

Low Glycemic Sample Menu

Day 1

Breakfast

Omelet with mushrooms, green peppers, onions, & tomatoes

Vitamins & Clean Water

10:00am Snack

Nut Butter and celery sticks

Lunch

Boiled eggs

Turkey Bacon

Side salad

Cup of cantaloupe

Vitamins & Clean Water

2:00pm Snack

Hand full of raw carrots

4:00 pm Snack

Hand full of raw nuts and seeds

Dinner

Broiled Salmon

Sautéed Asparagus w/ steamed carrots

Side Salad (lettuce, bean sprouts, pine nuts, tomatoes w/ Annie's Goddess Dressing)

Vitamins & Clean Water

8:00pm Snack

Hummus and carrot sticks

Day 2

Breakfast

Eggs

Chicken Sausage (see 'Brands We Use')

Vitamins & Clean Water

10:00am Snack

Hand full of broccoli w/ dressing

Lunch

Baked or grilled Chicken

Imagine Foods Tomato Soup

Hand full of raw veggies

Cup of Strawberries

Vitamins & Clean Water

2:00pm Snack

Hand Full of Seeds and Nuts

4:00pm Snack

Hummus and Carrot Sticks

Dinner

Chicken-Mushroom Soup

Small side salad (greens; bean sprouts; broccoli; sweet red pepper; pine nuts w/ apple cider vinegar, sea salt and pepper)

Vitamins & Clean Water

8:00pm Snack

Small bowl of leftover soup

Day 3

Breakfast

Omelet w/ broccoli, tomatoes, green pepper & onions

Vitamins & Clean Water

10:00am Snack

Instant Cup of Soup

Lunch

Big salad from grocery store salad bar (make sure you get enough protein by adding seeds and nuts, eggs or some other form of protein)

Annie's Natural's Goddess Dressing

Hummus and carrot sticks

Vitamins & Clean Water

2:00pm Snack

Hand full of seeds and nuts

4:00pm Snack

Hand Full of Seeds and Nuts

Dinner

Turkey Burgers (see recipe) w/ sliced tomato

Raw carrots, broccoli, and celery w/ dressing dip of your choice

Cantaloupe & Strawberry fruit cup

Vitamins & Clean Water

8:00pm Snack

Hummus and Veggie Sticks

Day 4

Breakfast

Same as Day 2

Vitamins & Clean Water

10:00am Snack

Hand full of seeds and nuts

Lunch

Leftover Tomato soup from Day 2

Hummus and lightly steamed broccoli

Vitamins & Clean Water

2:00pm Snack

Avocado and strawberries (combine 1 avocado, 1 cup of strawberries and stevia in a food processor or mini chopper and make a "pudding". I use about 1 teaspoon of stevia. You may want to add a little more but be careful as stevia has a strong taste if you add too much.)

4:00pm Snack

Celery Sticks and Nut Butter

Dinner

Whole Baked Chicken w/ Annie's Bar-B-Q Sauce

Various raw vegetables with hummus dip

Vitamins & Clean Water

8:00pm Snack

A few bites of leftover chicken

Day 5

Breakfast

Turkey Egg Casserole
Vitamins & Clean Water

10:00am Snack

Hummus and crackers

Lunch

Chicken Salad (use leftover chicken for a quick meal)
Raw veggies and hummus
Cantaloupe
Vitamins & Clean Water

2:00pm Snack

Hand full of seeds and nuts

4:00pm Snack

Few bites of leftover chicken salad

Dinner

Grilled Tuna (grill approx. five minutes on each side or until fish starts to flake)
Asparagus sautéed (Spray with Bragg's Liquid Aminos and sauté for approx. 10–15mins)
Raw Carrots
Vitamins & Clean Water

8:00pm Snack

A few spoonfuls of nut butter

Day 6

Breakfast

Same as Day 3
Vitamins & Clean Water

10:00am Snack

Hand full of seeds and nuts

Lunch

Veggie burger or grilled portabella mushroom (top with the hummus and sliced tomato)
Hand full of nuts and seeds
Cup of Soup
Raw veggies and dip
Vitamins & Clean Water

2:00pm Snack

Celery and peanut butter

4:00pm Snack

Hand full of baby carrots and dressing

Dinner

Chicken Broccoli Stir-Fry
Small side salad (greens; bean sprouts; broccoli; pistachios)
Watermelon
Vitamins & Clean Water

8:00pm Snack

Few bites of leftover stir-fry

Day 7

Breakfast

Scrambled Eggs
Chicken Sausage
Cantaloupe and strawberries
Vitamins & Clean Water

10:00am Snack

Betty Lou Smacker

Lunch

Garbage Soup
Take all of your leftover vegetables and meat (make sure you add some protein) and add 2 cartons of chicken broth, 3 – 4 cups of tomato base (this can be a jar spaghetti sauce or stewed tomatoes or tomatoes put in a blender and pureed (my choice), 1–2 tbs. Spike all purpose seasoning, 1 tbs. cumin, ½ tsp. thyme, 1 bay leaf, ½ tsp. garlic powder, 3 tbs. onion flakes. Throw it in the crock pot. Cook on low all day or on high for 3 – 4 hours or put it in a stew pot and cook for at least 30 minutes.

Hummus and veggie sticks
Vitamins & Clean Water

2:00pm Snack

Leftover soup

4:00pm Snack

Hummus and veggie sticks

Dinner

Grilled Chicken or Steak
Large Salad (boiled egg, seeds and nuts, broccoli, red pepper, avocado, tomatoes, mushrooms)
Fruit
Vitamins & Clean Water

8:00pm Snack

Few bites of leftover meat

We purposefully did not put serving sizes on this list. Don't worry about fat grams or calories. Just eat the right KINDS of foods. Eat until you are content but not "over-stuffed".

Fruits listed for Category 1 Diabetics are very seasonal. In the winter months, you may have to stick with frozen cantaloupe and strawberries. Try to do organic!

During Snack time...you do not have to eat a lot, just a few bites to keep your glucose levels optimal and take stress off of your body. Remember to keep yourself to one serving of fruit per day. Refer to the "Diabetic Guidelines" for help regarding the type of fruits and vegetables to choose. This will change as your body gets healthier and can keep your glucose levels regulated. At this time, you will be instructed to move to a different category which will allow you to incorporate a better variety of fruits and vegetables.