

7 days of better blood sugar

CUTTING BACK ON CARBS MAY HELP CONTROL BLOOD SUGAR AND WEIGHT. THESE MENUS BALANCE CARBS ACROSS THE DAY, PROVIDING JUST ENOUGH TO MEET YOUR BODY'S NEEDS.

BY MARSHA MCCULLOCH, RD

DAY 1

BREAKFAST

2 large eggs, scrambled with 1 tbsp chopped green onion
3 oz lean pork cutlets, cooked in ½ tsp avocado oil
1 slice 45-calorie bread, toasted; top with 2 tsp apple butter
1 navel orange

MORNING SNACK

½ medium apple with skin
2 mozzarella cheese sticks

LUNCH

1 cup low-sodium canned tomato soup; sprinkle with 3 tbsp reduced-fat shredded cheddar
½ tuna sandwich: 1 slice 45-calorie bread with 2 oz canned tuna mixed with 2 tsp reduced-fat mayo; top with ¼ cup spinach

AFTERNOON SNACK

5.3 oz 100-calorie stevia-sweetened strawberry Greek yogurt

DINNER

3 oz Roasted Turkey Breast (see recipe 1, page 3)
½ cup cooked sweet corn with ½ tsp EVOO and dash of pepper
2 cups spinach; top with 1 tbsp pumpkin seeds and 1 tbsp olive oil vinaigrette
½ cup natural vanilla ice cream

Daily Total: 1,575 cal, 68g fat (12g mono, 4g poly, 25g sat), 559mg chol, 2,066mg sodium, 130g carb (24g fiber, 70g sugars), 121g protein

DAY 2

BREAKFAST

½ cup whole rolled oats, cooked in water; top with ⅓ cup walnuts, ½ tsp cinnamon and ½ packet stevia

MORNING SNACK

2 large hard-boiled eggs; top with dash of pepper
6 organic saltine crackers

LUNCH

3 oz Roasted Turkey Breast (leftover from Day 1 Dinner)
½ cup boiled asparagus; toss with 1 tsp EVOO
½ cup baked sweet potato; top with 1 tsp EVOO and ½ tsp cinnamon
5 medium radishes; dip in 2 tbsp Garlic Herb Veggie Dip (see recipe 2, page 3)
½ cup stevia-sweetened strawberry gelatin; top with 1 tbsp natural frozen whipped topping, light

AFTERNOON SNACK

¼ cup roasted pumpkin seeds
2 tbsp raisins

DINNER

1 serving Oven Steak (see recipe 3, page 3)
3 tomato slices (¼" thick); top with ½ packet stevia
½ cup grapes

Daily Total: 1,573 cal, 81g fat (22g mono, 24g poly, 16g sat), 507mg chol, 1,195mg sodium, 130g carb (24g fiber, 41g sugars), 92g protein

DAY 3

BREAKFAST

Parfait: Layer 5.3 oz nonfat plain Greek yogurt, ½ chopped medium Bosc pear, 3 tbsp chopped walnuts, 1 tbsp rolled oats and ½ packet stevia

MORNING SNACK

¼ cup peanuts
1½ tbsp raisins

LUNCH

Hamburger: 4 oz lean hamburger patty with 3 tomato slices on 2 slices 45-calorie bread
6 medium radishes
2 cups spinach; top with ¼ cup grated carrot, 1 tsp pumpkin seeds and 1 tsp olive oil vinaigrette

AFTERNOON SNACK

½ medium apple with skin, sliced; dip in 2 tbsp natural peanut butter

DINNER

1 serving Skillet Citrus Orange Roughly (see recipe 4, page 3)
Oven Roasted Carrots: 1 cup chopped carrots, tossed with 1 tsp avocado oil and sprinkled with ¼ tsp herb seasoning blend; bake on sheet pan at 400° until tender, about 20 minutes
3 small (5-inch long) stalks celery, dipped in 2 tbsp Garlic Herb Veggie Dip (leftover from Day 2 Lunch)
1 cup sliced strawberries, topped with 2 tbsp light frozen whipped topping

Daily Total: 1,607 cal, 89g fat (30g mono, 23g poly, 19g sat), 160mg chol, 1,043mg sodium, 124g carb (30g fiber, 61g sugars), 96g protein

DAY 4

BREAKFAST

1 frozen whole-wheat waffle; toast and top with 2 tsp apple butter and ½ tsp cinnamon
4 oz lean pork cutlets, cooked in 1 tsp avocado oil
½ navel orange

MORNING SNACK

2 mozzarella cheese sticks
5 organic saltine crackers

LUNCH

Turkey Sandwich: 3 oz Roasted Turkey Breast (leftover from Day 1 Dinner) on 45-calorie bread; spread with 1 tbsp mashed avocado
1 serving Roasted Cauliflower Chips (see recipe, page 2)
½ cup carrot sticks with 2 tbsp Garlic Herb Veggie Dip (leftover from Day 2 Lunch)
½ cup grapes

AFTERNOON SNACK

½ medium Bosc pear
2 oz reduced-fat cheddar

DINNER

1 serving Hamburger Cabbage Stir-Fry (see recipe 5, page 3)
½ cup cooked sweet corn with ½ tsp EVOO and dash of pepper
½ medium apple with skin, sliced; dip in 2 tsp natural peanut butter

Daily Total: 1,567 cal, 67g fat (23g mono, 6g poly, 26g sat), 254mg chol, 2,472mg sodium, 132g carb (23g fiber, 53g sugars), 121g protein

NOTE: These 1,600-calorie menus are generally appropriate for overweight women with type 2 diabetes but can be adjusted based on your individual needs.

EVOO = extra-virgin olive oil

7 days of better blood sugar

Roasted ►
Cauliflower Chips

Roasted Cauliflower Chips

Makes 4 servings

- 1 pound cauliflower florets, separated
- 2 tablespoons avocado oil or olive oil (not extra-virgin), divided
- ½ teaspoon coarse sea salt
- ½ teaspoon crushed red pepper flakes (or to taste)
- 1 (1-inch) piece fresh ginger, peeled and shredded with a fork

1. Preheat oven to 400°. Wash florets and cut into smaller, bite-size pieces where necessary.
2. Line a large, rimmed baking sheet with foil and drizzle with 1 tablespoon oil. Spread florets onto sheet and drizzle with remaining oil. Sprinkle with sea salt, red pepper flakes, and shredded ginger. Toss to coat evenly.
3. Roast until lightly browned and crispy, stirring often so as not to burn, about 20–25 minutes. When done, florets should not wilt or sag when lifted. Serve warm or cold.

PER SERVING: 69 cal, 4g fat (3g mono, 1g poly, 1g sat), 0mg chol, 3g protein, 8g carb, 3g fiber, 327mg sodium

DAY 5

BREAKFAST

- 2 large eggs, cooked in 1 tsp avocado oil
- 2 slices 45-calorie bread; toast and top with 4 tsp apple butter
- ½ cup grapes

MORNING SNACK

- 5.3 oz 100-calorie strawberry Greek yogurt
- ¼ cup walnuts

LUNCH

- 1 cup low-sodium canned tomato soup
- 2 oz reduced-fat cheddar
- 4 organic saltine crackers

AFTERNOON SNACK

- ¼ cup peanuts
- 1½ tsp raisins

DINNER

- 2 Salmon Patties (see recipe 6, page 3); serve on 2 slices 45-calorie bread, spread with 2 tbsp mashed avocado
- 1 cup steamed broccoli florets; sprinkle with ¼ tsp herb seasoning blend
- 3 medium radishes
- ½ cup strawberry gelatin

Daily Total: 1,583 cal, 86g fat (29g mono, 24g poly, 21g sat), 517mg chol, 1,961mg sodium, 129g carb (28g fiber, 51g sugars), 93g protein

NOTE: These 1,600-calorie menus are generally appropriate for overweight women with type 2 diabetes but can be adjusted based on your individual needs. EVOO = extra-virgin olive oil

DAY 6

BREAKFAST

- ½ cup rolled oats, cooked in water; stir in 1 tbsp apple butter and ½ tsp cinnamon
- 2 mozzarella cheese sticks

MORNING SNACK

- ½ medium apple with skin
- 2 oz reduced-fat cheddar

LUNCH

- Salmon Spinach Salad:
 - Top 3 cups spinach with 1 crumbled Salmon Patty (leftover from Day 5 Dinner), ½ cup tomato, ¼ cup avocado, 2 tbsp pumpkin seeds and 1 tbsp vinaigrette
- 5.3 oz 100-calorie strawberry Greek yogurt

AFTERNOON SNACK

- 1 slice 45-calorie bread, toasted; spread with 2 tsp natural peanut butter and 2 tsp apple butter

DINNER

- 4 oz grilled sirloin steak; marinate in 1 tbsp olive oil vinaigrette for at least 1 hour before cooking; discard marinade
- 1 serving Cabbage & Cashew Stir-Fry (see recipe 7, page 3)
- ½ cup boiled potatoes with 1 tsp EVOO and dash pepper
- ½ medium Bosc pear

Daily Total: 1,583 cal, 77g fat (23g mono, 6g poly, 23g sat), 182mg chol, 1,863mg sodium, 131g carb (32g fiber, 44g sugars), 102g protein

DAY 7

BREAKFAST

- 1 frozen whole-wheat waffle; toast and top with 2 oz 100-calorie strawberry Greek yogurt and ½ cup sliced strawberries
- 4 oz lean pork cutlets, cooked in 1 tsp avocado oil

MORNING SNACK

- 2 mozzarella cheese sticks
- ½ medium Bosc pear

LUNCH

- Broiled Orange Roughy (see Recipe 8, page 3)
- ¾ cup steamed asparagus; toss with 1 tsp EVOO and ¼ tsp herb seasoning blend
- 1 serving Cabbage & Cashew Stir-Fry (leftover from Day 6 Dinner)
- ⅓ cup cooked corn with ½ tsp EVOO, dash salt and pepper

AFTERNOON SNACK

- ½ navel orange
- ¼ cup peanuts

DINNER

- 3 oz grilled boneless, skinless chicken breast
- ½ cup baked sweet potato with 1 tsp EVOO, ½ tsp cinnamon
- 1 cup spinach; top with 1 tbsp pumpkin seeds and 1 tsp olive oil vinaigrette
- ½ cup natural vanilla ice cream

Daily Total: 1,597 cal, 77g fat (27g mono, 10g poly, 21g sat), 175mg chol, 1,798mg sodium, 126g carb (25g fiber, 61g sugars), 113g protein



Quick recipes to complete your menus

(each makes 1 serving unless otherwise noted)

1. Roasted Turkey Breast

Mix 1 tbsp avocado oil, ½ tsp salt and 1½ tsp herb seasoning blend. Remove and discard skin from a 2½-pound turkey breast half and brush turkey with oil mixture. Place turkey on rack in a roasting pan and cook in a 375° oven for about 60–90 minutes or until juices run clear (thickest part should reach 165°). Once done, cover with foil and let rest 10 minutes before carving. Makes ten 3-oz servings.

2. Garlic Herb Veggie Dip

Combine 3 oz reduced-fat cream cheese, 6 oz light sour cream, 1 tsp minced garlic, 3 tbsp chopped green onion, 1 tsp dried dill and ¼ tsp salt. Makes eight 2-tbsp servings.

3. Oven Steak

Line a small baking sheet with an oversized piece of heavy foil (large enough to fold over steak and seal). Trim fat from a 4-oz round steak and place on foil. Top with 5-inch celery stalk, sliced; 5-inch small carrot, sliced; and ½ cup potato slices. Drizzle with ½ tsp avocado oil and ¼ tsp herb seasoning blend. Seal foil securely to hold in juices and bake at 400° for 1 hour or until done.

4. Skillet Citrus Orange Roughy

Heat ½ tsp avocado oil in skillet over medium-high heat. Put a 4-oz orange roughy fillet in skillet, drizzle with 1 tbsp fresh orange juice and 1 tbsp fresh lemon juice, and sprinkle with ½ tsp lemon pepper. Cook for 7–10 minutes or until fish flakes easily with a fork.

5. Hamburger Cabbage Stir-Fry

Brown and crumble 8 oz lean ground beef in a skillet. Once meat is browned, add ¼ tsp salt, ¼ tsp pepper, 1 bay leaf (discard before eating), 1 cup grated carrot, 2 cups chopped green cabbage and 2–4 tbsp water. Cover with lid and simmer over low heat for 20 minutes or until veggies are tender, stirring occasionally. Makes 2 servings.

6. Salmon Patties

Combine 7½ oz canned wild-caught salmon, 6 crushed organic saltine crackers, 1 large egg, ¼ cup milk and 2 tbsp chopped yellow onion. Cook in 2 tsp avocado oil. Makes 6 patties.

7. Cabbage & Cashew Stir-Fry

Warm 1 tbsp avocado oil in a skillet over medium heat. Add 3 tbsp raw cashews and 1 tbsp grated ginger; cook about 2 minutes or until cashews are browned and ginger is fragrant. Add half of small head of cabbage (about 12 oz), thinly sliced, ¼ tsp salt and 2 tbsp water. Cover and cook 10 minutes or until cabbage is tender, stirring occasionally. Makes 3 servings.

8. Broiled Orange Roughy

Brush a 4-oz orange roughy fillet with ½ tsp avocado oil. Drizzle with 1 tsp lemon juice and sprinkle with ½ tsp chopped fresh thyme or ⅛ tsp dried thyme. Broil 4 inches from heat source for 8–10 minutes or until fillet is opaque.

SHOPPING LIST

Here's what you'll need to make the week's worth of menus for one person.

FRUITS & VEGETABLES

- 1 bunch asparagus
- 1 medium avocado
- 1 bunch green onions
- 14 medium radishes
- 9 cups baby spinach
- 2 heads broccoli
- 8 carrots
- 1 head cauliflower
- 1 bunch celery
- 1 small fresh piece of ginger
- 1 small head green cabbage
- 1 small yellow onion
- 2 medium russet potatoes
- 2 small sweet potatoes
- 2 tomatoes
- 1 lemon
- 3 navel oranges
- 1 pint strawberries
- 1 bag frozen sweet corn
(TRY: Woodstock Organic Supersweet White Corn) ↔
- 2 medium apples
- 2 medium Bosc pears
- 2 cups grapes
- ½ cup raisins



PROTEINS & DAIRY

- 7 large eggs
- 3 oz boneless, skinless chicken breast
- 2.5 lbs turkey breast half
- 1 lb 90%-lean ground beef
- 4 oz round steak
- 4 oz sirloin steak
- 12 oz lean pork cutlets
- 8 oz orange roughy
- 2 oz tuna canned in water
- 7.5-oz can wild-caught salmon
(TRY: Vital Choice Wild Alaskan Sockeye Salmon)
- 1 quart 1% milk
- 5.3 oz nonfat plain Greek yogurt
- 4 (5.3-oz) containers stevia-sweetened strawberry Greek yogurt
(TRY: Chobani Simply 100 Strawberry Greek Yogurt)
- 8 mozzarella string cheese sticks
- 8 oz reduced-fat cheddar cheese
- 6 oz light sour cream
- 3 oz reduced-fat cream cheese
- 1 cup natural vanilla ice cream

NUTS, SEEDS & NUT BUTTERS

- 3 tbsp cashews
- ½ cup peanuts
- ⅔ cup walnuts
- ⅔ cup roasted pumpkin seeds
- 1 jar unsweetened natural peanut butter
(TRY: Santa Cruz Organic Creamy Light ↔ Roasted Peanut Butter)



GRAINS

- 1 box saltine crackers (TRY: Back to Nature Organic Classic Saltine Crackers)
- 1¼ cups whole rolled oats (TRY: Bob's Red Mill Old Fashioned Rolled Oats)
- 1 loaf stevia-sweetened 45-calorie bread (TRY: Sara Lee Delightful 45 Calories 100% Whole Wheat)
- 1 box frozen whole-wheat waffles (TRY: Van's 8 Whole Grains Lite Waffles)

MISCELLANEOUS

- 1 jar apple butter (TRY: Eden Organic ↔ Apple Butter Spread)
- 1 box stevia-sweetened strawberry gelatin
(TRY: Simply Delish Natural Strawberry Jel Dessert)
- 1 tub light frozen whipped topping
- 1 (16-oz) can light-in-sodium tomato soup
(TRY: Amy's Organic Soups Light in Sodium ↔ Chunky Tomato Bisque)



PANTRY STAPLES

- Sea salt
- Black pepper
- Lemon pepper
- Bay leaves
- Crushed red pepper flakes
- Ground cinnamon
- Dried dill
- Dried thyme (or fresh)
- Herb seasoning blend (TRY: Mrs. Dash Salt-Free Table Blend)
- Stevia sweetener packets (TRY: SweetLeaf Stevia) ↔
- Jarred minced garlic
- Avocado oil (TRY: Spectrum Avocado Oil)
- Extra-virgin olive oil
- Bottled olive oil vinaigrette (TRY: Annie's Naturals ↔ Organic Red Wine & Olive Oil Vinaigrette)
- Reduced-fat mayonnaise
- Heavy-duty aluminum foil

