or adjust to taste)
  - 2 tablespoons fish sauce
  - 1 tablespoon lime juice
  - 1/2 cup shiitake mushrooms, sliced
  - 1/4 cup chopped fresh cilantro
  - Salt and black pepper to taste
- Optional ingredients:**
- 1/4 cup chopped green onions for garnish
  - 1/2 cup chopped cauliflower florets for added fiber

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
310	30g	10g	2g	20g	400mg	500mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **Lean protein:** Chicken is a great source of lean protein, essential for managing blood sugar and maintaining muscle mass.
- **Healthy fats:** Coconut milk provides healthy fats, including medium-chain triglycerides (MCTs), which may benefit those with diabetes.
- **Low carb:** This soup is relatively low in carbohydrates, especially when served with cauliflower rice.
- **Nutrient-dense:** This soup includes a variety of ingredients that provide essential vitamins and minerals.
- **Blood sugar friendly:** The combination of protein, fiber, and healthy fats helps to prevent blood sugar spikes.
- **Flavorful:** The combination of ginger, lemongrass, and chili provides a delicious and authentic Thai flavor without adding unnecessary carbohydrates.

# SPLIT PEA AND HAM SOUP

## INSTRUCTIONS



**SERVES**

6



**PREP TIME**

15



**COOK TIME**

1 hour

- Sauté the Vegetables:

Heat olive oil in a large soup pot over medium heat. Add the diced onion, garlic, carrot, and celery. Sauté for 5-7 minutes until softened and fragrant.

- Add Seasonings:

Stir in dried thyme, black pepper, and salt. Cook for an additional 1-2 minutes to allow the spices to bloom.

- Incorporate Split Peas and Broth:

Add the rinsed split peas, bay leaf, and broth. Bring to a boil, then reduce heat to low and simmer uncovered for 45 minutes, stirring occasionally.

- Add Ham and Finish Cooking:

Stir in the diced ham and continue simmering for 10-15 more minutes, or until the peas are fully tender and the soup thickens. Remove the bay leaf.

- Adjust Flavor:

Add apple cider vinegar and smoked paprika, if using, to enhance the flavor. Adjust seasoning to taste.

- Serve:

Ladle into bowls and garnish with fresh parsley.

## INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 medium carrot, diced
- 1 celery stalk, diced
- 1 teaspoon dried thyme
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt (or to taste)
- 1 bay leaf
- 1 1/2 cups dried split peas, rinsed
- 6 cups low-sodium chicken or vegetable broth
- 1 cup cooked ham, diced (lean, with visible fat removed)
- 1 tablespoon apple cider vinegar (optional, for brightness)
- 1/4 teaspoon smoked paprika (optional, for added flavor)
- Fresh parsley, chopped (for garnish)

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
210	17g	28g	14g	11g	310mg	740mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- Split peas are high in soluble fiber, which helps manage blood sugar spikes and promotes satiety.
- Lean ham provides protein with minimal fat, supporting muscle health without excess saturated fat.
- Olive oil adds heart-healthy fats beneficial for diabetes management.
- Low-sodium broth keeps sodium intake in check, helping reduce cardiovascular risks.

# GINGER GARLIC CHICKEN BROTH DETOX SOUP



**SERVES**

4



**PREP TIME**

15



**COOK TIME**

30

## INSTRUCTIONS

- **Sauté aromatics:** Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and cook until softened, about 5 minutes. Add garlic and ginger, and cook for 1 minute more.
- **Bloom spices:** Stir in turmeric and black pepper. Cook for 1 minute, stirring constantly, until fragrant.
- **Add chicken and broth:** Add chicken and chicken broth. Bring to a boil, then reduce heat and simmer for 15 minutes, or until the chicken is cooked through.
- **Add vegetables:** Stir in carrots, celery, and kale (or spinach). Simmer for 5-7 minutes, or until the vegetables are tender.
- **Finish:** Stir in cilantro and season with salt to taste (use sparingly).

## INGREDIENTS

- 1 tablespoon olive oil
  - 1 medium onion, chopped
  - 2 cloves garlic, minced
  - 1 tablespoon fresh ginger, grated
  - 1/2 teaspoon ground turmeric
  - 1/4 teaspoon black pepper
  - 4 cups low-sodium chicken broth
  - 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces
  - 1 cup chopped carrots
  - 1 cup chopped celery
  - 1 cup chopped kale or spinach
  - 1/4 cup chopped fresh cilantro
  - Salt to taste (use sparingly)
- Optional ingredients:**
- 1 red chili, thinly sliced (optional, or adjust to taste) for an extra kick
  - 1 tablespoon lemon juice for brightness

## NUTRITIONAL INFORMATION (PER SERVING)

CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FATS	SODIUM	POTASSIUM
210	28g	12g	3g	7g	200mg	600mg

## DIABETIC-FRIENDLY HIGHLIGHTS

- **High in protein:** Chicken provides an excellent source of lean protein, which helps manage blood sugar levels and promotes satiety.
- **Low in carbohydrates:** This soup is naturally low in carbohydrates, making it suitable for managing blood sugar.
- **Nutrient-dense:** This soup is packed with vitamins, minerals, and antioxidants from the vegetables, ginger, and garlic.
- **Blood sugar friendly:** The combination of protein and low carbohydrates helps to prevent blood sugar spikes.
- **Low in sodium:** Using low-sodium broth helps to manage sodium intake, which is important for those with diabetes.
- **Anti-inflammatory:** Ginger and turmeric have anti-inflammatory properties, which may benefit individuals with diabetes.
- **Supports detoxification:** The combination of ginger, garlic, and vegetables may help support the body's natural detoxification processes.

# 30-DAY MEAL PLAN

## How to Use This 30-Day Meal Plan

This meal plan is designed to help you establish healthy eating habits that will assist in managing Type 2 Diabetes and Prediabetes. It focuses on low-carb, low-sugar meals that are easy to prepare and delicious. The plan provides four meals a day: breakfast, lunch, snack, and dinner, with approximate calorie counts for each.

Here's how to use this plan effectively:

- Follow the daily schedule: The meal plan outlines four meals for each day. Try to eat at regular intervals to maintain stable blood sugar levels.
  - Check the recipes: Each meal includes the recipe name and page number from this cookbook. Refer to the recipe for detailed instructions and nutritional information.
  - Consider your preferences: If you don't like a particular ingredient or meal, feel free to substitute it with a similar recipe from the cookbook. Ensure the replacement aligns with the low-carb, low-sugar principles of the diabetic diet.
  - Adjust portion sizes: The calorie counts provided are estimates. Adjust portion sizes based on your individual needs and activity levels.
  - Listen to your body: Pay attention to your hunger and fullness cues. If you're not hungry, it's okay to have a smaller portion or save a snack for later.
  - Stay hydrated: Drink plenty of water throughout the day. Unsweetened tea and coffee are also good choices. Avoid sugary drinks.
- Be flexible: Don't worry if you miss a meal or have a slip-up. Just get back on track with your next meal.
  - Meal prepping: To save time during busy weekdays, consider prepping ingredients or entire meals in advance. Many recipes in this cookbook can be made ahead of time.

## Addressing Dietary Restrictions or Preferences:

- Vegetarian/Vegan: If you're vegetarian or vegan, substitute meat-based protein sources with plant-based options like tofu, tempeh, lentils, or beans. Ensure to adjust portion sizes to meet your protein needs.
- Gluten-free: Most recipes in this cookbook are already gluten-free or can be easily adapted by using gluten-free alternatives. Double-check ingredient lists and labels to be sure.
- Dairy-free: Substitute dairy products with plant-based alternatives like almond milk, coconut milk, or dairy-free cheese.
- Allergies: If you have food allergies, carefully review each recipe's ingredient list and make substitutions as needed. Always prioritize your safety.

Remember: This meal plan is a starting point. Feel free to customize it to fit your lifestyle, preferences, and health goals.

Let's get started!

<b>DAY</b>	<b>BREAKFAST (Calories)</b>	<b>LUNCH (Calories)</b>	<b>SNACK (Calories)</b>	<b>DINNER (Calories)</b>
DAY 1	Almond Flour Pancakes (220), pg. 10	Zoodles with Pesto (180), pg. 35	Mini Caprese Skewers (30), pg. 24	Lemon Herb Baked Salmon (280), pg. 53
DAY 2	Chia Seed Pudding (140), pg. 11	Turkey Lettuce Wrap Tacos (260), pg. 36	Avocado Shrimp Lettuce Bites (280), pg. 25	Grilled Shrimp Skewers (250), pg. 54
DAY 3	Egg Muffins (160), pg. 12	Cauliflower Crust Mini Pizzas (220), pg. 34	Roasted Zucchini Chips (110), pg. 26	Pan-Seared Tuna (300), pg. 55
DAY 4	Avocado Toast (290), pg. 13	Chicken Caesar Wraps (300), pg. 37	Deviled Eggs (140), pg. 27	Baked Cod (220), pg. 56
DAY 5	Keto Waffles (110), pg. 14	Shrimp Cucumber Salad (220), pg. 38	Greek Salad Bites (50), pg. 28	Shrimp Scampi (250), pg. 57
DAY 6	Scrambled Eggs (220), pg. 15	Stuffed Bell Peppers (280), pg. 39	Spinach Artichoke Stuffed Mushrooms (80), pg. 29	Salmon Patties (300), pg. 58
DAY 7	Greek Yogurt Parfait (220), pg. 16	Chicken Spinach Stuffed Mushrooms (250), pg. 40	Smoked Salmon Cream Cheese Bites (60), pg. 30	Grilled Swordfish (320), pg. 59
DAY 8	Zucchini and Cheese Frittata (270), pg. 17	Quinoa Salad with Feta and Olives (380), pg. 42	Almond Butter Celery Sticks (150), pg. 32	Turkey-Stuffed Bell Peppers (310), pg. 75
DAY 9	Cauliflower Hash Browns (210), pg. 18	Tuna Salad with Celery and Avocado (310), pg. 43	Guacamole with Cucumber Slices (170), pg. 33	Turkey Meatloaf with Oats and Herbs (280), pg. 76
DAY 10	Banana Nut Muffins (180), pg. 19	Roasted Vegetable Salad (200), pg. 44	Mini Caprese Skewers (30), pg. 24	Cranberry-Glazed Turkey Tenderloins (290), pg. 77
DAY 11	Chia Seed Pudding (140), pg. 11	Broccoli Salad (210), pg. 49	Stuffed Cherry Tomatoes (120), pg. 31	Pork Chops with Mushroom Sauce (420), pg. 83
DAY 12	Baked Eggs in Avocado Cups (300), pg. 20	Caprese Salad (220), pg. 46	Roasted Zucchini Chips (110), pg. 26	Creamy Broccoli and Cheddar Soup (280), pg. 93

<b>DAY</b>	<b>BREAKFAST (Calories)</b>	<b>LUNCH (Calories)</b>	<b>SNACK (Calories)</b>	<b>DINNER (Calories)</b>
DAY 13	Cheese and Cucumber Rolls (250), pg. 23	Salmon Salad (310), pg. 47	Greek Salad Bites (50), pg. 28	Turkey and Mushroom Omelette (270), pg. 81
DAY 14	Egg Muffins (160), pg. 12	Chicken Caesar Salad (420), pg. 50	Avocado Shrimp Lettuce Bites (280), pg. 25	Spicy Beef and Broccoli Stir-Fry (380), pg. 84
DAY 15	Peanut Butter and Chia Bars (190), pg. 22	Salad with Turkey and Salsa (350), pg. 48	Spinach Artichoke Stuffed Mushrooms (80), pg. 29	Salmon with Asparagus (300), pg. 62
DAY 16	Almond Flour Pancakes (220), pg. 10	Cauliflower Crust Mini Pizzas (220), pg. 34	Roasted Zucchini Chips (110), pg. 26	Baked Tilapia (250), pg. 60
DAY 17	Broccoli and Cheddar Quiche (290), pg. 21	Shrimp Cucumber Salad (220), pg. 38	Stuffed Cherry Tomatoes (120), pg. 31	Chicken and Cauliflower Rice Curry (380), pg. 70
DAY 18	Scrambled Eggs (220), pg. 15	Chicken Caesar Wraps (300), pg. 37	Smoked Salmon Cream Cheese Bites (60), pg. 30	Beef and Vegetable Kebabs (370), pg. 85
DAY 19	Greek Yogurt Parfait (220), pg. 16	Zoodles with Pesto (180), pg. 35	Almond Butter Celery Sticks (150), pg. 32	Shrimp and Broccoli Stir-Fry (280), pg. 61
DAY 20	Keto Waffles (110), pg. 14	Steak Salad (450), pg. 51	Guacamole with Cucumber Slices (170), pg. 33	Chicken Fajitas (310), pg. 68
DAY 21	Broccoli and Cheddar Quiche (290), pg. 21	Berry Spinach Salad (280), pg. 52	Mini Caprese Skewers (30), pg. 24	Cod with Lemon-Butter Sauce (300), pg. 63
DAY 22	Egg Muffins (160), pg. 12	Turkey Lettuce Wrap Tacos (260), pg. 36	Stuffed Cherry Tomatoes (120), pg. 31	Shepherd's Pie with Cauliflower Topping (310), pg. 87
DAY 23	Zucchini and Cheese Frittata (270), pg. 17	Chicken Spinach Stuffed Mushrooms (250), pg. 40	Deviled Eggs (140), pg. 27	Seafood Stew (320), pg. 67
DAY 24	Scrambled Eggs (220), pg. 15	Cobb Salad (380), pg. 45	Avocado Shrimp Lettuce Bites (280), pg. 25	Lamb Chops (280), pg. 89

<b>DAY</b>	<b>BREAKFAST (Calories)</b>	<b>LUNCH (Calories)</b>	<b>SNACK (Calories)</b>	<b>DINNER (Calories)</b>
DAY 25	Chia Seed Pudding (140), pg. 11	Chicken Caesar Wraps (300), pg. 37	Greek Salad Bites (50), pg. 28	Rustik Lentil Soup (170), pg. 94
DAY 26	Cheese and Cucumber Rolls (250), pg. 23	Stuffed Bell Peppers (280), pg. 39	Smoked Salmon Cream Cheese Bites (60), pg. 30	Grilled Turkey Kebabs (320), pg. 78
DAY 27	Greek Yogurt Parfait (220), pg. 16	Chicken Caesar Salad (420), pg. 50	Spinach Artichoke Stuffed Mushrooms (80), pg. 29	Turkey Shepherd's Pie (340), pg. 80
DAY 28	Cauliflower Hash Browns (210), pg. 18	Zoodles with Pesto (180), pg. 35	Guacamole with Cucumber Slices (170), pg. 33	Tuna Steaks (350), pg. 64
DAY 29	Avocado Toast (290), pg. 13	Cauliflower Crust Mini Pizzas (220), pg. 34	Almond Butter Celery Sticks (150), pg. 32	Turkey Meatballs (370), pg. 74
DAY 30	Keto Waffles (110), pg. 14	Chicken Spinach Stuffed Mushrooms (250), pg. 40	Greek Salad Bites (50), pg. 28	Tilapia with Vegetables (280), pg. 65

# RECIPE INDEX

## A

### almond flour

Fluffy Almond Flour Pancakes, 10  
Breakfast Cauliflower Hash Browns, 18  
Low-Carb Banana Nut Muffins, 19  
Broccoli and Cheddar Quiche, 21  
Peanut Butter and Chia Breakfast Bars, 22  
Cauliflower Crust Mini Pizzas, 34  
Chicken Caesar Salad with Low-Carb Croutons, 50  
Salmon Patties with Dill and Capers, 58  
Low-Carb Turkey Meatballs in Creamy Tomato Sauce, 74

### apple

Grilled Pork Tenderloin with Roasted Apples and Brussels Sprouts, 82

### asparagus

Salmon with Roasted Asparagus, 62

### avocado

Avocado and Shrimp Lettuce Bites, 25  
Deviled Eggs with Avocado Filling, 27  
Low-Carb Guacamole with Cucumber Slices, 33  
Avocado and Shrimp Salad with Lime Vinaigrette, 41  
Tuna Salad with Celery and Avocado, 43  
Cobb Salad with Low-Fat Ranch Dressing, 45  
Steak Salad with Blue Cheese and Walnuts, 51  
Tuna Steaks with Avocado Cream, 64  
Low-Carb Avocado Breakfast Toast, 13  
Baked Eggs in Avocado Cups, 20

## B

### banana

Low-Carb Banana Nut Muffins, 19

### beef

Spicy Beef and Broccoli Stir-Fry, 84  
Beef and Vegetable Kebabs with Yogurt Sauce, 85  
Beef Stew with Root Vegetables (Low-Carb), 86  
Shepherd's Pie with Cauliflower Mash Topping, 87  
Beef and Mushroom Stir-Fry with Zucchini Noodles, 88

### bell pepper

Spinach and Feta Egg Muffins, 12  
Spinach and Artichoke Stuffed Mushrooms, 29  
Cauliflower Crust Mini Pizzas, 34  
Turkey Lettuce Wrap Tacos, 36  
Shrimp and Cucumber Salad with Lemon Dressing, 38  
Stuffed Bell Peppers with Turkey and Quinoa, 39  
Chicken and Spinach Stuffed Portobello Mushrooms, 40  
Avocado and Shrimp Salad with Lime Vinaigrette, 41  
Mediterranean Quinoa Salad with Feta and Olives, 42  
Roasted Vegetable Salad with Balsamic Glaze, 44  
Taco Salad with Ground Turkey and Salsa, 48  
Grilled Shrimp Skewers with Pineapple and Peppers, 54  
Grilled Swordfish with Mango Salsa, 59  
Shrimp and Broccoli Stir-Fry, 61  
Tilapia with Roasted Vegetables, 65  
Sheet Pan Chicken Fajitas, 68  
Chicken and Broccoli Stir-Fry with Almond Butter Sauce, 69  
Spicy Chicken Lettuce Wraps with Peanut Sauce, 72  
Turkey-Stuffed Bell Peppers with Cauliflower Rice, 75  
Grilled Turkey Kebabs with Mediterranean Vegetables, 78  
Beef and Vegetable Kebabs with Yogurt Sauce, 85  
Beef and Mushroom Stir-Fry with Zucchini Noodles, 88  
Taco Salad with Ground Turkey and Salsa, 48

### broccoli

Broccoli and Cheddar Quiche, 21  
Roasted Vegetable Salad with Balsamic Glaze, 44  
Broccoli Salad with Creamy Dijon Dressing, 49  
Shrimp and Broccoli Stir-Fry, 61  
Tilapia with Roasted Vegetables, 65  
Chicken and Broccoli Stir-Fry with Almond Butter Sauce, 69  
Chicken and Vegetable Curry with Coconut Milk, 73  
Spicy Beef and Broccoli Stir-Fry, 84  
Creamy Broccoli and Cheddar Soup, 93

### Brussels sprouts

Roasted Vegetable Salad with Balsamic Glaze, 44  
Tilapia with Roasted Vegetables, 65  
Grilled Pork Tenderloin with Roasted Apples and Brussels Sprouts, 82  
Pork Chops with Apple Cider Glaze and Roasted Vegetables, 92

### butternut squash

Butternut Squash and Ginger Soup, 98

## C

### cabbage

Fish Tacos with Cabbage Slaw, 66

### carrot

Beef Stew with Root Vegetables (Low-Carb), 86  
Shepherd's Pie with Cauliflower Mash Topping, 87  
Pork Chops with Apple Cider Glaze and Roasted Vegetables, 92  
Rustic Lentil and Spinach Soup, 94  
Spiced Carrot and Turmeric Soup, 100  
Ginger Garlic Chicken Broth Detox Soup, 104

### cauliflower

Breakfast Cauliflower Hash Browns, 18  
Cauliflower Crust Mini Pizzas, 34  
Chicken and Cauliflower Rice Curry, 70  
Chicken and Vegetable Curry with Coconut Milk, 73  
Turkey-Stuffed Bell Peppers with Cauliflower Rice, 75  
Turkey Shepherd's Pie with Cauliflower Mash, 80  
Pork Chops with Mushroom Sauce and Cauliflower Mash, 83  
Shepherd's Pie with Cauliflower Mash Topping, 87  
Creamy Broccoli and Cheddar Soup, 93  
Tomato Basil Soup with a Healthy Twist, 95  
Creamy Mushroom and Thyme Soup, 97

### celery

Almond Butter Celery Sticks with Flax Seeds, 32  
Tuna Salad with Celery and Avocado, 43  
Salmon Salad with Lemon-Dill Dressing, 47  
Rustic Lentil and Spinach Soup, 94  
Ginger Garlic Chicken Broth Detox Soup, 104

### cheese

Zucchini and Cheese Frittata, 17  
Breakfast Cauliflower Hash Browns, 18  
Broccoli and Cheddar Quiche, 21

### chia seeds

Cinnamon Chia Seed Pudding with Berries, 11  
Greek Yogurt Parfait with Nuts and Seeds, 16  
Peanut Butter and Chia Breakfast Bars, 22

### chicken

Chicken and Spinach Stuffed Portobello Mushrooms, 40  
Chicken Caesar Salad with Low-Carb Croutons, 50  
Sheet Pan Chicken Fajitas, 68  
Chicken and Broccoli Stir-Fry with Almond Butter Sauce, 69  
Chicken and Cauliflower Rice Curry, 70

Creamy Tuscan Chicken with Spinach and Mushrooms, 71  
Spicy Chicken Lettuce Wraps with Peanut Sauce, 72  
Chicken and Vegetable Curry with Coconut Milk, 73  
Pork Chops with Mushroom Sauce and Cauliflower Mash, 83  
Spicy Mexican Chicken Tortilla Soup, 96  
Thai Coconut Chicken Soup (Tom Kha Gai), 102  
Ginger Garlic Chicken Broth Detox Soup, 104  
Zoodles with Creamy Pesto Sauce, 35  
Low-Carb Chicken Caesar Wraps, 37  
Cobb Salad with Low-Fat Ranch Dressing, 45

### coconut flour

Keto Coconut Flour Waffles, 14

### cod

Baked Cod with Lemon and Herbs, 56  
Cod with Lemon-Butter Sauce, 63  
Fish Tacos with Cabbage Slaw, 66  
Seafood Stew with Tomatoes and Herbs, 67

### cucumber

Cream Cheese and Cucumber Breakfast Rolls, 23  
Smoked Salmon and Cream Cheese Bites, 30  
Low-Carb Guacamole with Cucumber Slices, 33  
Shrimp and Cucumber Salad with Lemon Dressing, 38  
Mediterranean Quinoa Salad with Feta and Olives, 42  
Salmon Salad with Lemon-Dill Dressing, 47  
Steak Salad with Blue Cheese and Walnuts, 51  
Lamb Burgers with Tzatziki Sauce, 90

## E

### egg

Fluffy Almond Flour Pancakes, 10  
Spinach and Feta Egg Muffins, 12  
Low-Carb Avocado Breakfast Toast, 13  
Keto Coconut Flour Waffles, 14  
Scrambled Eggs with Smoked Salmon and Dill, 15  
Zucchini and Cheese Frittata, 17  
Breakfast Cauliflower Hash Browns, 18  
Baked Eggs in Avocado Cups, 20  
Broccoli and Cheddar Quiche, 21  
Deviled Eggs with Avocado Filling, 27  
Cauliflower Crust Mini Pizzas, 34  
Cobb Salad with Low-Fat Ranch Dressing, 45  
Low-Carb Turkey Meatballs in Creamy Tomato Sauce, 74  
Turkey and Mushroom Omelette, 81

### eggplant

Roasted Vegetable Salad with Balsamic Glaze, 44

## F

### feta cheese

Spinach and Feta Egg Muffins, 12  
Baked Eggs in Avocado Cups, 20  
Greek Salad Bites with Olive Tapenade, 28  
Broccoli and Cheddar Quiche, 21  
Spinach and Artichoke Stuffed Mushrooms, 29  
Chicken and Spinach Stuffed Portobello Mushrooms, 40  
Mediterranean Quinoa Salad with Feta and Olives, 42  
Roasted Vegetable Salad with Balsamic Glaze, 44  
Cobb Salad with Low-Fat Ranch Dressing, 45  
**fresh berries**  
Cinnamon Chia Seed Pudding with Berries, 11  
Greek Yogurt Parfait with Nuts and Seeds, 16  
Berry Spinach Salad with Poppy Seed Dressing, 52  
Cranberry-Glazed Turkey Tenderloins, 77

**G****ginger**

Spiced Carrot and Turmeric Soup, 100  
 Butternut Squash and Ginger Soup, 98  
 Thai Coconut Chicken Soup (Tom Kha Gai), 102  
 Ginger Garlic Chicken Broth Detox Soup, 104

**Greek yogurt**

Greek Yogurt Parfait with Nuts and Seeds, 16  
 Spinach and Artichoke Stuffed Mushrooms, 29  
 Zoodles with Creamy Pesto Sauce, 35  
 Tuna Salad with Celery and Avocado, 43  
 Cobb Salad with Low-Fat Ranch Dressing, 45  
 Salmon Salad with Lemon-Dill Dressing, 47  
 Broccoli Salad with Creamy Dijon Dressing, 49  
 Chicken Caesar Salad with Low-Carb Croutons, 50  
 Berry Spinach Salad with Poppy Seed Dressing, 52  
 Tuna Steaks with Avocado Cream, 64  
 Beef and Vegetable Kebabs with Yogurt Sauce, 85  
 Lamb Burgers with Tzatziki Sauce, 90

**green beans**

Lamb and Green Bean Stir-Fry with Almond Butter Sauce, 91

**L****lamb**

Lamb Chops with Rosemary and Garlic, 89  
 Lamb Burgers with Tzatziki Sauce, 90  
 Lamb and Green Bean Stir-Fry with Almond Butter Sauce, 91

**lentils**

Rustic Lentil and Spinach Soup, 94

**M****mango**

Grilled Swordfish with Mango Salsa, 59

**mushrooms**

Spinach and Artichoke Stuffed Mushrooms, 29  
 Cauliflower Crust Mini Pizzas, 34  
 Chicken and Spinach Stuffed Portobello Mushrooms, 40  
 Creamy Tuscan Chicken with Spinach and Mushrooms, 71  
 Spicy Chicken Lettuce Wraps with Peanut Sauce, 72  
 Turkey and Mushroom Omelette, 81  
 Shepherd's Pie with Cauliflower Mash Topping, 87  
 Beef and Mushroom Stir-Fry with Zucchini Noodles, 88  
 Creamy Mushroom and Thyme Soup, 97

**mussels**

Seafood Stew with Tomatoes and Herbs, 67

**O****oats**

Peanut Butter and Chia Breakfast Bars, 22  
 Baked Turkey Meatloaf with Oats and Herbs, 76

**P****pineapple**

Grilled Shrimp Skewers with Pineapple and Peppers, 54

**pork**

Grilled Pork Tenderloin with Roasted Apples and Brussels Sprouts, 82  
 Pork Chops with Mushroom Sauce and Cauliflower Mash, 83  
 Pork Chops with Apple Cider Glaze and Roasted Vegetables, 92

**Q****quinoa**

Stuffed Bell Peppers with Turkey and Quinoa, 39  
 Mediterranean Quinoa Salad with Feta and Olives, 42

**S****salmon**

Scrambled Eggs with Smoked Salmon and Dill, 15  
 Smoked Salmon and Cream Cheese Bites, 30  
 Salmon Salad with Lemon-Dill Dressing, 47  
 Lemon Herb Baked Salmon, 53  
 Salmon Patties with Dill and Capers, 58  
 Salmon with Roasted Asparagus, 62  
 Cream Cheese and Cucumber Breakfast Rolls, 23

**shrimp**

Avocado and Shrimp Lettuce Bites, 25  
 Zoodles with Creamy Pesto Sauce, 35  
 Shrimp and Cucumber Salad with Lemon Dressing, 38  
 Avocado and Shrimp Salad with Lime Vinaigrette, 41  
 Grilled Shrimp Skewers with Pineapple and Peppers, 54  
 Shrimp Scampi with Zucchini Noodles, 57  
 Shrimp and Broccoli Stir-Fry, 61  
 Seafood Stew with Tomatoes and Herbs, 67

**sirloin steak**

Steak Salad with Blue Cheese and Walnuts, 51

**spinach**

Spinach and Artichoke Stuffed Mushrooms, 29  
 Chicken and Spinach Stuffed Portobello Mushrooms, 40  
 Berry Spinach Salad with Poppy Seed Dressing, 52  
 Creamy Tuscan Chicken with Spinach and Mushrooms, 71  
 Rustic Lentil and Spinach Soup, 94  
 Ginger Garlic Chicken Broth Detox Soup, 104  
 Spinach and Feta Egg Muffins, 12  
 Zucchini and Cheese Frittata, 17

**swordfish**

Grilled Swordfish with Mango Salsa, 59

**T****tilapia**

Baked Tilapia with Tomatoes and Olives, 60  
 Tilapia with Roasted Vegetables, 65  
 Fish Tacos with Cabbage Slaw, 66

**tomato**

Low-Carb Guacamole with Cucumber Slices, 33  
 Stuffed Bell Peppers with Turkey and Quinoa, 39  
 Caprese Salad with Balsamic Reduction, 46  
 Taco Salad with Ground Turkey and Salsa, 48  
 Seafood Stew with Tomatoes and Herbs, 67  
 Chicken and Cauliflower Rice Curry, 70  
 Tomato Basil Soup with a Healthy Twist, 95

**tuna**

Pan-Seared Tuna with Sesame Ginger Glaze, 55  
 Tuna Steaks with Avocado Cream, 64

**turkey**

Turkey Lettuce Wrap Tacos, 36  
 Stuffed Bell Peppers with Turkey and Quinoa, 39  
 Low-Carb Turkey Meatballs in Creamy Tomato Sauce, 74

Turkey-Stuffed Bell Peppers with Cauliflower Rice, 75  
 Baked Turkey Meatloaf with Oats and Herbs, 76  
 Cranberry-Glazed Turkey Tenderloins, 77  
 Grilled Turkey Kebabs with Mediterranean Vegetables, 78  
 Turkey Tacos with Low-Carb Tortillas and Salsa Verde, 79  
 Turkey Shepherd's Pie with Cauliflower Mash, 80  
 Turkey and Mushroom Omelette, 81  
 Taco Salad with Ground Turkey and Salsa, 48

**Y****yellow squash**

Roasted Vegetable Salad with Balsamic Glaze, 44

**Z****zucchini**

Zucchini and Cheese Frittata, 17  
 Roasted Zucchini Chips with Parmesan, 26  
 Zoodles with Creamy Pesto Sauce, 35  
 Roasted Vegetable Salad with Balsamic Glaze, 44  
 Grilled Shrimp Skewers with Pineapple and Peppers, 54  
 Shrimp Scampi with Zucchini Noodles, 57  
 Grilled Turkey Kebabs with Mediterranean Vegetables, 78  
 Beef and Vegetable Kebabs with Yogurt Sauce, 85  
 Beef and Mushroom Stir-Fry with Zucchini Noodles, 88  
 Mediterranean Zucchini and Tomato Soup, 99