

Diabetic Diet After 60 for Beginners

Green Menu | Catalog

60-Day Adaptive Diabetic Meal Plan with Easy Diabetic Recipes for Seniors

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Introduction to the Green Catalog

Supplement to the book "Diabetic Diet After 60 for Beginners"

Congratulations! If you're holding this catalog, it means you have already begun your journey toward more mindful eating and a better understanding of how nutrition affects blood sugar levels and overall well-being. "The Green Catalog" is a supplement to the main book "Diabetic Diet After 60 for Beginners" designed for a special regimen: light, restorative meals for those with stable or prediabetic blood sugar levels.

Color Coding System: Adjusted for Blood Sugar Levels

The book presents a unique, flexible nutrition system based on assessing your current blood sugar level. This system uses a color-coded approach—like a traffic light—and allows you to adapt your diet each day depending on how you feel and your glucose levels:

- **Yellow Mode—Moderate Blood Sugar Level.** A balanced diet with equal emphasis on protein, vegetables, and healthy fats. This is the foundation of the system—a neutral, everyday mode.
- **Green Mode—Stable or Prediabetic Blood Sugar Level.** A light, mostly plant-based diet with reduced calories, minimal processing, and a gentle effect on the pancreas. This is nutrition for recovery, prevention, and a "reset" of the body.
- **Red Mode—High Blood Sugar Level.** An intensified diet with increased protein and fiber content and reduced carbohydrates. Used during periods of overload, blood sugar spikes, stress, or recovery phases after imbalances.

What Will You Find in the Green Catalog?

In the book's adaptive 56-day plan, each day includes three menu options—and one of them is always designed for stable blood sugar levels. These 120 green meals are collected here:

- The foundation consists of vegetables, gentle protein sources, greens, and healthy fats.
- The meals are easy to prepare, easy to digest, and do not overload the metabolism.
  - **Breakfasts:** 28
  - **Snacks:** 28
  - **Lunches:** 28
  - **Dinners:** 28
  - **Desserts:** 28
- Contains no ingredients prohibited for people with type 2 diabetes.
- Each dish includes:
  - preparation time;
  - yield (for 2 servings);
  - nutritional value (calories, protein, fat, carbohydrates, GI);
  - reference to the day and week from the main plan where it appears.

🎁 Bonuses for the Catalog

Along with the Green Catalog, you receive two valuable supplements designed for convenience and time-saving:

🛒 1. Grocery Shopping Lists for All Weeks

Complete shopping lists based on the recipes from the catalog. You will be able to easily plan your grocery trips or online orders without forgetting a single ingredient.
Each list includes:

- ingredients sorted by category (vegetables, proteins, spices, etc.);
- the corresponding week;
- a convenient format for printing or checking off on your phone.

📅 2. Daily Meal Plan Tables

For each day of the week, you will find a ready-to-use table with menus from the Yellow, Green, or Red levels—broken down into breakfast, lunch, dinner, snack, and dessert. These tables will help you:

- get a full picture of your daily nutrition across all books and catalogs;
- keep track of meal variety;
- make conscious substitutions without disrupting diet balance.

> *You are not just getting recipes—you are getting a system. Simple, flexible, and supportive.*

📖 How to Use This Catalog

✅ Use it on days when:

- your blood sugar level is within the normal range;
- you are in a recovery phase;
- you want to have a "light" day for prevention and to reduce inflammation;
- after holidays, diet slip-ups, or high-carb intake.

✅ You can:

- alternate green meals with yellow and red ones;
- create a full Green Day or even an entire week;
- combine the meals with vegetable juices, herbal teas, and meditation—if you are aiming for a gentle, stress-free reset.

🌱 The Foundation Is Not Restriction—It's Support

Green-mode nutrition is not about giving things up. It's about choosing clarity, lightness, and gentle care. After age 60, this kind of eating helps maintain stable blood sugar levels without sharp spikes, improves insulin sensitivity, and strengthens overall well-being.

This is not a "diet." It's a life strategy—where food becomes an ally, not an enemy.

📎 And finally...

If you need a universal, balanced meal plan—use the **Yellow Catalog**.
If your goal is to manage high blood sugar levels—turn to the **Red Catalog**.
And the **Green Catalog** is your support on calm, stable days, when your body is ready to recover and your mind seeks balance.

> *Health is a journey. Nutrition is its rhythm. Let the green rhythm guide your restorative days.*

Weeks 1–2 A Stress-Free Start

Day 1 | Recipes

Breakfast: Broccoli & Avocado Smoothie

A creamy, fiber-rich green smoothie perfect for blood sugar balance and digestive health.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Fresh broccoli florets – ½ cup (45 g), chopped
- Avocado – ½ medium (70 g)
- Spinach – 1 cup (30 g)
- Cucumber – ½ cup (50 g), sliced
- Unsweetened almond milk – 1 cup (240 ml)
- Lemon juice – 1 tbsp (15 ml)
- Fresh mint (optional) – 2-3 leaves

Instructions:

1. Add all ingredients to a blender.
2. Blend on high until smooth and creamy.
3. Pour into a glass and serve immediately.

Nutritional Information (Per Serving):

- Calories: 130 kcal
- Carbohydrates: 9 g
- Protein: 3 g
- Fats: 9 g
- Glycemic Index: Low

Snack: Celery Sticks with Hummus

A crunchy, satisfying snack high in fiber and healthy fats and supports stable blood sugar.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Celery sticks – 4 medium stalks (100 g)
- Hummus – 3 tbsp (45 g) (preferably homemade or no-added-sugar version)

Instructions:

1. Wash and trim the celery stalks. Cut into snack-size pieces.
2. Serve with a side of hummus for dipping.

Nutritional Information (Per Serving):

- Calories: 120 kcal
- Carbohydrates: 8 g
- Protein: 3 g
- Fats: 8 g
- Glycemic Index: Low

Lunch: Grilled Zucchini & Asparagus

A simple yet flavorful veggie lunch rich in fiber and antioxidants—perfect for a light midday meal.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Zucchini – 1 cup (120 g), sliced
- Asparagus – 1 cup (100 g), trimmed
- Olive oil – 1 tbsp (15 ml)
- Garlic powder – ½ tsp (1 g)
- Salt – ½ tsp (1 g)
- Black pepper – ¼ tsp (0.5 g)

Instructions:

1. Preheat a grill pan or outdoor grill to medium heat.
2. Toss zucchini and asparagus with olive oil, garlic powder, salt, and pepper.
3. Grill the vegetables for 5-7 minutes per side until tender with light char marks.
4. Serve warm.

Nutritional Information (Per Serving):

- Calories: 150 kcal
- Carbohydrates: 12 g
- Protein: 4 g
- Fats: 10 g
- Glycemic Index: Low

Stir-Fried Vegetables with Tofu

A warm, satisfying end to the day—this stir-fry delivers plant-based protein and plenty of colorful veggies.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Firm tofu – 1 cup (150 g), cubed
- Bell peppers – ½ cup (60 g), sliced
- Broccoli – 1 cup (100 g), cut into florets
- Olive oil – 1 tbsp (15 ml)
- Soy sauce (low sodium) – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Ginger – ½ tsp (1 g), grated

Instructions:

1. Heat olive oil in a large pan or wok over medium heat.
2. Add garlic and ginger; sauté for 1 minute.
3. Toss in tofu cubes and cook until lightly golden, about 5 minutes.
4. Add bell peppers and broccoli; stir-fry for 5-7 minutes until tender-crisp.
5. Drizzle with soy sauce and toss well before serving.

Nutritional Information (Per Serving):

- Calories: 300 kcal
- Carbohydrates: 15 g
- Protein: 18 g
- Fats: 20 g
- Glycemic Index: Low

Week 1–2 | Day 1 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Oatmeal with Nuts & Cinnamon	Broccoli & Avocado Smoothie	Scrambled Eggs with Spinach
Snack	Greek Yogurt with Walnuts	Celery Sticks with Hummus	Cottage Cheese with Walnuts
Lunch	Grilled Chicken with Roasted Vegetables	Grilled Zucchini & Asparagus	Chicken with Spinach
Dinner	Salmon with Steamed Broccoli and Quinoa	Stir-Fried Vegetables with Tofu	Grilled Cod with Spinach

Day 2 | Recipes

Breakfast: Spinach & Cucumber Smoothie

A light, hydrating smoothie rich in antioxidants and fiber—perfect for a low-GI, blood-sugar-friendly start to your day.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

Fresh spinach – 1 cup (30 g)
Cucumber – 1 cup (100 g), peeled and chopped
Unsweetened almond milk – 1 cup (240 ml)
Avocado – ¼ medium (30 g)
Fresh lemon juice – 1 tbsp (15 ml)
Chia seeds – 1 tsp (5 g)
Ice cubes – 3-4 (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Nutritional Information (Per Serving):

- Calories: 110 kcal
- Carbohydrates: 7 g
- Protein: 3 g
- Fats: 7 g
- Glycemic Index: Low

Snack: Cucumber Slices with Guacamole

Cool cucumber paired with creamy guacamole makes for a refreshing, satisfying snack.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Cucumber – 1 cup (100 g), sliced into rounds
- Avocado – ½ (75 g), mashed
- Lemon juice – 1 tsp (5 ml)
- Salt – ¼ tsp (0.5 g)
- Black pepper – ¼ tsp (0.5 g)

Instructions:

1. In a small bowl, mash the avocado with lemon juice, salt, and pepper.
2. Serve cucumber slices with guacamole for dipping.

Nutritional Information (Per Serving):

- Calories: 150 kcal
- Carbohydrates: 9 g
- Protein: 2 g
- Fats: 12 g
- Glycemic Index: Low

Lunch: Roasted Zucchini & Asparagus

A simple veggie dish that's light, flavorful, and full of fiber to keep you feeling nourished.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Zucchini – 1 cup (120 g), sliced
- Asparagus – 1 cup (100 g), trimmed
- Olive oil – 1 tbsp (15 ml)
- Garlic powder – ½ tsp (1 g)
- Salt – ½ tsp (1 g)
- Black pepper – ¼ tsp (0.5 g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini and asparagus with olive oil, garlic powder, salt, and pepper.
3. Spread veggies on a baking sheet and roast for 15 minutes until tender.
4. Serve warm.

Nutritional Information (Per Serving):

- Calories: 150 kcal
- Carbohydrates: 12 g
- Protein: 4 g
- Fats: 10 g
- Glycemic Index: Low

Dinner: Vegetable Stir-Fry with Mushrooms

A warm, comforting veggie stir-fry packed with flavor, fiber, and plant-based protein.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Mushrooms – 1 cup (100 g), sliced
- Bell peppers – ½ cup (60 g), sliced
- Broccoli – 1 cup (100 g), cut into florets
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Soy sauce (low sodium) – 1 tbsp (15 ml)
- Ginger – ½ tsp (1 g), grated

Instructions:

1. Heat olive oil in a large pan or wok over medium heat.
2. Add garlic and ginger; sauté for 1 minute until fragrant.
3. Add mushrooms, bell peppers, and broccoli; stir-fry for 7-8 minutes until tender-crisp.
4. Drizzle with soy sauce, stir well, and serve warm.

Nutritional Information (Per Serving):

- Calories: 220 kcal
- Carbohydrates: 16 g
- Protein: 6 g
- Fats: 15 g

Week 1–2 | Day 2 | Meal Plan

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

Day 3 | Recipes

Breakfast: Green Vegetable Smoothie

A fiber-rich, refreshing smoothie packed with vitamins and antioxidants.



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

Ingredients (US & Metric):

- Spinach, 1 cup (30 g)
- Cucumber, ½ cup (50 g), chopped
- Avocado, ¼ (30 g)
- Lemon juice, 1 tbsp (15 ml)
- Water, 1 cup (240 ml)

Instructions:

1. Blend all ingredients until smooth. Serve immediately.

Nutritional Information (Per Serving):

- Calories: 120 kcal
- Carbohydrates: 10 g
- Protein: 2 g
- Fats: 8 g
- Glycemic Index: Low

Snack: Zucchini Sticks with Salsa

A crunchy, low-carb snack paired with a fresh tomato salsa—ideal for keeping blood sugar stable between meals.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Zucchini – 1 small (120 g), cut into sticks
- Cherry tomatoes – ½ cup (75 g), finely chopped
- Red onion – 1 tbsp (10 g), minced
- Fresh cilantro – 1 tbsp (2 g), chopped
- Fresh lime juice – 1 tbsp (15 ml)
- Olive oil – 1 tsp (5 ml)
- Salt – a pinch
- Ground black pepper – a pinch

Instructions:

1. Wash and cut zucchini into thin sticks (like veggie fries). Set aside.
2. In a small bowl, combine chopped cherry tomatoes, red onion, cilantro, lime juice, olive oil, salt, and pepper.
3. Mix well to make the salsa.
4. Serve zucchini sticks fresh with salsa for dipping.

Nutritional Information (Per Serving):

- Calories: 90 kcal
- Carbohydrates: 6 g
- Protein: 2 g
- Fats: 6 g
- Glycemic Index: Low

Lunch: Roasted Vegetable Soup

A hearty, purely vegetable-based soup that's easy to digest.



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

Ingredients (US & Metric):

- Carrots, ½ cup (60 g), chopped
- Zucchini, ½ cup (60 g), diced
- Onion, ¼ cup (40 g), chopped
- Garlic, 1 clove, minced
- Olive oil, 1 tbsp (15 ml)
- Vegetable broth, 2 cups (480 ml)

Instructions:

1. Heat olive oil in a pot over medium heat.
2. Sauté onions and garlic for 3 minutes until fragrant.
3. Add carrots and zucchini, cook for another 5 min.
4. Pour in vegetable broth and simmer for 15 min.
5. Blend until smooth (optional) and serve warm.

Nutritional Information (Per Serving):

- Calories: 110 kcal
- Carbohydrates: 18 g
- Protein: 3 g
- Fats: 4 g
- Glycemic Index: Low

Dinner: Roasted Zucchini & Mushrooms

A plant-based dinner rich in protein, fiber, and anti-inflammatory compounds.



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

Ingredients (US & Metric):

- Zucchini, ½ cup (60 g), sliced
- Mushrooms, ½ cup (60 g), sliced
- Olive oil, 1 tbsp (15 ml)
- Garlic powder, ½ tsp (1 g)
- Salt, ½ tsp (1 g)
- Black pepper, ¼ tsp (0.5 g)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini and mushrooms with olive oil, garlic powder, salt, and pepper.
3. Spread on a baking sheet and roast for 20 minutes.
4. Serve warm as a side dish.

Nutritional Information (Per Serving):

- Calories: 110 kcal
- Carbohydrates: 10 g
- Protein: 3 g
- Fats: 7 g
- Glycemic Index: Low

Week 1–2 | Day 3 | Meal Plan

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

Day 4 | Recipes

Breakfast: Green Vegetable Smoothie

A refreshing, fiber-rich smoothie featuring kale, celery, and green apple for a zesty kick.



Portion Size: 1 serving
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Kale leaves (stems removed) – 1 cup (30 g)
- Celery stalk – 1 medium (50 g), chopped
- Green apple (peeled) – ½ medium (75 g), chopped
- Lemon juice – 1 tbsp (15 ml)
- Fresh ginger (optional) – ¼ tsp grated (1 g)
- Water – ½ cup (120 ml)
- Ice cubes – 3-4

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth, adding more water if too thick.
3. Taste and adjust lemon or ginger for brightness.
4. Serve immediately, chilled.

Nutritional Information (Per Serving):

- Calories: 110 kcal
- Carbohydrates: 18 g
- Protein: 3 g
- Fats: 1 g
- Glycemic Index: Low

Snack: Radish Slices with Tahini

A crisp and creamy low-carb snack packed with fiber and healthy fats—perfect for blood sugar control and inflammation reduction.



Portion Size: 1 serving
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Radishes – 1 cup (120 g), thinly sliced
- Tahini – 2 tbsp (30 g)
- Lemon juice – 1 tbsp (15 ml)
- Garlic – ½ clove (1.5 g), finely minced
- Water – 1-2 tbsp (15-30 ml), to thin the tahini
- Salt – a pinch
- Paprika – a pinch (optional, for garnish)

Instructions:

1. In a small bowl, whisk together tahini, lemon juice, garlic, and a bit of water to form a creamy dip. Add salt to taste.
2. Arrange the radish slices on a plate.
3. Serve with tahini dip on the side or drizzle on top.
4. Garnish with paprika if desired.

Nutritional Information (Per Serving):

- Calories: 110 kcal
- Carbohydrates: 5 g
- Protein: 3 g
- Fats: 6 g
- Glycemic Index: Low

Lunch: Roasted Cauliflower Soup

A warm, comforting soup with nutty roasted cauliflower flavor and simple spices.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Cauliflower florets – 2 cups (250 g)
- Olive oil – 1 tbsp (15 ml)
- Onion – ½ medium (75 g), chopped
- Garlic – 1 clove, minced
- Vegetable broth – 2 cups (480 ml)
- Ground cumin – ¼ tsp (1 g)
- Salt and pepper – to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss cauliflower with olive oil, salt, and pepper.
2. Roast cauliflower on a baking sheet for 20-25 minutes until golden.
3. In a pot, sauté onion and garlic until soft.
4. Add roasted cauliflower, cumin, and broth. Simmer for 10 minutes.
5. Blend the soup until smooth. Adjust seasoning if needed.
6. Serve warm.

Nutritional Information (Per Serving):

- Calories: 130 kcal
- Carbohydrates: 12 g
- Protein: 4 g
- Fats: 7 g
- Glycemic Index: Low

Dinner: Grilled Eggplant with Tomato & Herb Filling

A warm, savory plant-based meal full of antioxidants, fiber, and Mediterranean flavor—ideal for blood sugar support and inflammation control.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Eggplant – 1 medium (300 g), sliced lengthwise into 4 slabs
- Cherry tomatoes – 1 cup (150 g), chopped
- Red onion – ¼ (30 g), finely chopped
- Garlic – 1 clove (3 g), minced
- Olive oil – 1 tbsp (15 ml)
- Fresh parsley – 2 tbsp (4 g), chopped
- Dried oregano – ½ tsp (1 g)
- Salt – to taste
- Black pepper – to taste

Instructions:

1. Brush eggplant slices with olive oil and grill (or pan-sear) for 3-4 minutes on each side until soft and lightly charred.
2. In a skillet, heat a small amount of olive oil and sauté garlic and red onion for 2-3 minutes.
3. Add chopped cherry tomatoes, oregano, salt, and pepper. Cook for another 5 minutes until soft.
4. Remove from heat and stir in chopped parsley.
5. Spoon the tomato mixture over grilled eggplant slices.
6. Serve warm as a light dinner or pair with a small side salad.

Nutritional Information (Per Serving):

- Calories: 170 kcal
- Carbohydrates: 11 g
- Protein: 3 g
- Fats: 13 g
- Glycemic Index: Low

Week 1–2 | Day 4 | Meal Plan

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

Day 5 | Recipes

Breakfast: Green Vegetable Salad

A crisp, nutrient-packed salad with leafy greens and crunchy veggies, perfect for a light meal.



Portion Size: 1 serving
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Romaine lettuce – 1 cup (40 g), chopped
- Baby spinach – 1 cup (30 g)
- Cucumber – ½ medium (75 g), sliced
- Green bell pepper – ½ medium (60 g), diced
- Olive oil – 1 tbsp (15 ml)
- Lemon juice – 1 tbsp (15 ml)
- Salt & pepper – to taste

Instructions:

1. In a large bowl, combine lettuce, spinach, cucumber, and bell pepper.
2. In a small bowl, whisk olive oil, lemon juice, salt, and pepper.
3. Drizzle dressing over salad and toss gently.
4. Serve fresh.

Nutritional Information (Per Serving):

- Calories: 120 kcal
- Carbohydrates: 8 g
- Protein: 3 g
- Fats: 9 g
- Glycemic Index: Low

Snack: Carrot Sticks with Hummus

A crunchy snack that's easy, quick, and blood sugar-friendly.



Portion Size: 1 serving
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Carrots – 1 large (100 g), cut into sticks
- Hummus – 2 tbsp (30 g)

Instructions:

1. Wash and peel the carrot. Cut into sticks.
2. Serve chilled with hummus for dipping.

Nutritional Information (Per Serving):

- Calories: 100 kcal
- Carbohydrates: 9 g
- Protein: 3 g
- Fats: 6 g
- Glycemic Index: Low

Lunch: Fresh Vegetable Salad

A colorful mix of raw veggies with a zesty vinaigrette—light but satisfying.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Cherry tomatoes – ½ cup (75 g), halved
- Green bell pepper – ½ medium (60 g), diced
- Cucumber – ½ medium (75 g), diced
- Radishes – ¼ cup (30 g)
- Red onion -1/4 cup (30 g)
- Olive oil – 1 tbsp (15 ml)
- Lemon juice – 1 tbsp (15 ml)
- Fresh parsley – 1 tbsp (3 g), chopped
- Salt & pepper – to taste

Instructions:

1. In a medium bowl, combine the chopped tomatoes, cucumbers, red onion, green bell pepper, and radishes.
2. Add the chopped fresh parsley and dill to the bowl.
3. In a small bowl or directly over the salad, drizzle with olive oil and lemon juice (or vinegar). Start with a small amount and add more to your preference.
4. Season the salad with salt and black pepper to taste.
5. Gently toss all the ingredients together until well combined.
6. Serve fresh.

Nutritional Information (Per Serving):

- Calories: 130 kcal
- Carbohydrates: 12 g
- Protein: 3 g
- Fats: 9 g
- Glycemic Index: Low

Dinner: Grilled Tofu with Stir-Fried Veggies

A protein-packed, plant-based dinner with flavorful tofu and colorful vegetables.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Firm tofu – 150 g (5 oz), sliced
- Zucchini – ½ medium (75 g), sliced
- Broccoli florets – 1 cup (100 g)
- Red bell pepper – ½ medium (60 g), sliced
- Olive oil – 1 tbsp (15 ml)
- Soy sauce (low sodium) – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Salt & pepper – to taste

Instructions:

1. Heat ½ tbsp olive oil in a pan or grill. Cook tofu slices for 3-4 minutes on each side, until golden. Remove and set aside.
2. In the same pan, add remaining oil. Sauté garlic, zucchini, broccoli, and bell pepper for 5-7 minutes until tender-crisp.
3. Add soy sauce, stir well, and cook 1 more minute.
4. Plate veggies and top with grilled tofu.
5. Serve hot.

Nutritional Information (Per Serving):

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

Week 1–2 | Day 5 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	High-Protein Pancakes with Berries	Green Vegetable Salad	Turkey & Avocado Scramble
Snack	Apple Slices with Almond Butter	Carrot Sticks with Hummus	Cottage Cheese with Flaxseeds
Lunch	Baked Chicken with Roasted Sweet Potatoes	Fresh Vegetable Salad	Baked Chicken with Spinach
Dinner	Shrimp Stir-Fry with Brown Rice	Grilled Tofu with Stir-Fried Veggies	Beef with Roasted Brussels Sprouts

Day 6 | Recipes

Breakfast: Zucchini & Basil Smoothie

A refreshing, creamy green smoothie that supports digestion and blood sugar balance with a mild herby twist.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Raw zucchini – 1 small (120 g), chopped
- Fresh basil leaves – ¼ cup (10 g), loosely packed
- Spinach – 1 cup (30 g)
- Avocado – ¼ medium (30 g)
- Unsweetened almond milk – 1 cup (240 ml)
- Lemon juice – 1 tbsp (15 ml)
- Chia seeds – 1 tsp (5 g)
- Ice cubes – 3-4 (optional)

Instructions:

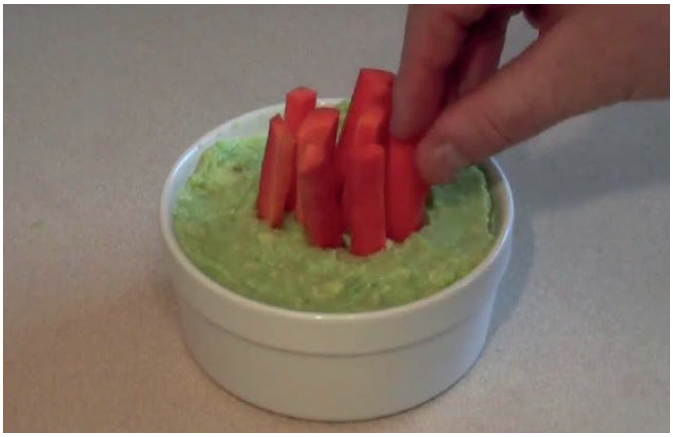
1. Place spinach, avocado, apple, cucumber, lemon juice, and almond milk into a blender.
2. Blend until smooth and creamy.
3. Add ice cubes if desired and blend again.
4. Pour into a glass and serve immediately.

Nutritional Information (Per Serving):

- Calories: 210 kcal
- Carbohydrates: 23 g
- Protein: 4 g
- Fats: 13 g
- Glycemic Index: Low

Snack: Carrot Sticks with Guacamole

A crunchy, satisfying snack paired with creamy guacamole.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Carrots – 2 medium (150 g), peeled and cut into sticks
- Avocado – 1 small (150 g)
- Lime juice – 1 tsp (5 ml)
- Fresh cilantro – 1 tbsp (3 g), chopped
- Garlic powder – ¼ tsp (1 g)
- Salt & pepper – to taste

Instructions:

1. Mash the avocado in a small bowl with lime juice.
2. Stir in cilantro, garlic powder, salt, and pepper until smooth.
3. Serve carrot sticks with guacamole for dipping.

Nutritional Information (Per Serving):

- Calories: 220 kcal
- Carbohydrates: 17 g
- Protein: 3 g
- Fats: 17 g
- Glycemic Index: Low

Lunch: Grilled Zucchini with Light Vegetables

A simple, grilled veggie dish perfect as a light dinner or side.



Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Zucchini – 1 medium (150 g), sliced
- Red bell pepper – ½ medium (60 g), diced
- Cherry tomatoes – ½ cup (75 g), halved
- Olive oil – 1 tbsp (15 ml)
- Dried oregano – ½ tsp (1 g)
- Salt & pepper – to taste

Instructions:

1. Toss zucchini slices with olive oil, oregano, salt, and pepper.
2. Heat a grill pan over medium heat and grill zucchini for 2-3 minutes per side.
3. In a bowl, combine grilled zucchini with diced red bell pepper and cherry tomatoes.
4. Serve warm or at room temperature.

Nutritional Information (Per Serving):

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

Dinner: Roasted Brussels Sprouts with Tahini

A savory side dish with creamy tahini drizzle.



Portion Size: 2 servings
Preparation Time: 5 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Brussels sprouts – 2 cups (200 g), halved
- Olive oil – 1 tbsp (15 ml)
- Tahini – 1 tbsp (15 g)
- Lemon juice – 1 tsp (5 ml)
- Warm water – 1 tsp (5 ml)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss Brussels sprouts with olive oil, salt, and pepper.
3. Spread on a baking sheet and roast for 20-25 minutes until crispy.
4. Whisk tahini, lemon juice, and warm water in a small bowl until smooth.
5. Drizzle tahini sauce over roasted sprouts before serving.

Nutritional Information (Per Serving):

- Calories: 240 kcal
- Carbohydrates: 18 g
- Protein: 7 g
- Fats: 17 g
- Glycemic Index: Low

Week 1–2 | Day 6 | Meal Plan

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

Day 7 | Recipes

Breakfast: Green Vegetable Salad

A crisp, vibrant salad featuring a variety of greens and crunchy veggies for a refreshing, low-carb meal.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Arugula – 2 cups (60 g)
- Kale (finely chopped) – 1 cup (40 g)
- Sugar snap peas – ½ cup (75 g), trimmed
- Green bell pepper – 1 medium (120 g), diced
- Cucumber – 1 small (150 g), sliced
- Pumpkin seeds – 2 tbsp (20 g)
- Olive oil – 1 tbsp (15 ml)
- Apple cider vinegar – 1 tbsp (15 ml)
- Dijon mustard – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. In a large bowl, combine arugula, kale, sugar snap peas, green bell pepper, and cucumber.
2. In a small bowl, whisk together olive oil, apple cider vinegar, Dijon mustard, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently.
4. Sprinkle pumpkin seeds on top and serve immediately.

Nutritional Information (Per Serving):

- Calories: 190 kcal
- Carbohydrates: 12 g
- Protein: 6 g
- Fats: 14 g
- Glycemic Index: Low

Snack: Bell Pepper Strips with Avocado Mash

A crunchy and creamy anti-inflammatory snack, full of fiber and heart-healthy fats—perfect for balancing blood sugar.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Bell peppers – 2 medium (240 g), any color, sliced into strips
- Ripe avocado – 1 medium (150 g)
- Lemon juice – 1 tbsp (15 ml)
- Garlic – ½ clove (1.5 g), finely minced (optional)
- Salt – a pinch
- Ground black pepper – a pinch
- Chili flakes – a pinch (optional, for heat)

Instructions:

1. Cut bell peppers into thin strips and set aside.
2. In a bowl, mash the avocado with lemon juice, garlic (if using), salt, and pepper until smooth.
3. Serve the bell pepper strips with the avocado mash on the side as a dip.

Nutritional Information (Per Serving):

- Calories: 160 kcal
- Carbohydrates: 10 g
- Protein: 2 g
- Fats: 13 g
- Glycemic Index: Low

Lunch: Roasted Cauliflower & Zucchini

A savory, roasted veggie dish with caramelized flavors.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Cauliflower florets – 2 cups (200 g)
- Zucchini – 1 large (200 g), sliced
- Olive oil – 1 tbsp (15 ml)
- Garlic powder – ½ tsp (2 g)
- Paprika – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss cauliflower and zucchini with olive oil, garlic powder, paprika, salt, and pepper.
3. Spread on a baking sheet in a single layer.
4. Roast for 20-25 minutes, stirring halfway, until golden and tender.
5. Serve hot.

Nutritional Information (Per Serving):

- Calories: 170 kcal
- Carbohydrates: 12 g
- Protein: 5 g
- Fats: 12 g
- Glycemic Index: Low

Dinner: Vegetable Stew with Mushrooms

Dinner: Vegetable Stew with Mushrooms



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

Ingredients (US & Metric):

- Button mushrooms – 1 cup (100 g), sliced
- Zucchini – 1 medium (150 g), diced
- Carrot – 1 medium (100 g), diced
- Red bell pepper – 1 medium (120 g), diced
- Onion – ½ medium (60 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Vegetable broth – 1½ cups (360 ml)
- Garlic – 1 clove, minced
- Dried thyme – ½ tsp (1 g)
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a pot over medium heat.
2. Add onion and garlic; sauté for 2-3 minutes until soft.
3. Add mushrooms, zucchini, carrot, and bell pepper; cook for 5 minutes, stirring.
4. Pour in vegetable broth, add thyme, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 10-12 minutes until veggies are tender.
6. Serve hot.

Nutritional Information (Per Serving):

- Calories: 200 kcal
- Carbohydrates: 20 g
- Protein: 6 g
- Fats: 12 g
- Glycemic Index: Low

Week 1–2 | Day 7 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Oatmeal with Quinoa & Berries	Green Vegetable Salad	Scrambled Eggs with Avocado
Snack	Greek Yogurt with Walnuts & Berries	Bell Pepper Strips with Avocado Mash	Tofu Cubes with Chili Flakes
Lunch	Quinoa Bowl with Grilled Salmon	Roasted Cauliflower & Zucchini	Grilled Chicken with Greens
Dinner	Baked Cod with Roasted Vegetables	Vegetable Stew with Mushrooms	Grilled Chicken with Garlic Greens

Weeks 3–4

Day 1 | Recipes

Breakfast: Green Smoothie with Spinach & Cucumber

A refreshing, nutrient-packed smoothie to keep you energized between meals.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Fresh spinach – 2 cups (60 g)
- Cucumber – 1 small (150 g), chopped
- Green apple (peeled) – 1 medium (150 g), chopped
- Unsweetened almond milk – 1 cup (240 ml)
- Fresh lemon juice – 1 tbsp (15 ml)
- Chia seeds – 1 tbsp (10 g)
- Ice cubes – ½ cup (optional)

Instructions:

1. Place spinach, cucumber, green apple, almond milk, lemon juice, chia seeds, and ice cubes into a blender.
2. Blend until smooth and creamy.
3. Pour into glasses and serve immediately.

Nutritional Information (Per Serving):

- Calories: 120 kcal
- Carbohydrates: 15 g
- Protein: 4 g
- Fats: 5 g
- Glycemic Index: Low

Snack: Roasted Brussels Sprouts with Mustard Dip

A warm, savory snack rich in fiber and antioxidants, paired with a tangy dip to support stable blood sugar and digestion.



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

Ingredients (US & Metric):

- Brussels sprouts – 2 cups (200 g), halved
- Olive oil – 1 tbsp (15 ml)
- Salt – to taste
- Ground black pepper – to taste

For the Mustard Dip:

- Greek yogurt (plain, low-fat) – ¼ cup (60 g)
- Dijon mustard – 1 tbsp (15 g)
- Lemon juice – 1 tsp (5 ml)
- Garlic powder – a pinch
- Salt – a pinch

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss halved Brussels sprouts with olive oil, salt, and pepper.
3. Roast for 18-20 minutes, turning once, until golden and crisp on the edges.
4. In a small bowl, mix all dip ingredients until smooth.
5. Serve warm roasted Brussels sprouts with mustard dip on the side.

Nutritional Information (Per Serving):

- Calories: 140 kcal
- Carbohydrates: 10 g
- Protein: 4 g
- Fats: 10 g
- Glycemic Index: Low

Lunch: Roasted Zucchini & Bell Peppers

A warm, flavorful vegetable dish perfect as a light lunch or a hearty side.



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

Ingredients (US & Metric):

- Zucchini – 2 medium (300 g), sliced into half-moons
- Red bell pepper – 1 medium (120 g), chopped
- Yellow bell pepper – 1 medium (120 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic powder – ½ tsp (2 g)
- Dried oregano – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini and bell peppers with olive oil, garlic powder, oregano, salt, and pepper in a large bowl.
3. Spread vegetables on a baking sheet in a single layer.
4. Roast for 18-20 minutes, stirring halfway, until tender and lightly browned.
5. Serve warm.

Nutritional Information (Per Serving):

- Calories: 140 kcal
- Carbohydrates: 11 g
- Protein: 3 g
- Fats: 9 g
- Glycemic Index: Low

Dinner: Baked Portobello Mushrooms with Tomato Sauce

A hearty, plant-based dinner packed with antioxidants, fiber, and flavor — ideal for supporting blood sugar balance and reducing inflammation.



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

Ingredients (US & Metric):

- Portobello mushroom caps – 2 large (250 g total), stems removed
- Olive oil – 1 tbsp (15 ml)
- Cherry tomatoes – 1 cup (150 g), chopped
- Garlic – 1 clove (3 g), minced
- Onion – ¼ medium (30 g), finely chopped
- Fresh basil – 2 tbsp (5 g), chopped
- Dried oregano – ½ tsp (1 g)
- Salt – to taste
- Ground black pepper – to taste

Instructions:

1. Preheat oven to 190°C (375°F).
2. Brush mushroom caps with olive oil, place on a baking sheet, gill-side up.
3. In a skillet, sauté onion and garlic in a small amount of olive oil for 2-3 minutes.
4. Add chopped tomatoes, oregano, salt, and pepper. Cook for 5-6 minutes until the sauce thickens.
5. Spoon tomato mixture into mushroom caps.
6. Bake for 15-18 minutes until mushrooms are tender.
7. Garnish with fresh basil before serving.

Nutritional Information (Per Serving):

- Calories: 160 kcal
- Carbohydrates: 9 g
- Protein: 5 g
- Fats: 11 g
- Glycemic Index: Low

Week 3–4 | Day 1 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Whole Grain Toast with Almond Butter & Berries	Green Smoothie with Spinach & Cucumber	Scrambled Eggs with Cheese & Avocado
Snack	Cottage Cheese with Walnuts & Blueberries	Roasted Brussels Sprouts with Mustard Dip	Grilled Chicken Bites
Lunch	Grilled Salmon with Brown Rice & Steamed Broccoli	Roasted Zucchini & Bell Peppers	Grilled Chicken with Spinach
Dinner	Turkey Stir-Fry with Quinoa & Mixed Vegetables	Baked Portobello Mushrooms with Tomato Sauce	Baked Cod with Asparagus

Day 2 | Recipes

Breakfast: Green Vegetable Smoothie

A bright, nutrient-packed smoothie to kickstart your day with greens and fiber.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Baby spinach – 2 cups (60 g)
- Cucumber – 1 small (150 g), chopped
- Celery stalk – 1 medium (60 g), chopped
- Green pear – 1 medium (160 g), chopped
- Water – 1 cup (240 ml)
- Fresh lemon juice – 1 tbsp (15 ml)
- Flaxseed – 1 tbsp (10 g)
- Ice cubes – ½ cup (optional)

Instructions:

1. Add spinach, cucumber, celery, pear, water, lemon juice, flaxseed, and ice to a blender.
2. Blend until smooth and creamy.
3. Pour into glasses and enjoy fresh.

Nutritional Information (Per Serving):

- Calories: 130 kcal
- Carbohydrates: 18 g
- Protein: 4 g
- Fats: 4 g
- Glycemic Index: Low

Snack: Cherry Tomatoes with Almond Ricotta

A refreshing, protein-rich snack with creamy almond flavor—perfect for blood sugar stability and heart health.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Cherry tomatoes – 1 cup (150 g), halved
- Almond ricotta – ½ cup (120 g) (see note below)
- Fresh basil – 1 tbsp (2 g), chopped (optional)
- Olive oil – 1 tsp (5 ml), for drizzling
- Salt – a pinch
- Ground black pepper – a pinch

Instructions:

1. Arrange halved cherry tomatoes on a plate or serving board.
2. Spoon almond ricotta into a small bowl or place small dollops next to tomatoes.
3. Sprinkle with chopped basil, salt, and pepper.
4. Drizzle with olive oil and serve immediately.

Nutritional Information (Per Serving):

- Calories: 140 kcal
- Carbohydrates: 9 g
- Protein: 3 g
- Fats: 15 g
- Glycemic Index: Low

Lunch: Roasted Cauliflower & Bell Peppers

A warm, flavorful veggie medley perfect for lunch or as a side.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Cauliflower florets – 2 cups (200 g)
- Red bell pepper – 1 medium (120 g), chopped
- Yellow bell pepper – 1 medium (120 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic powder – ½ tsp (2 g)
- Dried thyme – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss cauliflower and bell peppers with olive oil, garlic powder, thyme, salt, and pepper.
3. Spread vegetables on a baking sheet lined with parchment paper.
4. Roast for 20-25 minutes, stirring halfway, until golden and tender.
5. Serve warm.

Nutritional Information (Per Serving):

- Calories: 150 kcal
- Carbohydrates: 14 g
- Glycemic Index: Low
- Protein: 4 g
- Fats: 10 g

Dinner: Zucchini Boats with Chickpeas & Spinach

A fiber-rich, plant-powered meal filled with protein, healthy fats, and anti-inflammatory nutrients—great for evening blood sugar control.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 20 minutes

Ingredients (US & Metric):

- Zucchini – 2 medium (300 g), halved lengthwise and scooped out
- Cooked chickpeas – ½ cup (85 g)
- Fresh spinach – 1 cup (30 g), chopped
- Cherry tomatoes – ½ cup (75 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove (3 g), minced
- Onion – ¼ medium (30 g), finely chopped
- Fresh parsley – 1 tbsp (2 g), chopped
- Salt – to taste
- Black pepper – to taste

Instructions:

1. Preheat oven to 190°C (375°F).
2. Brush zucchini halves with olive oil and place on a baking sheet.
3. In a skillet, heat olive oil and sauté onion and garlic until soft.
4. Add chickpeas, spinach, and tomatoes. Cook for 4-5 minutes until spinach wilts.
5. Season with salt, pepper, and parsley.
6. Fill zucchini boats with the mixture and bake for 15-18 minutes until tender. Serve warm.

Nutritional Information (Per Serving):

- Calories: 200 kcal
- Carbohydrates: 18 g
- Protein: 6 g
- Fats: 14 g
- Glycemic Index: Low

Week 3–4 | Day 2 | Meal Plan

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

Day 3 | Recipes

Breakfast: Grilled Tomato & Avocado on Whole Grain Toast

A fresh, savory start to your day with healthy fats and fiber.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 5 minutes

Ingredients (US & Metric):

- Whole grain bread – 2 slices
- Ripe avocado – 1 medium (150 g)
- Tomato – 1 large (150 g), sliced
- Olive oil – 1 tsp (5 ml)
- Lemon juice – 1 tsp (5 ml)
- Salt & pepper – to taste
- Fresh basil (optional) – a few leaves

Instructions:

1. Toast the bread slices until golden.
2. Mash the avocado with lemon juice, salt, and pepper.
3. Heat olive oil in a pan and grill tomato slices 1-2 minutes per side until slightly caramelized.
4. Spread avocado mash over toast, top with grilled tomato, and garnish with basil if using.
5. Serve immediately.

Nutritional Information (Per Serving):

- Calories: 260 kcal
- Carbohydrates: 24 g
- Protein: 6 g
- Fats: 16 g
- Glycemic Index: Low

Snack: Bell Pepper Slices with Guacamole

A crunchy, satisfying snack rich in fiber and healthy fats.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Bell peppers (red, yellow, or orange) – 2 medium (240 g), sliced
- Ripe avocado – 1 medium (150 g)
- Lime juice – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Salt – to taste
- Fresh cilantro – 1 tbsp (optional), chopped

Instructions:

1. In a bowl, mash avocado with lime juice, garlic, salt, and cilantro (if using).
2. Serve bell pepper slices with the guacamole for dipping.

Nutritional Information (Per Serving):

- Calories: 210 kcal
- Carbohydrates: 15 g
- Protein: 3 g
- Fats: 17 g
- Glycemic Index: Low

Lunch: Grilled Zucchini & Eggplant with Tahini Sauce

A flavorful Mediterranean-style veggie dish with a creamy tahini drizzle.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Zucchini – 1 medium (150 g), sliced
- Eggplant – 1 medium (200 g), sliced
- Olive oil – 1 tbsp (15 ml)
- Tahini – 2 tbsp (30 g)
- Lemon juice – 1 tbsp (15 ml)
- Water – 1 tbsp (15 ml)
- Garlic powder – ¼ tsp (1 g)
- Salt & pepper – to taste

Instructions:

1. Brush zucchini and eggplant slices with olive oil, season with salt and pepper.
2. Grill or pan-fry for 3-4 min per side until tender and lightly charred.
3. Whisk tahini, lemon juice, water, garlic powder, and a pinch of salt into a smooth sauce.
4. Drizzle sauce over grilled vegetables before serving.

Nutritional Information (Per Serving):

- Calories: 280 kcal
- Carbohydrates: 15 g
- Protein: 7 g
- Fats: 22 g
- Glycemic Index: Low

Dinner: Stuffed Bell Peppers with Lentil & Veggie Mix

A hearty, plant-based dinner filled with fiber and plant protein.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Bell peppers – 2 large (240 g), tops cut off, seeds removed
- Cooked lentils – 1 cup (200 g)
- Onion – ½ medium (50 g), chopped
- Mushrooms – 1 cup (100 g), chopped
- Zucchini – ½ medium (75 g), diced
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Tomato paste – 1 tbsp (15 g)
- Dried oregano – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 190°C (375°F).
2. In a pan, heat olive oil and sauté onion, garlic, mushrooms, and zucchini for 5 minutes.
3. Add lentils, tomato paste, oregano, salt, and pepper. Cook for 2-3 more minutes.
4. Fill bell peppers with the lentil mixture. Place in a baking dish, cover with foil, and bake for 25-30 minutes until peppers are tender.
5. Serve warm.

Nutritional Information (Per Serving):

- Calories: 310 kcal
- Carbohydrates: 30 g
- Protein: 14 g
- Fats: 15 g
- Glycemic Index: Low

Week 3–4 | Day 2 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Buckwheat Porridge with Nuts & Berries	Grilled Tomato & Avocado on Whole Grain Toast	Cottage Cheese Omelet with Tomato & Herbs
Snack	Roasted Chickpeas with Paprika	Bell Pepper Slices with Guacamole	Greek Yogurt with Pumpkin Seeds
Lunch	Baked Chicken with Roasted Carrots & Quinoa	Grilled Zucchini & Eggplant with Tahini Sauce	Beef Steak with Sautéed Mushrooms
Dinner	Grilled Shrimp with Roasted Eggplant & Garlic Sauce	Stuffed Bell Peppers with Lentil & Veggie Mix	Baked Turkey with Roasted Asparagus

Day 4 | Recipes

Breakfast: Sautéed Spinach with Mushrooms & Avocado

A nourishing, savory breakfast packed with healthy fats and fiber.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 5 minutes

Ingredients (US & Metric):

- Fresh spinach – 4 cups (120 g)
- Mushrooms – 1 cup (100 g), sliced
- Olive oil – 1 tbsp (15 ml)
- Avocado – 1 medium (150 g), sliced
- Garlic – 1 clove, minced
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Add garlic and mushrooms; sauté for 3-4 minutes until mushrooms soften.
3. Add spinach and cook for 1-2 minutes until wilted.
4. Season with salt and pepper.
5. Serve warm, topped with avocado slices.

Nutritional Information (Per Serving):

- Calories: 220 kcal
- Carbohydrates: 11 g
- Protein: 5 g
- Fats: 18 g
- Glycemic Index: Low

Snack: Seaweed Snacks with Tahini Dip

A light, savory snack packed with iodine, healthy fats, and fiber—ideal for blood sugar regulation and thyroid support.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

For the Seaweed:

- Roasted seaweed sheets – 10 small sheets (10 g)

For the Tahini Dip:

- Tahini – 2 tbsp (30 g)
- Lemon juice – 1 tbsp (15 ml)
- Water – 1-2 tbsp (15-30 ml), to thin
- Garlic – ½ clove (1.5 g), minced
- Salt – a pinch
- Ground cumin – a pinch (optional)

Instructions:

1. In a small bowl, whisk together tahini, lemon juice, garlic, salt, and a little water until smooth and dippable.
2. Serve seaweed sheets with tahini dip on the side.
3. Dip and enjoy immediately.

Nutritional Information (Per Serving):

- Calories: 110 kcal
- Carbohydrates: 15 g
- Protein: 3 g
- Fats: 6 g
- Glycemic Index: Low

Lunch: Roasted Cauliflower with Tahini Sauce

A flavorful, nutrient-rich veggie dish with creamy tahini drizzle.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Cauliflower florets – 3 cups (300 g)
- Olive oil – 1 tbsp (15 ml)
- Garlic powder – ½ tsp (2 g)
- Salt & pepper – to taste
- Tahini – 2 tbsp (30 g)
- Lemon juice – 1 tbsp (15 ml)
- Water – 1 tbsp (15 ml)

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss cauliflower with olive oil, garlic powder, salt, and pepper.
3. Spread on a baking sheet and roast for 20-25 minutes, stirring halfway.
4. Whisk tahini, lemon juice, water, and a pinch of salt into a smooth sauce.
5. Drizzle tahini sauce over roasted cauliflower before serving.

Nutritional Information (Per Serving):

- Calories: 240 kcal
- Carbohydrates: 18 g
- Protein: 7 g
- Fats: 17 g
- Glycemic Index: Low

Dinner: Stuffed Zucchini with Mushrooms

A warm, flavorful plant-based dinner rich in fiber and plant protein.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Zucchini – 2 large (300 g), halved lengthwise
- Mushrooms – 1 cup (100 g), chopped
- Onion – ½ medium (50 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Tomato paste – 1 tbsp (15 g)
- Dried oregano – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 190°C (375°F).
2. Scoop out zucchini flesh, leaving shells about ½ inch thick; chop the scooped flesh.
3. Heat olive oil in a pan; sauté onion, garlic, mushrooms, and chopped zucchini flesh for 5 minutes.
4. Stir in tomato paste, oregano, salt, and pepper. Cook for 2 more minutes.
5. Fill zucchini shells with mushroom mixture. Place in a baking dish, cover with foil, and bake for 25-30 minutes until zucchini is tender.
6. Serve warm.

Nutritional Information (Per Serving):

- Calories: 240 kcal
- Carbohydrates: 18 g
- Protein: 8 g
- Fats: 16 g
- Glycemic Index: Low

Week 3–4 | Day 4 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Avocado Toast with Poached Egg	Sautéed Spinach with Mushrooms & Avocado	Scrambled Eggs with Feta Cheese & Tomatoes
Snack	Roasted Almonds & Dark Chocolate	Seaweed Snacks with Tahini Dip	Tuna-Stuffed Olives
Lunch	Mediterranean Chickpea Salad with Feta	Roasted Cauliflower with Tahini Sauce	Baked Turkey with Green Beans
Dinner	Garlic Butter Shrimp with Roasted Zucchini	Stuffed Zucchini with Mushrooms	Grilled Chicken with Sautéed Spinach

Day 5 | Recipes

Breakfast: Sautéed Mushrooms & Bell Peppers with Avocado

A savory, veggie-packed breakfast with creamy avocado for healthy fats.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 7 minutes

Ingredients (US & Metric):

- Mushrooms – 1 cup (100 g), sliced
- Red bell pepper – 1 medium (120 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Avocado – 1 medium (150 g), sliced
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add garlic, mushrooms, and bell pepper; sauté for 5-7 minutes until soft.
3. Season with salt and pepper.
4. Serve warm, topped with avocado slices.

Nutritional Information (Per Serving):

- Calories: 220 kcal
- Carbohydrates: 11 g
- Protein: 4 g
- Fats: 18 g
- Glycemic Index: Low

Snack: Cucumber Slices with Tahini

A simple, refreshing snack with creamy tahini dip.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Cucumber – 1 large (250 g), sliced
- Tahini – 2 tbsp (30 g)
- Lemon juice – 1 tsp (5 ml)
- Water – 1 tsp (5 ml)
- Salt – pinch

Instructions:

1. Whisk tahini, lemon juice, water, and salt until smooth.
2. Serve cucumber slices with tahini dip.

Nutritional Information (Per Serving):

- Calories: 140 kcal
- Carbohydrates: 9 g
- Protein: 3 g
- Fats: 11 g
- Glycemic Index: Low

Lunch: Quinoa & Roasted Vegetable Bowl

A hearty, balanced bowl filled with plant-based protein and fiber.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Quinoa (uncooked) – ½ cup (90 g)
- Zucchini – 1 medium (150 g), chopped
- Red bell pepper – 1 medium (120 g), chopped
- Cauliflower florets – 1 cup (100 g)
- Olive oil – 1 tbsp (15 ml)
- Dried oregano – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss zucchini, bell pepper, and cauliflower with olive oil, oregano, salt, and pepper. Spread on a baking sheet.
3. Roast vegetables for 20-25 minutes until golden.
4. Meanwhile, cook quinoa per package instructions.
5. Divide quinoa into bowls; top with roasted vegetables. Serve warm.

Nutritional Information (Per Serving):

- Calories: 310 kcal
- Carbohydrates: 35 g
- Protein: 10 g
- Fats: 15 g
- Glycemic Index: Low

Dinner: Bell Pepper Stir-Fry with Cashew Sauce

A vibrant, colorful stir-fry rich in vitamin C and healthy fats—perfect for an anti-inflammatory, low-GI evening meal.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

For the Stir-Fry:

- Bell peppers – 2 large (250 g), sliced (any color)
- Zucchini – 1 small (120 g), sliced
- Red onion – ½ medium (50 g), sliced
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove (3 g), minced
- Salt – to taste
- Black pepper – to taste

For the Cashew Sauce:

- Raw cashews – ¼ cup (35 g), soaked for 2-4 hours
- Water – ¼ cup (60 ml)
- Lemon juice – 1 tbsp (15 ml)
- Garlic – ½ clove (1.5 g)
- Salt – a pinch

Instructions:

1. Blend all cashew sauce ingredients in a blender until smooth and creamy. Set aside.
2. Heat olive oil in a large skillet or wok over medium-high heat.
3. Add garlic, onion, bell peppers, and zucchini. Stir-fry for 6-8 minutes until just tender.
4. Season with salt and pepper.
5. Drizzle with cashew sauce before serving, or serve on the side.

Nutritional Information (Per Serving):

- Calories: 260 kcal
- Carbohydrates: 14 g
- Protein: 5 g
- Fats: 17 g
- Glycemic Index: Low

Week 3–4 | Day 5 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Spinach & Feta Omelet with Whole Grain Toast	Sautéed Mushrooms & Bell Peppers with Avocado	Scrambled Eggs with Turkey Sausage
Snack	Mixed Nuts & Dried Berries	Cucumber Slices with Tahini	Mini Meatballs with Mustard Dip
Lunch	Grilled Chicken with Roasted Sweet Potatoes	Quinoa & Roasted Vegetable Bowl	Beef Stir-Fry with Broccoli
Dinner	Baked Salmon with Garlic Green Beans	Bell Pepper Stir-Fry with Cashew Sauce	Grilled Lamb Chops with Asparagus
Dessert	Baked Cinnamon Apples	#4 Roasted Cinnamon Apples with Walnuts & Pumpkin Seeds	Baked Cinnamon Apples with Cottage Cheese

Day 6 | Recipes

Breakfast: Sautéed Kale with Avocado

A nourishing, fiber-rich start to your day with healthy fats.



Portion Size: 2 servings
Preparation Time: 5 minutes
Cooking Time: 7 minutes

Ingredients (US & Metric):

- Kale (fresh) – 4 cups (120 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Avocado – 1 medium (150 g), sliced
- Lemon juice – 1 tsp (5 ml)
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add garlic and kale; sauté 5-7 minutes until wilted and tender.
3. Season with salt, pepper, and lemon juice.
4. Serve warm, topped with avocado slices.

Nutritional Information (Per Serving):

- Calories: 210 kcal
- Carbohydrates: 12 g
- Protein: 4 g
- Fats: 18 g
- Glycemic Index: Low

Snack: Carrot Sticks with Hummus

A crunchy, satisfying snack with plant-based protein.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Carrots – 2 large (200 g), cut into sticks
- Hummus – 4 tbsp (60 g)

Instructions:

1. Serve carrot sticks with hummus as a dip.

Nutritional Information (Per Serving):

- Calories: 140 kcal
- Carbohydrates: 15 g
- Protein: 4 g
- Fats: 8 g
- Glycemic Index: Low

Lunch: Mediterranean Lentil & Quinoa Bowl

A protein-packed, fiber-rich lunch with vibrant Mediterranean flavors.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Cooked lentils – 1 cup (180 g)
- Quinoa (uncooked) – ½ cup (90 g)
- Cherry tomatoes – ½ cup (75 g), halved
- Cucumber – ½ medium (100 g), diced
- Red onion – ¼ small (30 g), finely chopped
- Olive oil – 1 tbsp (15 ml)
- Lemon juice – 1 tbsp (15 ml)
- Fresh parsley – 2 tbsp, chopped
- Salt & pepper – to taste

Instructions:

1. Cook quinoa per package instructions; let cool slightly.
2. In a large bowl, combine lentils, quinoa, tomatoes, cucumber, onion, and parsley.
3. Drizzle with olive oil and lemon juice; season with salt and pepper. Toss gently.
4. Serve chilled or at room temperature.

Nutritional Information (Per Serving):

- Calories: 320 kcal
- Carbohydrates: 34 g
- Protein: 13 g
- Fats: 14 g
- Glycemic Index: Low

Dinner: Roasted Cauliflower & Chickpeas

A warm, spiced dish rich in fiber and plant-based protein.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Cauliflower florets – 2 cups (200 g)
- Cooked chickpeas – 1 cup (160 g)
- Olive oil – 1 tbsp (15 ml)
- Ground cumin – ½ tsp (2 g)
- Smoked paprika – ½ tsp (2 g)
- Garlic powder – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss cauliflower and chickpeas with olive oil, cumin, paprika, garlic powder, salt, and pepper.
3. Spread on a baking sheet lined with parchment paper.
4. Roast for 20-25 minutes, stirring halfway, until golden and crispy.
5. Serve warm.

Nutritional Information (Per Serving):

- Calories: 290 kcal
- Carbohydrates: 28 g
- Protein: 11 g
- Fats: 14 g
- Glycemic Index: Low

Week 3–4 | Day 6 | Meal Plan

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

Day 7 | Recipes

Breakfast: Green Vegetable Smoothie

A refreshing, nutrient-dense smoothie that's creamy and packed with greens.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Spinach (fresh) – 1 cup (30 g)
- Avocado – ½ medium (70 g)
- Green apple – 1 small (120 g), chopped
- Cucumber – ½ medium (100 g), peeled and chopped
- Lemon juice – 1 tbsp (15 ml)
- Unsweetened almond milk – 1 cup (240 ml)
- Grated ginger – a pinch (optional)
- Ice cubes – as needed

Instructions:

1. Place spinach, avocado, apple, cucumber, lemon juice, and almond milk into a blender.
2. Blend until smooth and creamy.
3. Add ice cubes if desired and blend again.
4. Pour into a glass and serve immediately.

Nutritional Information (Per Serving):

- Calories: 210 kcal
- Carbohydrates: 23 g
- Protein: 4 g
- Fats: 13 g
- Glycemic Index: Low

Snack: Mini Cucumber-Avocado Cups

A refreshing, bite-sized snack full of fiber and healthy fats—perfect for managing hunger and supporting blood sugar stability.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Cucumber – 1 large (250 g), cut into thick 1-inch (2.5 cm) rounds
- Ripe avocado – ½ medium (75 g)
- Lemon juice – 1 tbsp (15 ml)
- Fresh dill or parsley – 1 tbsp (2 g), chopped
- Garlic – ½ clove (1.5 g), minced (optional)
- Salt – a pinch
- Ground black pepper – a pinch

Instructions:

1. Scoop out the center of each cucumber round using a small spoon, creating a shallow "cup."
2. In a bowl, mash avocado with lemon juice, garlic (if using), herbs, salt, and pepper.
3. Spoon the avocado mixture into each cucumber cup.
4. Serve fresh and chilled.

Nutritional Information (Per Serving):

- Calories: 140 kcal
- Carbohydrates: 15 g
- Protein: 4 g
- Fats: 8 g
- Glycemic Index: Low

Lunch: Roasted Cauliflower & Bell Peppers

A warm, flavorful veggie medley perfect for lunch or as a side.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Cauliflower florets – 2 cups (200 g)
- Red bell pepper – 1 medium (120 g), chopped
- Yellow bell pepper – 1 medium (120 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic powder – ½ tsp (2 g)
- Dried thyme – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss cauliflower and bell peppers with olive oil, garlic powder, thyme, salt, and pepper.
3. Spread vegetables on a baking sheet lined with parchment paper.
4. Roast for 20-25 minutes, stirring halfway, until golden and tender.
5. Serve warm.

Nutritional Information (Per Serving):

- Calories: 150 kcal
- Carbohydrates: 14 g
- Protein: 4 g
- Fats: 10 g
- Glycemic Index: Low

Dinner: Stuffed Peppers with Mushrooms & Zucchini

A wholesome, veggie-packed dinner baked to perfection.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Bell peppers – 2 large (240 g), tops removed & seeds cleaned
- Mushrooms – 1 cup (100 g), finely chopped
- Zucchini – 1 small (150 g), finely chopped
- Onion – ½ medium (60 g), diced
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Italian seasoning – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 190°C (375°F).
2. Heat olive oil in a pan over medium heat. Sauté onion and garlic for 2-3 minutes until soft.
3. Add mushrooms and zucchini; cook for 5-7 minutes until tender. Stir in Italian seasoning, salt, and pepper.
4. Spoon the veggie mixture into the hollowed bell peppers.
5. Place stuffed peppers in a baking dish, cover with foil, and bake for 25-30 minutes.
6. Serve hot.

Nutritional Information (Per Serving):

- Calories: 220 kcal
- Carbohydrates: 18 g
- Protein: 6 g
- Fats: 14 g
- Glycemic Index: Low

Week 3–4 | Day 7 | Meal Plan

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

Weeks 5–6 Building New Habits

"Just like the first two weeks, the following meal plans should be repeated once before moving on to the next phase. This ensures steady progress and helps reinforce healthy eating habits."

Day 1 | Recipes

Breakfast: Zucchini & Avocado Smoothie

A creamy, refreshing smoothie packed with fiber and healthy fats.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Zucchini (raw) – 1 small (120 g), chopped
- Avocado – ½ medium (75 g)
- Spinach (fresh) – 1 cup (30 g)
- Cucumber – ½ medium (100 g), chopped
- Lemon juice – 1 tbsp (15 ml)
- Water – ¾ cup (180 ml)
- Ice cubes – 4-5
- Salt – a pinch (optional)

Instructions:

1. Add zucchini, avocado, spinach, cucumber, lemon juice, water, and ice cubes to a blender.
2. Blend until smooth and creamy.
3. Taste and add a pinch of salt if desired. Serve immediately.

Nutritional Information (Per Serving):

- Calories: 140 kcal
- Carbohydrates: 12 g
- Protein: 3 g
- Fats: 10 g
- Glycemic Index: Low

Snack: Cucumber Sticks with Hummus

A light, crunchy snack that pairs cool cucumber with creamy hummus.



Portion Size: 1 serving
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Cucumber – 1 medium (150 g), cut into sticks
- Hummus – 2 tbsp (30 g)

Instructions:

1. Wash the cucumber and cut into sticks.
2. Serve chilled with hummus on the side for dipping.

Nutritional Information (Per Serving):

- Calories: 90 kcal
- Carbohydrates: 7 g
- Protein: 3 g
- Fats: 6 g
- Glycemic Index: Low

Lunch: Stuffed Eggplant with Spinach & Tomatoes

A savory, fiber-rich meal loaded with vegetables.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Eggplant – 1 large (400 g), halved lengthwise
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Spinach (fresh) – 2 cups (60 g)
- Cherry tomatoes – ½ cup (75 g), halved
- Onion – ¼ small (30 g), finely chopped
- Salt & pepper – to taste
- Dried oregano – ½ tsp (2 g)

Instructions:

1. Preheat oven to 190°C (375°F).
2. Scoop out some eggplant flesh, leaving a ½-inch shell; chop the scooped flesh.
3. Heat olive oil in a pan; sauté onion and garlic for 2-3 minutes.
4. Add chopped eggplant flesh, spinach, and tomatoes; cook for 5-7 minutes until softened. Season with oregano, salt, and pepper.
5. Fill eggplant shells with mixture; place on a baking sheet lined with parchment.
6. Bake for 20-25 minutes until eggplant is tender. Serve warm.

Nutritional Information (Per Serving):

- Calories: 210 kcal
- Carbohydrates: 18 g
- Protein: 5 g
- Fats: 14 g
- Glycemic Index: Low

Dinner: Vegetable Ratatouille with Basil

A classic, hearty French dish full of roasted vegetables and herbs.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 35 minutes

Ingredients (US & Metric):

- Zucchini – 1 medium (150 g), diced
- Eggplant – 1 small (250 g), diced
- Red bell pepper – 1 medium (120 g), diced
- Onion – ½ medium (75 g), chopped
- Cherry tomatoes – 1 cup (150 g), halved
- Olive oil – 1 tbsp (15 ml)
- Garlic – 2 cloves, minced
- Dried thyme – ½ tsp (2 g)
- Fresh basil – 2 tbsp, chopped
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 190°C (375°F).
2. In a large bowl, toss zucchini, eggplant, bell pepper, onion, and tomatoes with olive oil, garlic, thyme, salt, and pepper.
3. Spread vegetables in a baking dish.
4. Bake uncovered for 30-35 minutes, stirring halfway, until tender and caramelized.
5. Sprinkle with fresh basil before serving.

Nutritional Information (Per Serving):

- Calories: 190 kcal
- Carbohydrates: 20 g
- Protein: 4 g
- Fats: 11 g
- Glycemic Index: Low

Week 5–6 | Day 1 | Meal Plan

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

Day 2 | Recipes

Breakfast: Spinach & Avocado Smoothie

A creamy, nutrient-packed smoothie with healthy fats and fiber.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Spinach (fresh) – 2 cups (60 g)
- Avocado – ½ medium (75 g)
- Cucumber – ½ medium (100 g), chopped
- Lemon juice – 1 tbsp (15 ml)
- Water – ¾ cup (180 ml)
- Ice cubes – 4-5
- Salt – a pinch (optional)

Instructions:

1. Add spinach, avocado, cucumber, lemon juice, water, and ice cubes to a blender.
2. Blend until smooth and creamy.
3. Taste and add a pinch of salt if desired. Serve immediately.

Nutritional Information (Per Serving):

- Calories: 135 kcal
- Carbohydrates: 11 g
- Protein: 3 g
- Fats: 10 g
- Glycemic Index: Low

Snack: Pickled Beets with Pumpkin Seeds

A tangy, antioxidant-rich snack that combines natural sweetness with crunchy, blood sugar-friendly fats—ideal for inflammation control and stable energy.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Cooked or pickled beets – 1 cup (150 g), sliced
- Raw pumpkin seeds – 2 tbsp (20 g)
- Apple cider vinegar – 1 tbsp (15 ml) (if using plain cooked beets)
- Olive oil – 1 tsp (5 ml)
- Salt – a pinch
- Fresh parsley – 1 tbsp (2 g), chopped (optional)

Instructions:

1. If using plain cooked beets, toss them with apple cider vinegar, olive oil, and a pinch of salt. Let it sit for 5-10 minutes.
2. Toast pumpkin seeds in a dry pan for 2-3 minutes until fragrant (optional).
3. Plate the beet slices and sprinkle with pumpkin seeds.
4. Garnish with parsley if desired and serve.

Nutritional Information (Per Serving):

- Calories: 120 kcal
- Carbohydrates: 17 g
- Protein: 3 g
- Fats: 17 g
- Glycemic Index: Low

Lunch: Roasted Eggplant & Bell Peppers

A flavorful, warm vegetable dish perfect as a main or side.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Eggplant – 1 medium (300 g), cut into cubes
- Red bell pepper – 1 medium (120 g), chopped
- Yellow bell pepper – 1 medium (120 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic powder – ½ tsp (2 g)
- Dried oregano – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss eggplant and bell peppers with olive oil, garlic powder, oregano, salt, and pepper in a bowl.
3. Spread vegetables on a baking sheet lined with parchment paper.
4. Roast for 25-30 minutes, stirring halfway, until tender and lightly browned.
5. Serve warm, optionally garnished with fresh parsley.

Nutritional Information (Per Serving):

- Calories: 190 kcal
- Carbohydrates: 18 g
- Protein: 4 g
- Fats: 12 g
- Glycemic Index: Low

Dinner: Stuffed Zucchini with Mushrooms & Tomatoes

A delicious plant-based dish filled with savory mushrooms and juicy tomatoes.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Zucchini – 2 medium (500 g), halved lengthwise
- Mushrooms (button or cremini) – 1 cup (100 g), finely chopped
- Cherry tomatoes – ½ cup (75 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Dried oregano – ½ tsp (2 g)
- Salt & pepper – to taste
- Fresh parsley – 1 tbsp (4 g), chopped (optional)

Instructions:

1. Preheat oven to 190°C (375°F).
2. Scoop out the center of each zucchini half to create "boats." Finely chop the scooped flesh and set aside.
3. Heat olive oil in a pan over medium heat. Sauté garlic for 1 minute.
4. Add mushrooms, chopped zucchini flesh, and tomatoes. Cook for 5-7 minutes until softened. Season with oregano, salt, and pepper.
5. Spoon the filling into the zucchini boats. Place them on a baking dish lined with parchment paper.
6. Bake for 20-25 minutes until zucchini is tender.
7. Garnish with fresh parsley before serving, if desired.

Nutritional Information (Per Serving):

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

Week 5–6 | Day 2 | Meal Plan

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

Day 3 | Recipes

Breakfast: Cucumber & Kale Detox Smoothie

A refreshing, nutrient-rich smoothie to start your day.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Kale – 2 cups (60 g), stemmed
- Cucumber – 1 medium (200 g), chopped
- Green apple – 1 medium (180 g), cored and chopped
- Ginger – ½ inch (1.25 cm), peeled
- Lemon juice – 1 tbsp (15 ml)
- Water – 1½ cups (360 ml)
- Ice cubes – 1 cup (240 ml)

Instructions:

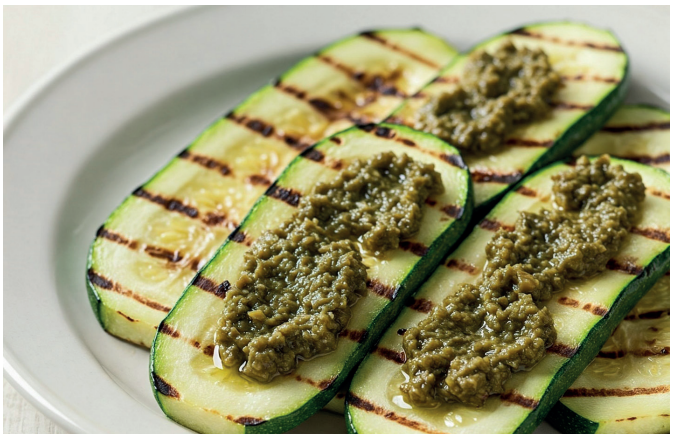
1. Place all ingredients in a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

Nutritional Information (Per Serving):

- Calories: 120 kcal
- Carbohydrates: 28 g
- Protein: 2 g
- Fats: 0.5 g
- Glycemic Index: Low

Snack: Grilled Zucchini Slices with Olive Tapenade

A Mediterranean-inspired, savory snack packed with fiber and healthy fats—perfect for stabilizing blood sugar and boosting flavor naturally.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 5 minutes

Ingredients (US & Metric):

For the Zucchini:

- Zucchini – 1 large (250 g), sliced into ½-inch (1.25 cm) rounds
- Olive oil – 1 tbsp (15 ml)
- Salt – a pinch
- Black pepper – a pinch

For the Olive Tapenade:

- Pitted black or green olives – ¼ cup (35 g), finely chopped
- Garlic – ½ clove (1.5 g), minced
- Capers – 1 tsp (5 g), drained
- Olive oil – 1 tsp (5 ml)
- Lemon juice – 1 tsp (5 ml)
- Fresh parsley – 1 tbsp (2 g), chopped (optional)

Instructions:

1. Brush zucchini slices with olive oil, season with salt and pepper.
2. Grill or pan-sear on medium-high heat for 2-3 minutes per side until tender and slightly charred.
3. In a small bowl, mix all tapenade ingredients until well combined.
4. Spoon a small amount of tapenade onto each grilled zucchini slice and serve warm or at room temperature.

Nutritional Information (Per Serving):

- Calories: 130 kcal
- Carbohydrates: 6 g
- Protein: 3 g
- Fats: 11 g
- Glycemic Index: Low

Lunch: Stuffed Zucchini with Vegetables

A hearty, fiber-rich dish packed with sautéed vegetables.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Zucchini – 2 medium (500 g), halved lengthwise
- Mushrooms – 1 cup (100 g), finely chopped
- Cherry tomatoes – ½ cup (75 g), chopped
- Onion – ½ medium (75 g), finely chopped
- Garlic – 1 clove, minced
- Olive oil – 1 tbsp (15 ml)
- Dried oregano – ½ tsp (2 g)
- Salt & pepper – to taste
- Fresh parsley – 1 tbsp (4 g), chopped (optional)

Instructions:

1. Preheat oven to 190°C (375°F).
2. Scoop out the center of each zucchini half to create "boats." Finely chop the scooped flesh and set aside.
3. Heat olive oil in a pan over medium heat. Sauté onion and garlic for 2-3 minutes.
4. Add mushrooms, chopped zucchini flesh, and tomatoes. Cook for 5-7 minutes until softened. Season with oregano, salt, and pepper.
5. Spoon the filling into the zucchini boats. Place them on a baking dish lined with parchment paper.
6. Bake for 20–25 minutes until zucchini is tender.
7. Garnish with fresh parsley before serving, if desired.

Nutritional Information (Per Serving):

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

Dinner: Eggplant Parmesan (No Breadcrumbs)

A lighter take on the classic, featuring roasted eggplant and cheesy layers.



Portion Size: 2 servings
Preparation Time: 20 minutes
Cooking Time: 50 minutes

Ingredients (US & Metric):

- Eggplant – 1 large (500 g), sliced into ½-inch (1.25 cm) rounds
- Olive oil – 1 tbsp (15 ml)
- Marinara sauce – 1 cup (240 ml)
- Mozzarella cheese – 1 cup (100 g), shredded
- Parmesan cheese – ¼ cup (25 g), grated
- Fresh basil – 2 tbsp (8 g), chopped
- Salt – to taste

Instructions:

1. Preheat oven to 190°C (375°F).
2. Lightly salt eggplant slices and let them sit for 15 minutes to draw out moisture. Pat dry.
3. Brush eggplant slices with olive oil and roast on a baking sheet for 20 minutes, flipping halfway.
4. In a baking dish, spread a layer of marinara sauce, followed by a layer of roasted eggplant, mozzarella, and Parmesan. Repeat layers, ending with cheese on top.
5. Bake for 25-30 minutes until bubbly and golden.
6. Garnish with fresh basil before serving.

Nutritional Information (Per Serving):

- Calories: 320 kcal
- Carbohydrates: 18 g
- Protein: 15 g
- Fats: 22 g
- Glycemic Index: Low

Week 5–6 | Day 3 | Meal Plan

Meal	Low Blood Sugar (Balanced)	Medium Blood Sugar (Vegetable)	High Blood Sugar (Protein)
Breakfast	Flaxseed Porridge with Almond Butter	Cucumber & Kale Detox Smoothie	Mushroom & Spinach Omelet
Snack	Almond Butter Energy Balls	Grilled Zucchini Slices with Olive Tapenade	Baked Chicken Bites with Herbs
Lunch	Lemon Garlic Shrimp with Brown Rice	Stuffed Zucchini with Vegetables	Grilled Chicken with Sautéed Peppers
Dinner	Baked Herb Salmon with Roasted Green Beans	Eggplant Parmesan (No Breadcrumbs)	Baked Salmon with Garlic Spinach
Dessert	Sugar-Free Vanilla Pudding	#5 Cinnamon Baked Apple	Almond Butter Energy Ball

Day 4 | Recipes

Breakfast: Avocado & Cucumber Toast

A refreshing, fiber-rich start to your day.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Whole grain bread – 2 slices (60 g), toasted
- Avocado – 1 medium (150 g), mashed
- Cucumber – ½ medium (100 g), thinly sliced
- Lemon juice – 1 tsp (5 ml)
- Salt & pepper – to taste
- Fresh dill or parsley – 1 tbsp (4 g), chopped (optional)

Instructions:

1. In a bowl, mash the avocado with lemon juice, salt, and pepper.
2. Spread the mashed avocado evenly on the toasted bread.
3. Top with cucumber slices.
4. Sprinkle with fresh dill or parsley if desired.
5. Serve immediately.

Nutritional Info (per serving):

- Calories: 230 kcal
- Carbohydrates: 22 g
- Protein: 6 g
- Fats: 15 g
- Glycemic Index: Low

Snack: Cauliflower Florets with Curry Dip

A crunchy and flavorful low-carb snack paired with a creamy, anti-inflammatory curry dip — ideal for blood sugar control and gut health.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

For the Cauliflower:

- Cauliflower florets – 2 cups (200 g), raw or lightly steamed
- Olive oil – 1 tsp (5 ml), if roasting (optional)

For the Curry Dip:

- Plain Greek yogurt (low-fat) – ½ cup (120 g)
- Curry powder – ½ tsp (1 g)
- Lemon juice – 1 tbsp (15 ml)
- Garlic – ½ clove (1.5 g), minced
- Salt – a pinch
- Water – 1-2 tsp (5-10 ml), to adjust texture

Instructions:

1. If preferred warm, lightly steam or roast the cauliflower florets (400°F / 200°C for 12-15 min). Otherwise, serve raw.
2. In a bowl, combine Greek yogurt, curry powder, lemon juice, garlic, and salt. Mix well.
3. Add a little water to thin the dip if needed.
4. Serve cauliflower florets with the curry dip on the side.

Nutritional Info (per serving):

- Calories: 110 kcal
- Carbohydrates: 15 g
- Protein: 3 g
- Fats: 17 g
- Glycemic Index: Low

Grilled Portobello Mushrooms with Roasted Veggies

A satisfying, savory lunch packed with fiber and flavor.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Portobello mushrooms – 2 large caps (200 g)
- Zucchini – 1 medium (200 g), chopped
- Red bell pepper – 1 medium (120 g), chopped
- Olive oil – 1½ tbsp (22 ml)
- Garlic powder – ½ tsp (2 g)
- Dried oregano – ½ tsp (2 g)
- Salt & pepper – to taste
- Fresh basil – 1 tbsp (4 g), chopped (optional)

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss chopped zucchini and bell pepper with 1 tbsp olive oil, garlic powder, oregano, salt, and pepper. Spread on a baking sheet lined with parchment paper and roast for 20-25 minutes, stirring halfway.
3. Meanwhile, brush Portobello mushrooms with ½ tbsp olive oil and season with salt and pepper. Grill in a pan or grill for 3-4 minutes per side until tender.
4. Serve the grilled mushrooms topped with the roasted veggies and garnish with fresh basil.

Nutritional Info (per serving):

- Calories: 260 kcal
- Carbohydrates: 20 g
- Protein: 7 g
- Fats: 18 g
- Glycemic Index: Low

Dinner: Stuffed Zucchini with Tomato & Herbs

A light, flavorful dinner that's simple and satisfying.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Zucchini – 2 medium (500 g), halved lengthwise
- Cherry tomatoes – ¾ cup (110 g), chopped
- Onion – ½ medium (75 g), finely chopped
- Garlic – 1 clove, minced
- Olive oil – 1 tbsp (15 ml)
- Dried oregano – ½ tsp (2 g)
- Fresh basil – 1 tbsp (4 g), chopped
- Salt & pepper – to taste
- Parmesan (optional) – 1 tbsp (8 g), grated

Instructions:

1. Preheat oven to 375°F (190°C).
2. Scoop out the center of the zucchini halves to create "boats." Finely chop the scooped zucchini flesh and set aside.
3. Heat olive oil in a pan. Sauté onion and garlic for 2-3 minutes. Add chopped zucchini flesh and tomatoes. Cook for 5-7 minutes until softened. Stir in oregano, basil, salt, and pepper.
4. Fill the zucchini boats with the tomato mixture. If using, sprinkle with Parmesan on top.
5. Place stuffed zucchini on a baking dish lined with parchment paper. Bake for 20-25 minutes until zucchini is tender.
6. Serve warm.

Nutritional Info (per serving):

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

Week 5–6 | Day 4 | Meal Plan

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

Day 5 | Recipes

Breakfast: Zucchini & Basil Frittata

A light, protein-packed breakfast full of fresh flavors.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Eggs – 4 large (200 g)
- Zucchini – 1 small (150 g), grated
- Fresh basil – 2 tbsp (8 g), chopped
- Onion – ¼ medium (40 g), finely chopped
- Olive oil – 1 tbsp (15 ml)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in an ovenproof skillet. Sauté onion for 2-3 minutes until soft.
3. Add grated zucchini and cook for another 2-3 minutes.
4. In a bowl, whisk eggs with salt, pepper, and basil. Pour over the vegetables in the skillet.
5. Cook over medium heat for 2-3 minutes, then transfer to the oven and bake for 8-10 minutes until set.
6. Slice and serve warm.

Nutritional Info (per serving):

- Calories: 210 kcal
- Carbohydrates: 7 g
- Protein: 14 g
- Fats: 15 g
- Glycemic Index: Low

Snack: Cucumber & Bell Pepper Sticks with Hummus

A refreshing, crunchy snack rich in fiber and plant-based protein — excellent for blood sugar control and satiety.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

For the Veggies:

- Cucumber – 1 medium (200 g), cut into sticks
- Bell pepper – 1 medium (120 g), any color, cut into strips

For the Hummus (or use store-bought unsweetened):

- Canned chickpeas – ½ cup (85 g), drained and rinsed
- Tahini – 1 tbsp (15 g)
- Lemon juice – 1 tbsp (15 ml)
- Garlic – ½ clove (1.5 g), minced
- Olive oil – 1 tsp (5 ml)
- Water – 1-2 tbsp (15-30ml), as needed
- Salt – to taste

Instructions:

1. Blend all hummus ingredients in a small food processor or blender until smooth, adding water to achieve desired consistency.
2. Cut cucumber and bell pepper into snackable sticks.
3. Serve vegetables with hummus on the side for dipping.

Nutritional Info (per serving):

- Calories: 130 kcal
- Carbohydrates: 10 g
- Protein: 4 g
- Fats: 12 g
- Glycemic Index: Low

Lunch: Grilled Stuffed Portobello Mushrooms

Hearty mushrooms filled with savory vegetable goodness.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 10 minutes

Ingredients (US & Metric):

- Portobello mushroom caps – 2 large (200 g)
- Cherry tomatoes – ½ cup (75 g), chopped
- Spinach – 1 cup (30 g), chopped
- Feta cheese (optional) – 2 tbsp (30 g), crumbled
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Salt & pepper – to taste

Instructions:

1. Preheat grill or grill pan.
2. Sauté garlic, spinach, and tomatoes in half the olive oil for 3-4 minutes until wilted.
3. Brush mushroom caps with remaining olive oil and season with salt and pepper.
4. Fill each mushroom with the spinach-tomato mixture. Top with feta if using.
5. Grill stuffed mushrooms for 5-6 minutes until tender.
6. Serve warm.

Nutritional Info (per serving):

- Calories: 240 kcal
- Carbohydrates: 10 g
- Protein: 9 g
- Fats: 19 g
- Glycemic Index: Low

Dinner: Eggplant & Tomato Casserole

A comforting baked dish layered with Mediterranean flavors.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Eggplant – 1 medium (300 g), sliced
- Tomato – 1 large (180 g), sliced
- Onion – ½ medium (75 g), thinly sliced
- Olive oil – 1½ tbsp (22 ml)
- Garlic – 1 clove, minced
- Dried oregano – ½ tsp (2 g)
- Salt & pepper – to taste
- Parmesan (optional) – 1 tbsp (8 g), grated

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a baking dish, layer eggplant, tomato, and onion slices.
3. Drizzle with olive oil, sprinkle garlic, oregano, salt, and pepper.
4. If using, top with Parmesan.
5. Bake for 25-30 minutes until eggplant is soft and top is golden.
6. Serve hot.

Nutritional Info (per serving):

- Calories: 220 kcal
- Carbohydrates: 16 g
- Protein: 6 g
- Fats: 17 g
- Glycemic Index: Low

Week 5–6 | Day 5 | Meal Plan

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

Day 6 | Recipes

Breakfast: Avocado & Tomato Breakfast Wrap

A light and fresh breakfast wrap with creamy avocado and juicy tomatoes.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Whole grain wraps – 2 small (100 g)
- Avocado – 1 medium (150 g), sliced
- Tomato – 1 medium (120 g), sliced
- Baby spinach – 1 cup (30 g)
- Lemon juice – 1 tsp (5 ml)
- Salt & pepper – to taste

Instructions:

1. Lay out the wraps. Spread avocado slices on each.
2. Top with tomato slices, baby spinach, a drizzle of lemon juice, and season with salt and pepper.
3. Roll up tightly, slice in half if desired, and serve.

Nutritional Info (per serving):

- Calories: 280 kcal
- Carbohydrates: 26g
- Protein: 6g
- Fats: 19g
- Glycemic Index: Low

Snack: Roasted Chickpeas with Paprika

Crunchy, smoky chickpeas — perfect for snacking!



Portion Size: 2 servings
Preparation Time: 5 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Cooked chickpeas (or canned, drained) – 1 cup (160 g)
- Olive oil – 1 tbsp (15 ml)
- Smoked paprika – 1 tsp (2 g)
- Garlic powder – ½ tsp (1 g)
- Salt – to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with olive oil, paprika, garlic powder, and salt.
3. Spread on a baking sheet and roast for 25-30 minutes, stirring halfway, until crispy.
4. Cool slightly before serving.

Nutritional Info (per serving):

- Calories: 190 kcal
- Carbohydrates: 22 g
- Protein: 7 g
- Fats: 9 g
- Glycemic Index: Low

Lunch: Grilled Cauliflower Steaks with Pesto

Thick-cut cauliflower grilled and topped with vibrant pesto.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Cauliflower – 1 small head (500 g), cut into 1-inch (2.5 cm) steaks
- Olive oil – 1 tbsp (15 ml)
- Pesto (store-bought or homemade) – 2 tbsp (30 g)
- Salt & pepper – to taste

Instructions:

1. Brush cauliflower steaks with olive oil and season with salt and pepper.
2. Grill over medium-high heat for 6-7 minutes per side until tender and charred.
3. Drizzle with pesto before serving.

Nutritional Info (per serving):

- Calories: 240 kcal
- Carbohydrates: 14 g
- Protein: 7 g
- Fats: 19 g
- Glycemic Index: Low

Eggplant & Lentil Casserole

A hearty, plant-based casserole rich in fiber, plant protein, and antioxidants — perfect for stabilizing blood sugar and reducing inflammation.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Eggplant – 1 medium (300 g), diced
- Cooked brown or green lentils – 1 cup (180 g)
- Canned crushed tomatoes – 1 cup (240 ml)
- Onion – ½ medium (50 g), chopped
- Garlic – 2 cloves (6 g), minced
- Olive oil – 1 tbsp (15 ml)
- Dried oregano – 1 tsp (2 g)
- Ground cumin – ½ tsp (1 g)
- Salt – to taste
- Black pepper – to taste
- Fresh parsley – 1 tbsp (2 g), chopped (for garnish)

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a skillet, heat olive oil and sauté onion and garlic for 2-3 minutes.
3. Add eggplant and cook for 5-7 minutes until slightly softened.
4. Stir in lentils, crushed tomatoes, oregano, cumin, salt, and pepper. Simmer for 5 minutes.
5. Transfer mixture to a small baking dish and bake uncovered for 20-25 minutes.
6. Garnish with chopped parsley and serve hot.

Nutritional Info (per serving):

- Calories: 280 kcal
- Carbohydrates: 32 g
- Protein: 8 g
- Fats: 15 g
- Glycemic Index: Low

Week 5–6 | Day 6 | Meal Plan

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

Day 7 | Recipes

Breakfast: Roasted Tomato & Spinach Omelet

A light and fluffy omelet packed with sweet roasted tomatoes and spinach.



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

Ingredients (US & Metric):

- Eggs – 4 large (200 g)
- Cherry tomatoes – 1 cup (150 g), halved
- Fresh spinach – 1 cup (30 g)
- Olive oil – 1 tbsp (15 ml)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 400°F (200°C). Place tomatoes on a baking tray, drizzle with olive oil, and roast for 10 minutes until softened.
2. Whisk the eggs, season with salt and pepper.
3. In a skillet over medium heat, sauté spinach until wilted.
4. Pour in eggs, cook gently until just set. Top with roasted tomatoes and fold over.
5. Slice and serve.

Nutritional Info (per serving):

- Calories: 220 kcal
- Carbohydrates: 6 g
- Protein: 14 g
- Fats: 17 g
- Glycemic Index: Low

Snack: Cucumber Sticks with Tahini Dip

A crunchy snack with creamy sesame dip.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Cucumber – 1 medium (200 g), cut into sticks
- Tahini – 2 tbsp (30 g)
- Lemon juice – 1 tsp (5 ml)
- Water – 1 tbsp (15 ml)
- Salt & pepper – to taste

Instructions:

1. Mix tahini, lemon juice, and water to create a smooth dip. Add salt and pepper.
2. Serve cucumber sticks alongside.

Nutritional Info (per serving):

- Calories: 130 kcal
- Carbohydrates: 7 g
- Protein: 3 g
- Fats: 11 g
- Glycemic Index: Low

Lunch: Stuffed Sweet Potatoes with Chickpeas & Herbs

Hearty baked sweet potatoes filled with spiced chickpeas and herbs.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 40 minutes

Ingredients (US & Metric):

- Sweet potatoes – 2 medium (300 g each)
- Cooked chickpeas – 1 cup (160 g)
- Olive oil – 1 tbsp (15 ml)
- Cumin – ½ tsp (1 g)
- Paprika – ½ tsp (1 g)
- Fresh parsley – 2 tbsp (8 g), chopped
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 400°F (200°C). Bake sweet potatoes for 35-40 minutes until tender.
2. Meanwhile, sauté chickpeas with olive oil, cumin, paprika, salt, and pepper.
3. Split open the sweet potatoes, mash slightly, and top with chickpea mixture. Sprinkle with parsley.
4. Serve warm.

Nutritional Info (per serving):

- Calories: 310 kcal
- Carbohydrates: 48 g
- Protein: 9g
- Fats: 10g
- Glycemic Index: Low-Medium

Dinner: Mediterranean Lentil & Roasted Eggplant Stew

A comforting stew bursting with Mediterranean flavors.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 35 minutes

Ingredients (US & Metric):

- Eggplant – 1 medium (300 g), diced
- Cooked lentils – 1 cup (200 g)
- Olive oil – 1 tbsp (15 ml)
- Onion – 1 small (80 g), diced
- Garlic – 2 cloves, minced
- Crushed tomatoes – 1 cup (240 g)
- Dried oregano – 1 tsp (1 g)
- Fresh basil – 2 tbsp (8 g), chopped
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss eggplant with olive oil, salt, and pepper; roast for 20-25 minutes until tender.
2. In a pot, sauté onion and garlic until soft. Add crushed tomatoes, lentils, oregano, and roasted eggplant. Simmer for 10 minutes.
3. Stir in fresh basil just before serving.

Nutritional Info (per serving):

- Calories: 320 kcal
- Carbohydrates: 36 g
- Protein: 12 g
- Fats: 15 g
- Glycemic Index: Low

Week 5–6 | Day 7 | Meal Plan

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

Weeks 7–8

Day 1 | Recipes

Breakfast: Spinach & Zucchini Scramble

A protein-packed veggie scramble, light yet filling.



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

Ingredients (US & Metric):

- Eggs – 4 large (200 g)
- Zucchini – 1 small (150 g), diced
- Fresh spinach – 1 cup (30 g)
- Olive oil – 1 tbsp (15 ml)
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a pan over medium heat. Add zucchini and cook for 3-4 minutes until slightly softened.
2. Add spinach and cook until wilted.
3. Beat eggs in a bowl, season with salt and pepper, then pour into the pan.
4. Scramble gently until eggs are cooked through.
5. Serve warm.

Nutritional Info (per serving):

- Calories: 230 kcal
- Carbohydrates: 6 g
- Protein: 15 g
- Fats: 18 g
- Glycemic Index: Low

Snack: Roasted Bell Peppers with Hummus

A smoky, savory snack perfect for dipping.



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

Ingredients (US & Metric):

- Bell peppers (mixed colors) – 2 medium (240 g), sliced into quarters
- Olive oil – 1 tbsp (15 ml)
- Hummus – 4 tbsp (60 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss bell pepper slices with olive oil, salt, and pepper.
2. Roast on a baking sheet for 20 minutes until slightly charred and tender.
3. Serve warm or chilled with hummus on the side.

Nutrition (per serving):

- Calories: 220 kcal
- Carbohydrates: 18 g
- Protein: 5 g
- Fats: 16 g
- Glycemic Index: Medium

Lunch: Roasted Cauliflower & Chickpea Salad

A crunchy, roasted salad loaded with plant-based protein.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Cauliflower florets – 2 cups (200 g)
- Cooked chickpeas – 1 cup (160 g)
- Olive oil – 1½ tbsp (22 ml)
- Cumin – ½ tsp (1 g)
- Paprika – ½ tsp (1 g)
- Lemon juice – 1 tbsp (15 ml)
- Fresh parsley – 2 tbsp (8 g), chopped
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower and chickpeas with olive oil, cumin, paprika, salt, and pepper.
3. Spread on a baking sheet and roast for 20-25 minutes until golden.
4. Toss with lemon juice and parsley before serving.

Nutritional Info (per serving):

- Calories: 280 kcal
- Carbohydrates: 30 g
- Protein: 10 g
- Fats: 14 g
- Glycemic Index: Low

Dinner: Stuffed Bell Peppers with Quinoa & Vegetables

Colorful bell peppers stuffed with a nutritious veggie-quinoa mix.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Bell peppers – 2 large (250 g), tops removed and seeded
- Cooked quinoa – 1 cup (185 g)
- Zucchini – ½ small (75 g), diced
- Tomato – 1 small (100 g), diced
- Onion – ½ small (40 g), diced
- Olive oil – 1 tbsp (15 ml)
- Dried oregano – ½ tsp (1 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Sauté onion, zucchini, and tomato in olive oil for 5 minutes. Stir in quinoa, oregano, salt, and pepper.
3. Fill each bell pepper with the quinoa mixture.
4. Place in a baking dish, cover with foil, and bake for 25-30 minutes.
5. Serve warm.

Nutritional Info (per serving):

- Calories: 300 kcal
- Carbohydrates: 38 g
- Protein: 9 g
- Fats: 14 g
- Glycemic Index: Low

Week 7–8 | Day 1 | Meal Plan

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

Day 2 | Recipes

Breakfast: Vegetable & Tofu Scramble

A hearty vegan scramble packed with protein and veggies.



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

Ingredients (US & Metric):

- Firm tofu – 1 cup (200 g), crumbled
- Spinach – 1 cup (30 g)
- Red bell pepper – ½ medium (60 g), diced
- Mushrooms – ½ cup (50 g), sliced
- Olive oil – 1 tbsp (15 ml)
- Turmeric – ¼ tsp (1 g)
- Garlic powder – ¼ tsp (1g)
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Sauté bell pepper and mushrooms for 4-5 minutes.
3. Add crumbled tofu, spinach, turmeric, garlic powder, salt, and pepper.
4. Cook for 3-4 minutes until heated through and spinach is wilted.
5. Serve warm.

Nutrition (per serving):

- Calories: 230 kcal
- Carbohydrates: 10 g
- Protein: 16 g
- Fats: 16 g
- Glycemic Index: Low

Snack: Roasted Spiced Chickpeas

Crispy, crunchy, protein-packed snack.



Portion Size: 2 servings
Preparation Time: 5 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Cooked chickpeas – 1 cup (160 g)
- Olive oil – 1 tbsp (15 ml)
- Paprika – ½ tsp (1 g)
- Cumin – ½ tsp (1 g)
- Garlic powder – ¼ tsp (1 g)
- Salt – to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with oil and spices.
3. Spread on a baking sheet and roast for 20-25 minutes, shaking halfway, until crispy.
4. Cool slightly and enjoy.

Nutrition (per serving):

- Calories: 200 kcal
- Carbohydrates: 24 g
- Protein: 8 g
- Fats: 10 g
- Glycemic Index: Medium

Lunch: Lentil & Roasted Beet Salad

Earthy, protein-rich salad with a tangy dressing.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Cooked lentils – 1 cup (200 g)
- Roasted beets – 1 cup (150 g), diced
- Arugula or spinach – 2 cups (60 g)
- Olive oil – 1 tbsp (15 ml)
- Goat cheese – 2 tbsp (30 g)
- Balsamic vinegar – 1 tbsp (15 ml)
- Dijon mustard – 1 tsp (5 g)
- Salt & pepper – to taste

Instructions:

1. Toss lentils, beets, and greens together.
2. Whisk olive oil, balsamic, mustard, salt, and pepper.
3. Drizzle dressing over salad and mix gently.
4. Serve chilled or at room temperature.

Nutrition (per serving):

- Calories: 300 kcal
- Carbohydrates: 35 g
- Protein: 12 g
- Fats: 14 g
- Glycemic Index: Low

Dinner: Stuffed Portobello Mushrooms with Vegetables

Savory mushrooms filled with a colorful veggie mix.



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

Ingredients (US & Metric):

- Large portobello mushrooms – 2 (200 g), stems removed
- Zucchini – ½ small (75 g), diced
- Tomato – 1 small (100 g), diced
- Onion – ½ small (40 g), diced
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove (3 g), minced
- Dried oregano – ½ tsp (1 g)
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Sauté onion, zucchini, tomato, and garlic in olive oil for 5 minutes; season with oregano, salt, and pepper.
3. Fill mushroom caps with veggie mixture.
4. Bake for 15-20 minutes until mushrooms are tender.
5. Serve warm.

Nutrition (per serving):

- Calories: 220 kcal
- Carbohydrates: 15 g
- Protein: 6 g
- Fats: 16 g
- Glycemic Index: Low

Week 7–8 | Day 2 | Meal Plan

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

Day 3 | Recipes

Breakfast: Savory Cauliflower Pancakes

A low-carb, savory pancake option packed with veggies.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Cauliflower florets – 2 cups (200 g), grated
- Egg – 2 large (100 g)
- Almond flour – ¼ cup (25 g)
- Green onions – 2 (20 g), chopped
- Garlic powder – ½ tsp (2 g)
- Olive oil – 1 tbsp (15 ml)
- Salt & pepper – to taste

Instructions:

1. Mix grated cauliflower, eggs, almond flour, green onions, garlic powder, salt, and pepper.
2. Heat olive oil in a nonstick pan over medium heat.
3. Scoop batter into small rounds; cook for 3-4 min each side until golden.
4. Serve hot with a side salad or dipping sauce.

Nutrition (per serving):

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

Snack: Roasted Zucchini Sticks with Tahini

Crispy zucchini sticks served with a creamy tahini dip.



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

Ingredients (US & Metric):

- Zucchini – 2 medium (300 g), cut into sticks
- Olive oil – 1 tbsp (15 ml)
- Paprika – ½ tsp (2 g)
- Salt & pepper – to taste
- Tahini – 2 tbsp (30 g)
- Lemon juice – 1 tbsp (15 ml)

Instructions:

1. Toss zucchini sticks with olive oil, paprika, salt, and pepper.
2. Spread on a baking sheet; roast at 400°F (200°C) for 20 minutes until tender and golden.
3. Mix tahini and lemon juice for dipping sauce.
4. Serve zucchini with tahini dip.

Nutrition (per serving):

- Calories: 220 kcal
- Carbohydrates: 12g
- Protein: 6g
- Fats: 18g
- Glycemic Index: Medium

Lunch: Ratatouille with Lentils

A hearty vegetable stew with protein-rich lentils.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Eggplant – 1 small (200 g), diced
- Zucchini – 1 medium (150 g), sliced
- Red bell pepper – 1 medium (120 g), chopped
- Tomatoes – 2 medium (250 g), diced
- Cooked lentils – 1 cup (200 g)
- Olive oil – 1 tbsp (15 ml)
- Garlic – 2 cloves, minced
- Dried thyme – ½ tsp (2 g)
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a large pan; sauté garlic, eggplant, zucchini, and bell pepper for 10 minutes.
2. Add tomatoes, lentils, thyme, salt, and pepper.
3. Simmer for 15-20 minutes until veggies are tender.
4. Serve warm with fresh herbs if desired.

Nutrition (per serving):

- Calories: 310 kcal
- Carbohydrates: 28 g
- Protein: 14 g
- Fats: 18 g
- Glycemic Index: Medium

Dinner: Stuffed Zucchini Boats with Vegetables & Herbs

Zucchini halves filled with a savory veggie mixture.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Zucchini – 2 large (400 g), halved lengthwise
- Mushrooms – 1 cup (100 g), chopped
- Tomatoes – 1 medium (125 g), diced
- Red onion – ½ medium (50 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Fresh basil – 2 tbsp (5 g), chopped
- Salt & pepper – to taste

Instructions:

1. Scoop out zucchini centers to create boats; chop scooped flesh.
2. Heat olive oil; sauté garlic, onion, mushrooms, zucchini flesh, and tomatoes for 7-8 minutes.
3. Spoon mixture into zucchini boats.
4. Bake at 375°F (190°C) for 20-25 minutes until tender.
5. Top with fresh basil before serving.

Nutrition (per serving):

- Calories: 270 kcal
- Carbohydrates: 22 g
- Protein: 10 g
- Fats: 18 g
- Glycemic Index: Medium

Week 7–8 | Day 3 | Meal Plan

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

Day 4 | Recipes

Breakfast: Vegetable Breakfast Bowl with Avocado

A colorful, nourishing bowl packed with fiber and healthy fats.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 5 minutes

Ingredients (US & Metric):

- Spinach – 2 cups (60 g), fresh
- Cherry tomatoes – 1 cup (150 g), halved
- Cucumber – ½ medium (100 g), diced
- Avocado – 1 medium (150 g), sliced
- Cooked quinoa – 1 cup (185 g)
- Lemon juice – 1 tbsp (15 ml)
- Olive oil – 1 tbsp (15 ml)
- Salt & pepper – to taste

Instructions:

1. Arrange spinach, tomatoes, cucumber, quinoa, and avocado in two bowls.
2. Drizzle with olive oil and lemon juice.
3. Season with salt and pepper. Serve fresh.

Nutrition (per serving):

- Calories: 330 kcal
- Carbohydrates: 28g
- Protein: 9g
- Fats: 22g
- Glycemic Index: Medium

Kohlrabi Sticks with Avocado Yogurt Dip

A crunchy, refreshing low-carb snack paired with a creamy, probiotic-rich dip — ideal for stabilizing blood sugar and supporting digestion.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

For the Kohlrabi:

- Kohlrabi – 1 medium bulb (250 g), peeled and cut into sticks

For the Avocado Yogurt Dip:

- Ripe avocado – ½ medium (75 g)
- Plain Greek yogurt (low-fat) – ¼ cup (60 g)
- Lemon juice – 1 tbsp (15 ml)
- Garlic – ½ clove (1.5 g), minced
- Salt – a pinch
- Fresh dill or parsley – 1 tbsp (2 g), chopped (optional)

Instructions:

1. Peel and cut the kohlrabi into thin, even sticks. Set aside.
2. In a small bowl, mash avocado and combine with yogurt, lemon juice, garlic, salt, and herbs. Mix until creamy.
3. Serve kohlrabi sticks with avocado yogurt dip on the side.

Nutrition (per serving):

- Calories: 160 kcal
- Carbohydrates: 15g
- Protein: 4g
- Fats: 11g
- Glycemic Index: Medium

Lunch: Grilled Vegetables with Hummus

A satisfying, fiber-rich plate of smoky grilled veggies paired with creamy hummus.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Zucchini – 1 medium (150 g), sliced
- Bell peppers – 2 medium (240 g), sliced
- Red onion – 1 medium (150 g), sliced
- Olive oil – 1 tbsp (15 ml)
- Hummus – 4 tbsp (60 g)
- Lemon juice – 1 tbsp (15 ml)
- Salt & pepper – to taste

Instructions:

1. Toss zucchini, bell peppers, and onion with olive oil, salt, and pepper.
2. Grill on medium heat for 10-15 min, turning occasionally.
3. Plate vegetables and serve with hummus and a drizzle of lemon juice.

Nutrition (per serving):

- Calories: 290 kcal
- Carbohydrates: 26 g
- Protein: 7 g
- Fats: 20 g
- Glycemic Index: Medium

Dinner: Stuffed Eggplant with Mushrooms

A hearty, savory dinner packed with vegetables and herbs.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Eggplant – 1 large (300 g), halved lengthwise
- Mushrooms – 1 cup (100 g), chopped
- Onion – ½ medium (75 g), diced
- Garlic – 1 clove, minced
- Olive oil – 1 tbsp (15 ml)
- Fresh parsley – 2 tbsp (8g), chopped
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 400°F (200°C). Scoop out eggplant flesh, chop it, and set aside.
2. Sauté onion, garlic, mushrooms, and chopped eggplant in olive oil for 5-7 min.
3. Stuff eggplant shells with the mixture. Bake for 20 min.
4. Garnish with fresh parsley before serving.

Nutrition (per serving):

- Calories: 240 kcal
- Carbohydrates: 20 g
- Protein: 6 g
- Fats: 16 g
- Glycemic Index: Medium

Week 7–8 | Day 4 | Meal Plan

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

Day 5 | Recipes

Breakfast: Vegetable Scramble with Spinach & Tomatoes

A quick, protein-packed breakfast full of fresh veggies.



Portion Size: 2 servings
Preparation Time: 5 minutes
Cooking Time: 10 minutes

Ingredients (US & Metric):

- Eggs – 4 large (200 g)
- Spinach – 2 cups (60 g), fresh
- Cherry tomatoes – 1 cup (150 g), halved
- Onion – ½ small (50 g), diced
- Olive oil – 1 tbsp (15 ml)
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a pan over medium heat. Sauté onion for ~3 min.
2. Add tomatoes and spinach; cook until spinach wilts.
3. Beat eggs, pour into pan, and scramble gently until cooked.
4. Season with salt and pepper. Serve warm.

Nutrition (per serving):

- Calories: 220 kcal
- Carbohydrates: 8 g
- Protein: 14 g
- Fats: 16 g
- Glycemic Index: Low

Snack: Cauliflower Florets with Curry Dip

A low-carb, anti-inflammatory snack that combines crunchy cauliflower with a creamy, spiced yogurt-based dip — great for blood sugar and gut health.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

For the Cauliflower:

- Cauliflower florets – 2 cups (200 g), raw or lightly steamed

For the Curry Dip:

- Plain Greek yogurt (low-fat) – ½ cup (120 g)
- Curry powder – ½ tsp (1 g)
- Lemon juice – 1 tbsp (15 ml)
- Garlic – ½ clove (1.5 g), minced
- Salt – a pinch
- Water – 1-2 tsp (5-10 ml), to thin the dip if needed

Instructions:

1. Prepare the cauliflower florets by washing and cutting them into bite-sized pieces. Optionally steam for 2-3 minutes if a softer texture is desired.
2. In a small bowl, mix yogurt, curry powder, lemon juice, garlic, and salt. Stir until smooth.
3. Thin with a small amount of water if needed to achieve a dipping consistency.
4. Serve cauliflower florets with curry dip on the side.

Nutrition (per serving):

- Calories: 110 kcal
- Carbohydrates: 7 g
- Protein: 3 g
- Fats: 6 g
- Glycemic Index: Low

Lunch: Vegetable Stuffed Tomatoes with Herbs

A light yet satisfying meal filled with fiber-rich vegetables and herbs — perfect for blood sugar control and reducing inflammation.



Portion Size: 2 servings
Preparation Time: 15 min | **Cooking Time:** 25 min

Ingredients (US & Metric):

- Large tomatoes – 2 (about 300 g), tops sliced off and insides scooped out
- Zucchini – ½ cup (65 g), finely diced
- Eggplant – ½ cup (75 g), finely diced
- Onion – ¼ medium (30 g), chopped
- Garlic – 1 clove (3 g), minced
- Olive oil – 1 tbsp (15 ml)
- Fresh parsley – 1 tbsp (2 g), chopped
- Dried oregano – ½ tsp (1 g)
- Salt – to taste
- Black pepper – to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Carefully hollow out the tomatoes and set aside the pulp.
3. Heat olive oil in a skillet over medium heat. Sauté onion and garlic for 2-3 minutes.
4. Add zucchini, eggplant, reserved tomato pulp, oregano, salt, and pepper. Cook for 5-6 minutes until softened.
5. Stir in fresh parsley and remove from heat.
6. Fill hollowed tomatoes with the vegetable mixture and place them in a baking dish.
7. Bake for 20-25 minutes, until the tomatoes are soft and slightly browned on top.
8. Serve warm, garnished with extra herbs if desired.

Nutrition (per serving):

- Calories: 170 kcal
- Carbohydrates: 12 g
- Protein: 14 g
- Fats: 18 g
- Glycemic Index: Medium

Dinner: Stuffed Zucchini with Vegetables & Herbs

Zucchini halves filled with a savory veggie mixture.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Zucchini – 2 large (400 g), halved lengthwise
- Mushrooms – 1 cup (100 g), chopped
- Tomatoes – 1 medium (125 g), diced
- Red onion – ½ medium (50 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Fresh basil – 2 tbsp (5 g), chopped
- Salt & pepper – to taste

Instructions:

1. Scoop out zucchini centers to create boats; chop scooped flesh.
2. Heat olive oil; sauté garlic, onion, mushrooms, zucchini flesh, and tomatoes for 7-8 minutes.
3. Spoon mixture into zucchini boats.
4. Bake at 375°F (190°C) for 20-25 minutes until tender.
5. Top with fresh basil before serving.

Nutrition (per serving):

- Calories: 270 kcal
- Carbohydrates: 22 g
- Protein: 10 g
- Fats: 18 g
- Glycemic Index: Medium

Week 7–8 | Day 5 | Meal Plan

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

Day 6 | Recipes

Breakfast: Sweet Potato & Spinach Breakfast Bowl

A warm, hearty breakfast bowl rich in fiber and healthy carbs.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Sweet potato – 1 medium (200 g), peeled and cubed
- Spinach – 2 cups (60 g), fresh
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss sweet potato cubes with half the olive oil, salt, and pepper.
2. Roast for 20-25 minutes until tender.
3. Sauté spinach with garlic and remaining olive oil in a pan for 2-3 minutes until wilted.
4. Combine roasted sweet potatoes and sautéed spinach in bowls. Serve warm.

Nutrition (per serving):

- Calories: 260 kcal
- Carbohydrates: 28 g
- Protein: 5 g
- Fats: 15 g
- Glycemic Index: Medium

Snack: Snap Peas with Spicy Tahini Dip

A crisp, refreshing snack with a creamy and mildly spicy dip — packed with fiber and healthy fats, and perfect for blood sugar balance.



Portion Size: 2 servings
Preparation Time: 10 minutes

Ingredients (US & Metric):

For the Snap Peas:

- Fresh snap peas – 2 cups (160 g), trimmed

For the Spicy Tahini Dip:

- Tahini – 2 tbsp (30 g)
- Lemon juice – 1 tbsp (15 ml)
- Water – 1-2 tbsp (15-30 ml), to thin as needed
- Garlic – ½ clove (1.5 g), minced
- Ground cumin – ¼ tsp (0.5 g)
- Cayenne pepper – a pinch (adjust to taste)
- Salt – a pinch

Instructions:

1. Wash and trim snap peas. Set aside.
2. In a bowl, whisk together tahini, lemon juice, garlic, cumin, cayenne, and salt.
3. Add water gradually until you reach a creamy dip consistency.
4. Serve snap peas with the spicy tahini dip on the side.

Nutrition (per serving):

- Calories: 130 kcal
- Carbohydrates: 8 g
- Protein: 4 g
- Fats: 9 g
- Fiber: 3 g
- Glycemic Index: Low

Lunch: Stuffed Bell Peppers with Vegetables

A hearty, plant-based dish full of colorful veggies and herbs.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Bell peppers – 2 large (240 g), tops cut off, seeds removed
- Zucchini – ½ medium (75 g), diced
- Mushrooms – 1 cup (100 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Onion – ½ medium (50 g), diced
- Cherry tomatoes – ½ cup (75 g), chopped
- Garlic – 1 clove, minced
- Fresh parsley – 2 tbsp (8 g), chopped
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a pan; sauté onion and garlic for 2-3 minutes.
3. Add zucchini, mushrooms, and cherry tomatoes; cook for 5-7 minutes until softened. Season with salt, pepper, and parsley.
4. Stuff the mixture into the prepared bell peppers.
5. Place peppers in a baking dish, cover with foil, and bake for 25-30 minutes until the peppers are tender.
6. Serve hot, garnished with extra parsley if desired.

Nutrition (per serving):

- Calories: 250 kcal
- Carbohydrates: 22 g
- Protein: 7 g
- Fats: 16 g
- Glycemic Index: Medium

Dinner: Eggplant Stew with Chickpeas

A warm, hearty Mediterranean-style stew rich in fiber and plant protein.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Eggplant – 1 medium (300 g), diced
- Cooked chickpeas – 1 cup (160 g)
- Onion – 1 small (80 g), chopped
- Tomatoes (fresh or canned) – 1 cup (240 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic – 2 cloves, minced
- Ground cumin – ½ tsp (1 g)
- Smoked paprika – ½ tsp (1 g)
- Fresh parsley – 2 tbsp (8 g), chopped
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onion and garlic for 2-3 minutes.
2. Add diced eggplant and cook for 5-7 minutes until softened.
3. Stir in chickpeas, tomatoes, cumin, paprika, salt, and pepper.
4. Simmer covered for 20-25 minutes, stirring occasionally, until flavors combine and the stew thickens.
5. Garnish with fresh parsley before serving. Serve warm.

Nutrition (per serving):

- Calories: 310 kcal
- Carbohydrates: 32 g
- Protein: 10 g
- Fats: 16 g
- Glycemic Index: Medium

Week 7–8 | Day 6 | Meal Plan

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

Day 7 | Recipes

Breakfast: Sautéed Kale with Tofu Scramble

A protein-packed, plant-based breakfast full of greens and flavor.



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

Ingredients (US & Metric):

- Firm tofu – 1 cup (200 g), crumbled
- Kale – 2 cups (60 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Garlic – 1 clove, minced
- Turmeric – ¼ tsp (1 g)
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Add garlic and sauté for 1 minute.
3. Add kale and cook for 3-4 minutes until wilted.
4. Add crumbled tofu, turmeric, salt, and pepper. Cook for another 3-4 minutes until heated through.
5. Serve warm.

Nutrition (per serving):

- Calories: 230 kcal
- Carbohydrates: 8 g
- Protein: 16 g
- Fats: 16 g
- Glycemic Index: Low

Snack: Roasted Broccoli Florets with Almonds

A crunchy, savory snack with healthy fats and fiber.



Portion Size: 2 servings
Preparation Time: 5 minutes
Cooking Time: 20 minutes

Ingredients (US & Metric):

- Broccoli florets – 2 cups (200 g)
- Olive oil – 1 tbsp (15 ml)
- Garlic powder – ½ tsp (2 g)
- Almonds – 2 tbsp (20 g), chopped
- Salt & pepper – to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss broccoli with olive oil, garlic powder, salt, and pepper.
3. Spread on a baking sheet and roast for 15-20 minutes until crispy and golden.
4. Sprinkle with chopped almonds before serving.

Nutrition (per serving):

- Calories: 210 kcal
- Carbohydrates: 12g
- Protein: 6g
- Fats: 16g
- Glycemic Index: Low

Lunch: Vegetable Soup with Cauliflower Rice

A light, comforting soup packed with fiber and nutrients.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Cauliflower rice – 1½ cups (150 g)
- Carrot – 1 medium (60 g), diced
- Zucchini – 1 small (150 g), diced
- Spinach – 2 cups (60 g), fresh
- Vegetable broth – 3 cups (720 ml)
- Olive oil – 1 tbsp (15 ml)
- Garlic – 2 cloves, minced
- Salt & pepper – to taste

Instructions:

1. Heat olive oil in a pot and sauté garlic and carrots for 3-4 minutes.
2. Add zucchini and cook another 3 minutes.
3. Pour in vegetable broth; bring to a boil.
4. Add cauliflower rice and simmer for 10-12 minutes.
5. Stir in spinach at the end; cook until wilted. Season with salt and pepper.
6. Serve hot.

Nutrition (per serving):

- Calories: 180 kcal
- Carbohydrates: 20 g
- Protein: 6 g
- Fats: 10 g
- Glycemic Index: Low

Dinner: Lentil & Spinach Stuffed Zucchini

A hearty and fiber-rich plant-based dish, loaded with protein and flavor — perfect for blood sugar stability and digestive health.



Portion Size: 2 servings
Preparation Time: 15 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Zucchini – 2 medium (300 g), halved lengthwise and scooped out
- Cooked green or brown lentils – ¾ cup (135 g)
- Fresh spinach – 1 cup (30 g), chopped
- Cherry tomatoes – ½ cup (75 g), chopped
- Olive oil – 1 tbsp (15 ml)
- Onion – ¼ medium (30 g), finely chopped
- Garlic – 1 clove (3 g), minced
- Dried thyme – ½ tsp (1 g)
- Salt – to taste
- Black pepper – to taste
- Fresh parsley – 1 tbsp (2 g), chopped for garnish

Instructions:

1. Preheat oven to 375°F (190°C).
2. Scoop out the centers of the zucchini halves and set aside.
3. Heat olive oil in a skillet. Sauté onion and garlic for 2-3 minutes.
4. Add lentils, spinach, zucchini flesh, cherry tomatoes, thyme, salt, and pepper. Cook for 5-6 minutes until spinach is wilted.
5. Fill zucchini shells with the mixture and place in a baking dish.
6. Bake for 20-25 minutes until the zucchini is tender.
7. Garnish with chopped parsley and serve warm.

Nutrition (per serving):

- Calories: 220 kcal
- Carbohydrates: 20 g
- Protein: 9 g
- Fats: 12 g
- Glycemic Index: Medium

Week 7–8 | Day 7 | Meal Plan

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

Diabetes-Friendly | Desserts

Dessert #1: Mixed Berry Greek Yogurt

A creamy, protein-packed breakfast with a burst of juicy berries to start your day right.



Portion Size: 1 serving
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Plain Greek yogurt (unsweetened, 2% fat) – ¾ cup (170 g)
- Mixed berries (fresh or frozen) – ½ cup (75 g)
- Chia seeds – 1 tsp (5 g) (optional, for extra fiber)

Instructions:

1. Spoon the Greek yogurt into a bowl.
2. Top with the mixed berries.
3. Sprinkle chia seeds on top if using.
4. Enjoy immediately, or chill for 10 minutes if using frozen berries to let them thaw.

Nutritional Information (Per Serving):

- Calories: 150 kcal
- Carbohydrates: 15 g
- Protein: 13 g
- Fats: 5 g
- Glycemic Index: Low

Dessert #2: Dark Chocolate Avocado Mousse

A rich, velvety dessert that's healthy yet indulgent.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Avocado – 1 medium (150 g)
- Unsweetened cocoa powder – 2 tbsp (15 g)
- Maple syrup (or sugar-free sweetener) – 1 tbsp (15 ml)
- Unsweetened almond milk – 2 tbsp (30 ml)
- Vanilla extract – ¼ tsp (1 ml)

Instructions:

1. Blend avocado, cocoa powder, maple syrup, almond milk, and vanilla in a food processor until smooth.
2. Taste and adjust the sweetness if needed.
3. Chill in the refrigerator for at least 30 minutes.
4. Serve cold, plain, or with a sprinkle of cocoa powder.

Nutritional Information (Per Serving):

- Calories: 250 kcal
- Carbohydrates: 16 g
- Protein: 4 g
- Fats: 20 g
- Glycemic Index: Low

Dessert #3: Chia Seed Pudding with Almond Butter & Cocoa

A creamy, chocolatey treat that's nutritious and satisfying.



Portion Size: 2 servings
Preparation Time: 5 minutes (plus chilling)

Ingredients (US & Metric):

- Chia seeds – 4 tbsp (40 g)
- Unsweetened almond milk – 1 cup (240 ml)
- Unsweetened cocoa powder – 1 tbsp (8 g)
- Almond butter – 1 tbsp (16 g)
- Vanilla extract – ½ tsp (2 ml)
- Stevia or preferred sweetener – to taste

Instructions:

1. In a bowl or jar, whisk almond milk, cocoa powder, almond butter, vanilla, and sweetener until smooth.
2. Stir in chia seeds until well combined.
3. Cover and refrigerate for at least 4 hours or overnight until thickened.
4. Stir before serving; top with optional sliced almonds or berries if desired.

Nutritional Information (Per Serving):

- Calories: 250 kcal
- Carbohydrates: 12 g
- Protein: 8 g
- Fats: 20 g
- Glycemic Index: Low

Dessert #4: Roasted Cinnamon Apples with Walnuts & Pumpkin Seeds

A warm, naturally sweet dessert with healthy fats and crunch.



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

Ingredients (US & Metric):

- Apples – 2 medium (300 g), chopped
- Olive oil – 1 tsp (5 ml)
- Ground cinnamon – ½ tsp (2 g)
- Walnuts – 2 tbsp (20 g), chopped
- Pumpkin seeds – 2 tbsp (20 g)

Instructions:

1. Preheat oven to 190°C (375°F).
2. Toss apple pieces with olive oil and cinnamon.
3. Spread on a baking sheet and roast for 20 minutes until soft and slightly caramelized.
4. Top with walnuts and pumpkin seeds before serving.

Nutritional Information (Per Serving):

- Calories: 220 kcal
- Carbohydrates: 24 g
- Protein: 4 g
- Fats: 13 g
- Glycemic Index: Low

Dessert #5: Cinnamon Baked Apple

A warm, naturally sweet dessert with a hint of spice.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 30 minutes

Ingredients (US & Metric):

- Apples – 2 medium (300 g), cored and sliced
- Cinnamon – 1 tsp (2 g)
- Maple syrup – 1 tbsp (15 ml)
- Lemon juice – 1 tsp (5 ml)
- Walnuts – 2 tbsp (14 g), chopped (optional)

Instructions:

1. Preheat oven to 175°C (350°F).
2. In a bowl, toss apple slices with cinnamon, maple syrup, and lemon juice.
3. Arrange the slices in a baking dish and sprinkle with walnuts, if using.
4. Bake for 25-30 minutes until apples are tender.
5. Serve warm.

Nutritional Information (Per Serving):

- Calories: 150 kcal
- Carbohydrates: 28 g
- Protein: 1 g
- Fats: 5 g
- Glycemic Index: Low

Dessert #6: Chia Seed Pudding with Almond Butter & Cocoa

A rich, chocolatey pudding that's completely sugar-free.



Portion Size: 2 servings
Preparation Time: 5 minutes (plus chilling time)

Ingredients (US & Metric):

- Chia seeds – 3 tbsp (36 g)
- Unsweetened almond milk – 1 cup (240 ml)
- Unsweetened cocoa powder – 1 tbsp (7 g)
- Almond butter – 1 tbsp (16 g)
- Vanilla extract – ½ tsp (2.5 ml)

Instructions:

1. Whisk all ingredients together in a bowl or jar.
2. Let sit for 5 minutes, then whisk again to prevent clumping.
3. Cover and refrigerate for at least 2 hours or overnight until thickened.
4. Stir before serving.

Nutritional Info (per serving):

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

Dessert #7: Coconut Chia Pudding with Steamed Pears & Cinnamon

A creamy, naturally sweet dessert.



Portion Size: 2 servings
Preparation Time: 5 min + chilling
Cooking Time: 5 min (for pears)

Ingredients (US & Metric):

- Chia seeds – 4 tbsp (40 g)
- Coconut milk (light) – 1 cup (240 ml)
- Pear – 1 medium (150 g), peeled and sliced
- Cinnamon – ½ tsp (1 g)
- Water – 2 tbsp (30 ml)

Instructions:

1. Mix chia seeds and coconut milk; refrigerate for at least 2 hours or overnight.
2. In a small pan, cook pear slices with water and cinnamon over medium heat for ~5 minutes until soft.
3. Top chia pudding with warm pears before serving.

Nutrition (per serving):

- Calories: 260 kcal
- Carbohydrates: 22 g
- Protein: 6 g
- Fats: 18 g
- Glycemic Index: Medium

Dessert #8: Mixed Berry Greek Yogurt with Steamed Apples & Cinnamon

A creamy, antioxidant-rich treat with warm spiced apples.



Portion Size: 2 servings
Preparation Time: 5 minutes
Cooking Time: 5 min (for apples)

Ingredients (US & Metric):

- Greek yogurt (plain, low-fat) – 1 cup (240 g)
- Mixed berries (fresh or frozen) – ½ cup (75 g)
- Apple – 1 medium (150 g), peeled and diced
- Cinnamon – ½ tsp (1 g)
- Water – 2 tbsp (30 ml)

Instructions:

1. In a small pan, cook apple with water and cinnamon over medium heat for ~5 min until tender.
2. Divide Greek yogurt between two bowls.
3. Top each with berries and warm cinnamon apples.

Nutrition (per serving):

- Calories: 190 kcal
- Carbohydrates: 22 g
- Protein: 12 g
- Fats: 7 g
- Glycemic Index: Medium

Dessert: Zucchini Chocolate Muffins

Moist, chocolatey muffins using zucchini for added fiber and moisture.



Preparation Time: 15 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Zucchini – ½ medium (75 g), grated
- Almond flour – ½ cup (50 g)
- Unsweetened cocoa powder – 1½ tbsp (9 g)
- Baking powder – ½ tsp (2 g)
- Egg – 1 large (50 g)
- Sugar-free sweetener – 1½ tbsp (15 g)
- Olive oil – 1 tbsp (15 ml)
- Vanilla extract – ½ tsp (2.5 ml)

Instructions:

1. Preheat oven to 350°F (175°C). Line a small muffin tin.
2. Mix almond flour, cocoa powder, baking powder, and sweetener.
3. Whisk egg, oil, and vanilla; add zucchini.
4. Combine wet and dry mixtures; divide into 2 muffin cups.
5. Bake for 20-25 min or until a toothpick comes out clean. Cool before serving.

Nutrition (per muffin):

- Calories: 170 kcal
- Carbohydrates: 7 g
- Protein: 6 g
- Fats: 14 g
- Glycemic Index: Low–Medium

Dessert: Carrot Cake Bites

Soft no-bake bites with shredded carrots, spices, and nuts.



Portion Size: 2 bites
Preparation Time: 15 minutes

Ingredients (US & Metric):

- Shredded carrots – ¼ cup (25 g)
- Almond flour – 2 tbsp (15 g)
- Unsweetened shredded coconut – 2 tbsp (15 g)
- Ground flaxseed – 1 tsp (5 g)
- Cinnamon – ¼ tsp (1 g)
- Nutmeg – pinch (0.25 g)
- Sugar-free maple syrup – 1 tbsp (15 ml)
- Almond butter – 1 tbsp (15 g)

Instructions:

1. Mix all ingredients in a bowl.
2. Roll into 2 small balls (or slightly larger bites).
3. Chill for 30 minutes before serving.

Nutrition (per bite):

- Calories: 90 kcal
- Carbohydrates: 6 g
- Protein: 3 g
- Fats: 7 g
- Glycemic Index: Medium

Dessert: Sweet Potato Chocolate Pudding

Creamy chocolate pudding using mashed sweet potato.



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

Ingredients (US & Metric):

- Cooked sweet potato – ½ cup (100 g), mashed
- Unsweetened cocoa powder – 1 tbsp (6 g)
- Sugar-free sweetener – 1 tbsp (10 g)
- Unsweetened almond milk – 2 tbsp (30 ml)
- Vanilla extract – ¼ tsp (1.25 ml)
- Cinnamon – pinch (0.25 g)

Instructions:

1. Blend all ingredients until smooth.
2. Chill for at least 1 hour.
3. Serve cold, optionally topped with cocoa or nuts.

Nutrition (per serving):

- Calories: 160 kcal
- Carbohydrates: 20g
- Protein: 3g
- Fats: 8g
- Glycemic Index: Medium

Dessert: Zucchini Almond Cake

Light, moist cake made with zucchini and almond flour.



Portion Size: 2 slices
Preparation Time: 20 minutes
Cooking Time: 35 minutes

Ingredients (US & Metric):

- Zucchini – ½ cup (60 g), grated
- Almond flour – ½ cup (50 g)
- Egg – 1 large (50 g)
- Baking soda – pinch (1 g)
- Lemon zest – ¼ tsp (1 g)
- Sugar-free sweetener – 1 tbsp (15 g)
- Olive oil – 1 tbsp (15 ml)
- Vanilla extract – ½ tsp (2.5 ml)

Instructions:

1. Preheat oven to 350°F (175°C). Grease a small dish.
2. Mix almond flour, baking soda, sweetener, and zest.
3. Whisk egg, oil, and vanilla; fold in zucchini.
4. Combine and pour into dish.
5. Bake for 30-35 min until set. Cool and slice into 2.

Nutrition (per slice):

- Calories: 190 kcal
- Carbohydrates: 8 g
- Protein: 7 g
- Fats: 16 g
- Glycemic Index: Medium

Dessert: Pumpkin Coconut Cups

Frozen pumpkin treats with coconut and spices.



Portion Size: 2 mini cups
Preparation Time: 15 minutes

Ingredients (US & Metric):

- Pumpkin puree – ¼ cup (60 g)
- Unsweetened shredded coconut – ¼ cup (20 g)
- Coconut oil – 1 tbsp (15 ml), melted
- Sugar-free sweetener – 1 tbsp (10 g)
- Cinnamon – ¼ tsp (1 g)
- Ground ginger – pinch (0.25 g)

Instructions:

1. Mix all ingredients until smooth.
2. Spoon into 2 silicone mini molds.
3. Freeze for 1-2 hours. Pop out and serve cold.

Nutrition (per cup):

- Calories: 100 kcal
- Carbohydrates: 5 g
- Protein: 1 g
- Fats: 9 g
- Glycemic Index: Low–Medium

Dessert: Spiced Carrot Pudding

Warm, comforting pudding with carrots and spices.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 15 minutes

Ingredients (US & Metric):

- Shredded carrots – ½ cup (50 g)
- Unsweetened almond milk – ½ cup (120 ml)
- Sugar-free sweetener – 1½ tbsp (15 g)
- Ground cinnamon – ½ tsp (2 g)
- Ground cardamom – pinch (0.25 g)
- Cornstarch – 1 tbsp (8 g), dissolved in 2 tbsp (30 ml) water

Instructions:

1. Simmer carrots, milk, sweetener, and spices for 10 min.
2. Stir in cornstarch slurry; cook 3-5 min until thickened.
3. Cool slightly and serve warm or chilled.

Nutrition (per serving):

- Calories: 110 kcal
- Carbohydrates: 13 g
- Protein: 2 g
- Fats: 6 g
- Glycemic Index: Medium

Dessert: Beet Chocolate Smoothie

A rich, creamy smoothie with natural beet sweetness.



Portion Size: 2 servings
Preparation Time: 5 minutes

Ingredients (US & Metric):

- Cooked beet – ½ small (50 g), chopped
- Unsweetened almond milk – ½ cup (120 ml)
- Unsweetened cocoa powder – 1 tbsp (6 g)
- Sugar-free sweetener – 1 tbsp (10 g)
- Vanilla extract – ½ tsp (2.5 ml)
- Ice cubes – ½ cup (60 g)

Instructions:

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

Nutrition (per serving):

- Calories: 90 kcal
- Carbohydrates: 12 g
- Protein: 2 g
- Fats: 4 g
- Glycemic Index: Medium

Dessert: Sweet Potato Almond Bites

Chewy, nutty bites with mashed sweet potato.



Portion Size: 2 bites
Preparation Time: 10 minutes

Ingredients (US & Metric):

- Mashed sweet potato – ¼ cup (60 g)
- Almond flour – 2 tbsp (15 g)
- Unsweetened shredded coconut – 2 tbsp (15 g)
- Cinnamon – ¼ tsp (1 g)
- Sugar-free maple syrup – 1 tbsp (15 ml)

Instructions:

1. Mix all ingredients.
2. Shape into 2 balls; chill for 30 min before serving.

Nutrition (per bite):

- Calories: 85 kcal
- Carbohydrates: 10 g
- Protein: 2 g
- Fats: 5 g
- Glycemic Index: Medium

Dessert: Spinach Banana Smoothie

Naturally sweet, green smoothie with banana.



Portion Size: 2 glasses
Preparation Time: 5 minutes
Cooking Time: 0 minutes

Ingredients (US & Metric):

- Fresh spinach – 1 cup (30 g)
- Banana – ½ medium (60 g)
- Unsweetened almond milk – ½ cup (120 ml)
- Sugar-free sweetener – 1 tbsp (10 g)
- Ice cubes – ½ cup (60 g)

Instructions:

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

Nutrition (per serving):

- Calories: 80 kcal
- Carbohydrates: 15 g
- Protein: 2 g
- Fats: 3 g
- Glycemic Index: Medium

Dessert: Cucumber Mint Popsicles

Refreshing, sugar-free popsicles with cucumber and mint.



Portion Size: 2 pops
Preparation Time: 10 min + freeze
Cooking Time: 0 minutes

Ingredients (US & Metric):

- Cucumber – ½ medium (100 g), peeled
- Fresh mint – 1 tbsp (2 g)
- Lime juice – 1 tbsp (15 ml)
- Sugar-free sweetener – 1 tbsp (10 g)
- Water – ½ cup (120 ml)

Instructions:

1. Blend all ingredients.
2. Pour into molds; freeze for 3-4 hours.

Nutrition (per pop):

- Calories: 30 kcal
- Carbohydrates: 4 g
- Protein: 0 g
- Fats: 0 g
- Glycemic Index: Low

Dessert: Cauliflower Chocolate Mousse

Surprisingly creamy mousse made from blended cauliflower.



Portion Size: 2 servings
Preparation Time: 10 minutes
Cooking Time: 5 minutes

Ingredients (US & Metric):

- Cooked cauliflower – 1 cup (100 g)
- Unsweetened cocoa powder – 2 tbsp (12 g)
- Sugar-free sweetener – 1½ tbsp (15g)
- Vanilla extract – ½ tsp (2.5 ml)
- Almond milk – 2 tbsp (30 ml)

Instructions:

1. Blend all ingredients until silky smooth.
2. Chill before serving.

Nutrition (per serving):

- Calories: 100 kcal
- Carbohydrates: 8 g
- Protein: 3 g
- Fats: 6 g
- Glycemic Index: Low

Dessert: Pumpkin Yogurt Bowl

Creamy yogurt blended with pumpkin and spices.



Portion Size: 2 bowls
Preparation Time: 5 minutes
Cooking Time: 0 minutes

Ingredients (US & Metric):

- Plain Greek yogurt – ½ cup (120 g)
- Pumpkin puree – ½ cup (120 g)
- Sugar-free sweetener – 1 tbsp (10 g)
- Cinnamon – ¼ tsp (1 g)
- Nutmeg – pinch (0.25 g)

Instructions:

1. Mix all ingredients.
2. Top with extra cinnamon or nuts if desired.

Nutrition (per bowl):

- Calories: 120 kcal
- Carbohydrates: 9 g
- Protein: 8 g
- Fats: 6 g
- Glycemic Index: Medium

Dessert: Baked Apple with Almond Butter

Warm baked apple topped with creamy almond butter.



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

Ingredients (US & Metric):

- Apple – 1 medium (150 g), halved
- Almond butter – 2 tbsp (30 g)
- Cinnamon – ½ tsp (2 g)

Instructions:

1. Bake apple halves at 350°F (175°C) for 20 min.
2. Drizzle with almond butter; sprinkle with cinnamon.

Nutrition (per serving):

- Calories: 150 kcal
- Carbohydrates: 18 g
- Protein: 3 g
- Fats: 8 g
- Glycemic Index: Medium

Dessert: Carrot Coconut Muffins

Soft muffins with shredded carrots and coconut.



Portion Size: 2 muffins
Preparation Time: 15 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Almond flour – ½ cup (50 g)
- Shredded carrots – ¼ cup (30 g)
- Unsweetened shredded coconut – 2 tbsp (15 g)
- Egg – 1 large (50 g)
- Baking powder – ½ tsp (2 g)
- Sugar-free sweetener – 1½ tbsp (15 g)
- Olive oil – 1 tbsp (15 ml)

Instructions:

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients; pour into muffin molds.
3. Bake for 20-25 min. Cool before serving.

Nutrition (per muffin):

- Calories: 160 kcal
- Carbohydrates: 9 g
- Protein: 6 g
- Fats: 14 g
- Glycemic Index: Medium

Dessert: Green Pea Vanilla Pudding

Mildly sweet pudding using peas and vanilla.



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

Ingredients (US & Metric):

- Cooked green peas – ½ cup (70 g)
- Unsweetened almond milk – ½ cup (120 ml)
- Sugar-free sweetener – 1½ tbsp (15 g)
- Vanilla extract – ½ tsp (2.5 ml)

Instructions:

1. Blend peas, milk, sweetener, and vanilla until smooth.
2. Chill before serving.

Nutrition (per serving):

- Calories: 90 kcal
- Carbohydrates: 10 g
- Protein: 4 g
- Fats: 3 g
- Glycemic Index: Medium

Dessert: Sweet Potato Coconut Bars

Soft, no-bake bars with sweet potato and coconut.



Portion Size: 2 bars
Preparation Time: 15 minutes
Cooking Time: 0 minutes

Ingredients (US & Metric):

- Mashed sweet potato – ½ cup (100 g)
- Almond flour – ¼ cup (25 g)
- Unsweetened shredded coconut – 2 tbsp (15 g)
- Coconut oil – 1 tbsp (15 ml), melted
- Sugar-free sweetener – 1 tbsp (10 g)

Instructions:

1. Mix all ingredients.
2. Press into a small dish; chill until firm. Cut into 2 bars.

Nutrition (per bar):

- Calories: 120 kcal
- Carbohydrates: 10g
- Protein: 3g
- Fats: 9g
- Glycemic Index: Medium

Dessert: Broccoli Almond Smoothie

Mild, creamy smoothie with broccoli and almond butter.



Portion Size: 2 glasses
Preparation Time: 5 minutes
Cooking Time: 0 minutes

Ingredients (US & Metric):

- Steamed broccoli – ½ cup (60 g), cooled
- Almond milk – ½ cup (120 ml)
- Almond butter – 1 tbsp (15 g)
- Sugar-free sweetener – 1 tbsp (10 g)
- Ice cubes – ½ cup (60 g)

Instructions:

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

Nutrition (per glass):

- Calories: 100 kcal
- Carbohydrates: 8 g
- Protein: 4 g
- Fats: 7 g
- Glycemic Index: Medium

Dessert: Cucumber Lime Granita

Icy, refreshing dessert with cucumber and lime.



Portion Size: 2 cups
Preparation Time: 15 min + freeze
Cooking Time: 0 minutes

Ingredients (US & Metric):

- Cucumber – 1 small (150 g), peeled
- Lime juice – 2 tbsp (30 ml)
- Sugar-free sweetener – 1½ tbsp (15 g)
- Water – ½ cup (120 ml)

Instructions:

1. Blend all ingredients.
2. Freeze in a shallow dish, scraping with a fork every 30 min until icy.

Nutrition (per cup):

- Calories: 35 kcal
- Carbohydrates: 5 g
- Protein: 0 g
- Fats: 0 g
- Glycemic Index: Low

Dessert: Zucchini Lemon Muffins

Moist, lightly sweet muffins with grated zucchini and fresh lemon zest.



Portion Size: 2 muffins
Preparation Time: 15 minutes
Cooking Time: 25 minutes

Ingredients (US & Metric):

- Grated zucchini – ½ cup (60 g)
- Almond flour – ½ cup (50 g)
- Egg – 1 large (50 g)
- Lemon zest – 1 tsp (2 g)
- Sugar-free sweetener – 1½ tbsp (15 g)
- Baking powder – ½ tsp (2 g)
- Olive oil – 1 tbsp (15 ml)

Instructions:

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients; pour into muffin molds.
3. Bake for 20-25 min. Cool before serving.

Nutrition (per muffin):

- Calories: 140 kcal
- Carbohydrates: 8 g
- Protein: 6 g
- Fats: 12 g
- Glycemic Index: Medium

Dessert: Avocado Lime Pudding

Silky, creamy pudding with healthy fats and zesty lime.



Portion Size: 2 small bowls
Preparation Time: 10 minutes
Cooking Time: 0 minutes

Ingredients (US & Metric):

- Ripe avocado – 1 medium (150 g)
- Lime juice – 2 tbsp (30 ml)
- Sugar-free sweetener – 1½ tbsp (15 g)
- Vanilla extract – ½ tsp (2.5 ml)
- Almond milk – 2 tbsp (30 ml), optional for thinning

Instructions:

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

Nutrition (per bowl):

- Calories: 160 kcal
- Carbohydrates: 9 g
- Protein: 2 g
- Fats: 14 g
- Glycemic Index: Low

Shopping List

Weeks 1-2 | Shopping List

Vegetables

- Broccoli florets – 445 g
- Spinach – 210 g
- Cucumber – 625 g
- Zucchini – 990 g
- Asparagus – 200 g
- Bell peppers (green, red, yellow) – 540 g total
- Mushrooms (button or other) – 260 g
- Carrots – 410 g
- Cauliflower florets – 450 g
- Cherry tomatoes – 300 g
- Red onion – 110 g
- Onion – 175 g
- Garlic – 7 cloves
- Kale – 70 g
- Celery – 150 g
- Green apple – 75 g
- Arugula – 60 g
- Sugar snap peas – 75 g
- Green bell pepper – 240 g
- Red bell pepper – 240 g
- Radishes – 150 g

Fruits & Smoothie Additions

- Avocados – ~6 medium (approx. 780 g total)
- Lemon juice – ~120 ml (or 5-6 lemons)
- Lime juice – ~10 ml (or 1-2 limes)
- Mixed berries (fresh or frozen) – 75 g
- Apple cider vinegar – 15 ml

Oils, Condiments & Sauces

- Olive oil – ~180 ml
- Tahini – ~75 g
- Soy sauce (low sodium) – 45 ml
- Dijon mustard – 2 g
- Maple syrup or sugar-free sweetener – 15 ml
- Vanilla extract – 1 ml

Herbs, Spices & Seasonings

- Garlic powder – 4 tsp (approx. 8 g)
- Ground cumin – 1 g
- Black pepper – to taste
- Salt – to taste
- Paprika – 2 g
- Dried oregano – 2 g
- Fresh mint – small bunch
- Fresh parsley – ~15 g
- Fresh cilantro – ~8 g
- Ginger – ~3 g
- Dried thyme – 1 g
- Chili flakes – optional

Nuts, Seeds & Legumes

- Hummus – ~75 g
- Chia seeds – ~20 g
- Pumpkin seeds – 20 g

Other

- Unsweetened almond milk – ~1 L
- Vegetable broth – 6 cups (1.4 L)
- Water – 1-2 cups (for smoothies/dilution)
- Ice cubes – optional

Pantry

- Unsweetened cocoa powder – 15 g



Weeks 3-4 | Shopping List

Vegetables

- Spinach (fresh) – 270 g
- Kale – 120 g
- Romaine or baby lettuce – optional if substituting spinach
- Zucchini – 1,365 g (approx. 9 medium)
- Cucumber – 1,300 g (approx. 5 large)
- Bell peppers (mixed colors) – 1,570 g (approx. 13 medium)
- Cherry tomatoes – 600 g
- Red onion – 160 g
- Onion – 250 g
- Garlic – 13 cloves
- Mushrooms – 600 g
- Cauliflower florets – 1,400 g
- Eggplant – 200 g
- Celery – 60 g
- Green apple – 270 g
- Green pear – 160 g
- Apples – 300 g
- Avocados – 6 medium (900 g total)
- Brussels sprouts – 200 g
- Carrots – 200 g

Oils & Condiments

- Olive oil – ~280 ml
- Tahini – 150 g
- Dijon mustard – 15 g
- Tomato paste – 30 g
- Unsweetened almond milk – 720 ml
- Vanilla extract – 2 ml
- Water (as needed – not included)



Herbs, Spices & Seasonings

- Lemon juice – 135 ml (or 5-6 lemons)
- Lime juice – 15ml (1 lime)
- Fresh basil – 7 g
- Fresh parsley or dill – 10 g
- Garlic powder – 9 g (1.5 tsp + ½ tsp x 6 uses)
- Dried oregano – 10 g
- Dried thyme – 4 g
- Ground cumin – 2 g
- Smoked paprika – 2 g
- Italian seasoning – 2 g
- Salt & black pepper – as needed
- Cinnamon – 2 g
- Grated ginger – optional pinch

Nuts, Seeds & Legumes

- Chia seeds – 50 g
- Flaxseed – 10 g
- Pumpkin seeds – 20 g
- Walnuts – 20 g
- Raw cashews – 35 g
- Cooked chickpeas – 245 g
- Cooked lentils – 380 g

Dips, Sauces & Dairy Substitutes

- Hummus – 60 g
- Almond butter – 16 g
- Almond ricotta – 120 g (you can substitute homemade or store-bought vegan ricotta)
- Greek yogurt (plain, low-fat) – 60 g

Grains

- Quinoa (uncooked) – 180 g
- Whole grain bread – 2 slices

Others

- Unsweetened cocoa powder – 8 g
- Stevia or sweetener – to taste
- Roasted seaweed sheets – 10 g

Weeks 5-6 | Shopping List

Vegetables

- Zucchini – 1,870 g (~12 medium)
- Eggplant – 2,500 g (~7-8 medium)
- Cucumber – 1,300 g (~5-6 medium)
- Spinach (fresh) – 300 g
- Kale – 60 g
- Bell peppers (mixed colors) – 720 g (~6 medium)
- Cherry tomatoes – 750 g
- Tomato – 300 g
- Onion – 725 g (~7 medium)
- Red onion – optional, included in total
- Garlic – 17 cloves (~50 g)
- Cauliflower – 700 g (~1 small head)
- Portobello mushrooms – 600 g (~6 large caps)
- Mushrooms (button/cremini) – 300 g
- Sweet potatoes – 600 g (~2 medium)
- Green apple – 180 g (1 medium)
- Baby spinach – 30 g
- Fresh parsley – 30 g
- Fresh basil – 32 g
- Fresh dill – 4 g (or optional)
- Fresh ginger – 5 g

Fruits & Fruit-Based Items

- Avocados – 6 medium (900 g)
- Apples – 300 g (2 medium)
- Lemon juice – 105 ml (or ~6 small lemons)

Pantry, Condiments & Oils

- Olive oil – 235 ml
- Apple cider vinegar – 15 ml
- Tahini – 45 g
- Marinara sauce – 240 ml
- Crushed tomatoes – 480 ml
- Maple syrup (or low-carb alternative) – 15 ml
- Vanilla extract – 2.5 ml
- Whole grain bread – 2 slices
- Whole grain wraps – 2 small
- Whole grain toast – if preferred over bread (optional)

Cheese & Yogurt

- Parmesan cheese – 41 g
- Mozzarella cheese – 100 g
- Feta cheese – 30 g
- Greek yogurt (plain, low-fat) – 240 g

Legumes, Nuts & Seeds

- Cooked lentils – 580 g
- Cooked chickpeas – 405 g
- Pumpkin seeds – 20 g
- Walnuts – 14 g
- Chia seeds – 36 g
- Almond butter – 16 g

Spices & Dried Herbs

- Dried oregano – 10 g
- Dried thyme – 2 g
- Dried basil – optional (fresh used primarily)
- Ground cumin – 1 g
- Garlic powder – 5 g
- Smoked paprika – 2 g
- Curry powder – 1 g
- Cinnamon – 2 g
- Salt & black pepper – as needed

Others

- Unsweetened cocoa powder – 7 g
- Unsweetened almond milk – 240 ml
- Pesto – 30 g
- Capers – 5 g
- Black or green olives – 35 g



Weeks 7-8 | Shopping List

Vegetables

- Zucchini – 1,640 g (~11 small-medium)
- Eggplant – 1,050 g (~3 medium)
- Bell peppers (mixed) – 960 g (~8 medium)
- Cauliflower florets – 800 g
- Broccoli florets – 200 g
- Mushrooms (button, cremini, or portobello) – 600 g
- Tomatoes – 700 g
- Cherry tomatoes – 675 g
- Onion – 650 g (~6 medium)
- Red onion – 200 g (~2 medium)
- Garlic – 17 cloves (~50g)
- Carrot – 60 g
- Kale – 60 g
- Spinach (fresh) – 570 g
- Cucumber – 200 g
- Kohlrabi – 250 g
- Sweet potatoes – 200 g
- Green onions – 20 g
- Snap peas – 160 g

Fruits & Fruit-Based Items

- Apples – 150 g (1 medium)
- Pear – 150 g
- Mixed berries (fresh or frozen) – 75 g
- Lemon juice – 180 ml (or ~6 lemons)

Protein Sources

- Eggs – 12 large (600 g)
- Firm tofu – 400 g
- Cooked chickpeas – 640 g
- Cooked lentils – 535 g

Oils, Sauces, and Liquids

- Olive oil – 300 ml
- Coconut milk (light) – 240 ml
- Tahini – 75 g
- Vegetable broth – 720 ml
- Water – as needed for dips and cooking

Herbs & Spices

- Garlic powder – 7 g
- Ground cumin – 2.5 g
- Paprika (smoked or regular) – 3 g
- Curry powder – 1 g
- Cayenne pepper – pinch
- Dried oregano – 3 g
- Dried thyme – 3 g
- Turmeric – 2 g
- Fresh parsley – 30 g
- Fresh dill or basil – 15 g
- Salt & black pepper – to taste

Dairy (Optional or Substitutable)

- Greek yogurt (plain, low-fat) – 420 g
- Goat cheese – 30 g

Pantry & Miscellaneous

- Chia seeds – 40 g
- Almond flour – 25 g
- Almonds – 20 g, chopped
- Cooked quinoa – 370 g
- Cauliflower rice – 150 g



Thanks for the journey!

Congratulations! You've completed your 8-week journey with Diabetic Diet. But this isn't the end — it's the beginning of a new, more conscious lifestyle where you choose to take care of yourself at every meal.

Following a structured meal plan is already a meaningful step toward stabilizing your blood sugar and improving your overall health. If you're looking for more flexibility or variety, explore additional companion catalogs and plan extensions related to this book. These may include alternative meals, adaptive plans, or focused themes to support your ongoing journey. All such resources are published on Iris Kennedy's official Amazon author page.

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— Iris Kennedy