



RULES FOR BLOOD GLUCOSE CONTROL

D	Limit carbohydrates (starch, fruit, milk/yogurt, sweets) at each meal or snack and evenly distribute them. They turn nearly 100% into sugar FAST. They digest within about 1-2 hours and will spike and drop your sugar.
I	Consume approximately 30-60 grams of carbohydrates per meal (remember that one portion of carbohydrates = 15 grams of total carbohydrates) depending on calorie budget for the day, blood glucose levels and insulin response.
A	Consume slower-digesting foods to balance blood sugar levels and prolong the release of energy (reduce spikes and drops): High fiber or dense carbohydrates in moderation with Lean protein (fish/lean meat/poultry/low-fat cheese, eggs) and/or Unsaturated fat (avocado/nuts/nut butters, oils) Ex: 1 slice rye bread (1 carb serving) + 3 ounces of chicken (protein/fat) and/or 2 tablespoons of avocado (fat) <ul style="list-style-type: none"> Protein and fat have a minimal effect on glucose levels. They digest slowly and when added to carbohydrates will help to balance sugar and reduce fluctuations in glucose levels.
B	Consume approximately 15-30 grams of carbohydrates per snack, mixed with another food group like protein or fat Ex: 1 fruit serving (carb) + nuts (fat)
E	Test blood glucose before meals (80-120) and 2 hours after the first bite of your meals (under 140 or as high as 160). Sugar should rise approximately 50 points from a meal. Test at bedtime (100-140) and the next morning. These testing times will show your glucose patterns. Vary testing times if you do not wish to test more than 1-2 times per day. This information is critical for your doctor and you. <i>Target ranges may vary.</i>
T	Eat every 3-5 hours to avoid fluctuating glucose levels, help prevent overeating at the next meal and keep metabolism higher.
E	Wait 2 hours between meals and snacks so glucose has a chance to come down before sending it back up with your next consumption.
S	Do 150 minutes per week of moderate aerobic physical activity. Add resistance training 3 times per week on nonconsecutive days. With doctor's approval.



Balanced Eating for Health, Diabetes Prevention and Diabetes

When an individual or loved one is diagnosed with diabetes a major concern is about what foods are safe to consume. Always remember that food IS energy. Food breaks down into glucose (energy) so we can survive. Our mission is to provide our body with long-lasting and balanced energy. This is how we do it:

Food is divided into three major groups:

1. Carbohydrates (starch, fruit, milk/yogurt, sweets)
2. Protein (eggs, cheese, fish, shellfish, poultry, meat)
3. Fat (nuts, seeds, nut butters, oils, avocado)

The diabetes way of eating consists of having high fiber or dense carbohydrates in moderation in combination with protein and/or fat. A perfect balance of food groups include moderate carbs, with an emphasis on non-starchy vegetables – also a carb - and lean protein with unsaturated fat. An example of this would be a small to medium sweet potato, salad, broccoli, salmon and sliced avocado. By balancing your plate with different food groups you will have a more level blood sugar and prolong your energy.

Many people eat a healthy breakfast full of carbohydrates: cereal, fruit and milk. This typically spikes the blood sugar in 1 -2 hours and then it will drop. This results in short-lasting energy. By choosing 2 slices of bread (preferably rye, pumpernickel or whole grain) or an English Muffin (carb) with eggs or egg whites and/or a lower fat cheese (protein) and slice of avocado (unsaturated fat) and/or tomato slices (non-starchy vegetable) you will typically experience a more level and balanced blood sugar and have longer-lasting energy. You may also add chopped nuts to your oatmeal and use water or unsweetened milk to cook the oatmeal.

The following foods are nearly equal in calories and carbohydrate amounts.

1/3 cup of cooked white or brown rice = ¼ large white or sweet potato = 1 slice bread = ½ cup corn or peas or legumes/beans = 3 cups raw vegetables or salad = 1 ½ cups cooked non-starchy vegetables such as broccoli, green beans, okra.

Having brown rice or sweet potato instead of white rice or potato has benefits. Higher fiber/dense carbohydrates offer more nutrients and they also digest more slowly. This slower digestion allows the blood sugar to stay steady, avoiding spikes and falls in glucose and energy, for a longer period of time.



ONE WEEK MEAL PLAN

Food Majesty's week of healthy diabetes meals planned for you!

Here's an example of combining food groups to help balance glucose levels. Also, try to eat every three to four hours. Times and meals can vary, it's just an example, and you are not robots!!!! You are human beings who have developed eating patterns over many years. Make modifications to your current way of eating if it is very different from my recommendations.

Beverages can vary from water, water with lemon or other fruit slices, tea/coffee (plain, add milk, unsweetened original, vanilla or chocolate almond milk), club soda with fruit slices, low-sodium V8 juice), add Truecitrus.com (lime/lemon, etc. crystals) into water, herbal tea (try my favorite Bengal Spice Celestial Seasonings)

C= carbohydrates servings/exchanges – **each servings has 15 grams of carbohydrates AND**

P= protein servings/exchanges – *each serving has 7 grams of protein* or 1 ounce **and/or**

F= fat servings/exchanges – **each serving has 5 grams of fat**

DAY ONE

Breakfast (8:00 – 9:00 am)

1 cup cooked oatmeal made with unsweetened milk (2 C) – 30 grams of carbohydrates

2 walnuts, chopped (1 F) – 5 grams of fat

1 poached egg or ¼ cup egg whites (1 P) = 7 grams or 1 ounce of protein

Cinnamon

Lunch (12:00 – 1:00 pm)

2 slices rye, whole grain or pumpernickel bread or sprouted bread (2 C)

3 ounces turkey, tuna, tofu or other lean protein (3P)

Lettuce, tomato

Mustard

Snack (3:00 – 4:00 pm)

Baked apple (1C)

4 walnuts, chopped (2F)

Dinner (6:00 – 7:00 pm)

Salad with 2 teaspoons olive oil plus vinegar (2 F for oil)

1 medium size sweet potato or ½ large butternut squash (2 C)

1 cup broccoli, steamed with ½ cup no-salt diced tomatoes with basil, oregano and garlic (1 C)

5 – 8 ounces salmon, grilled with garlic and 1 tablespoon of light teriyaki sauce (5 – 8 P)

You may substitute other lean protein

Snack (8:00 – 10:00 pm)

1 fruit (1 C)

6 almonds, slivered (1 F)

FOOD MAJESTY

Marci Page Sloane MS, RD, LD/N, CDE



www.FoodMajesty.com
FoodMajesty@gmail.com
561-702-4119

DAY TWO – similar times as DAY ONE

Breakfast

2 slices rye bread or 2 slices sprouted bread (2 C)

2 slices of reduced fat/reduced sodium/lower calorie cheese: Colby jack, Swiss or provolone and tomato (2 P) or 1 egg and 1 slice of low-fat/low-sodium cheese and tomato

Lunch

1 large slice pizza, plain or with vegetables (3 C) (2 P) (1 F)

Small salad with 2 tablespoons low-fat dressing (1F)

Snack

1 fruit (1 C) 24 almonds (4 F)

Dinner

5 – 8 ounces fish, poultry, lean meat (5 - 8 P)

3 cups non-starchy vegetables (2 C)

Lemon pepper or butter spray

Snack

1 sugar-free chocolate or tapioca pudding serving (1 C)

DAY THREE - similar times as DAY ONE

Breakfast

2 slices sprouted bread, rye, whole grain, thin bagel, etc. (2 C)

½ cup cottage cheese (2 P)

Lunch

Large salad: 3 cups salad/veggies (1 C)

3 ounces shrimp or other lean protein (3 P)

1 small roll or 6 crackers or 1 fruit or 2 rice cakes (1 C)

1 tablespoon low-fat butter or margarine (1 F)

2 tablespoons low-fat dressing (1 F)

Snack

1 Greek plain/fat-free yogurt or 1 sugar-free pudding (1 C)

1 ounce nuts (4 F)

Dinner

4 ounces scallops, broiled with lemon, garlic, pepper (4 P)

2/3 cup brown/wild rice or other grain cooked in low-sodium broth (2 C)

1 ½ cups zucchini and onion shredded or diced, mix into the grain (1 C)

Snack

15 grams carbs of Skinny Pop (1 C)



DAY FOUR - similar times as DAY ONE

Breakfast

- 1 slice whole grain bread (1 C)
- ½ cup low-fat (fat-free or 1%) low sodium cottage cheese (2 P)
- 1 cup fresh fruit (1 C)

Lunch

- 2 slices rye bread (thin bagel, etc.) (2 C)
- 2 slices low-fat cheese or 2 ounces turkey, tuna, salmon, leftover protein (2 P)
- 2 slices tomato

Snack

- 3-4 cups popcorn (1 C)

Dinner

- Salad, 2 tablespoons light dressing (Trader Joe's own salad dressing is best) (1 F)
- 10 low-sodium black olives (1 F)
- 5 - 8 ounces fish or poultry (5 – 8 P) grilled with spices – garlic, oregano, lemon, etc.
- 1 whole grain pita bread (2 C)
- 1-2 teaspoon olive oil for bread (1 -2 F)

Snack

- 1 Greek plain/fat-free yogurt and 1 fruit (2 C)
- 12 almonds (2 F)

DAY FIVE - similar times as DAY ONE

Breakfast

- 1 English muffin (2 C)
- 1 egg fried in butter spray or poached (1 P)
- 1 slice low-fat cheese (1 P)
- 1 slice tomato

Lunch

- 2 slices whole grain bread (2 C)
- 2 ounces shrimp or chicken salad (2 P)
- 1 tablespoon light mayonnaise (for salad) (1 F)
- Lettuce, tomato

Snack

- Sugar-free Jell-O® (you can have this whenever you would like although it is chemical water☹)
- 1 fruit (1 C)
- 25 calorie hot cocoa (Swiss Miss® or 40 calorie Keurig pod)



Dinner

Eggplant parmigiana with 2 ounces low-fat mozzarella cheese melted (2 P) (2 C)
1 ½ cups sautéed spinach and garlic (1 C)
1 tablespoon olive oil (3 F)
Small salad with 2 tablespoons low-fat dressing and 6 slivered almonds (2 F)

Snack

Trader Joe's Simply Nutty bar (1 C) (3 P)

DAY SIX - similar times as DAY ONE

Breakfast

2 frozen Kashi® Whole Grain Waffles (2 C)
2 tablespoons sugar-free syrup or light whipped cream or 1 tablespoon sugar-free jelly

Lunch

Large salad (1 C)
3 ounces lean protein (3 P)
10 peanuts (1 F)
½ cup chick peas (1 C)
4 tablespoons low-fat dressing (2 F)

Snack

Homemade trail mix: ½ cup dry roasted chickpeas , 4-5 Naked Rhythm Beet chips, seeds/nuts
Sprinkle of freeze-dried fruit (1 C)
2 walnuts, chopped (1 F)

Dinner

6 – 8 ounces fish dipped in egg and sprinkled with Panko crumbs (6 - 8 P)
2/3 cup cooked bean pasta with 1 ½ cups baby spinach (3 C)
2 teaspoons olive oil to sauté (2 F)

Snack

Unsweetened chocolate (45 calorie for 8 ounces) or unsweetened vanilla almond milk (30, 35 or 40 calorie) and 1 cup frozen blueberries (1 C)

DAY SEVEN - similar times as DAY ONE

Breakfast

1 cup cooked hot cereal (no sugar) made with unsweetened milk (2 C)
1 small banana or 1 cup berries or ½ banana and ½ berries or 1 small apple (1 C)
2 walnuts or 6 almonds or any preferred nut (1 F)
Cinnamon

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Lunch

2 slices bread (2 C)

2 ounces lean protein (2 P)

1 ounce low-fat cheese (1 P)

Lettuce, tomato

1 tablespoon light mayonnaise (1 F)

Snack

1 fruit or 1 yogurt – Greek plain, fat-free (1 C)

½ cup low-fat cottage cheese (2 P)

Dinner

4 ounces shrimp (4 P) sautéed with 1 tablespoon olive oil (3 F)

1 1/2 cups non-starchy vegetables (1 C)

1 small 3 ounce white or sweet potato (1 C)

1 tablespoon whipped butter (1 F)

Snack

Sugar-free Jell-O

1 mini bag popcorn (4 cups) (1 C)

BALANCED BREAKFAST IDEALS

Cottage Cheese Cinnamon Melt (2 C) (2 P)

2 slices of wholegrain, rye, pumpernickel, sprouted bread, toasted

¼ cup 1% cottage cheese on each slice

Sprinkle cinnamon and warm to melt cheese

Bread Egg (2 C) (2 P)

Thin bagel, lightly buttered on inside

Spray pan with cooking spray and face outer side into non-stick pan

Crack egg into each bagel hole

Set heat to medium high and fry egg on each side (turn over bread with egg inside)

English Muffin or Burrito, Egg and Cheese (2 C) (2 P)

Toast wholegrain or sourdough English muffin

Add low-fat/low-sodium cheese

1 poached or fried egg

Slice of tomato (optional)

Egg Substitute Omelet Supreme (3 P) (2 C)

Spray cooking spray into non-stick pan

Add ½ cup egg substitute

Add vegetables such as spinach, onions, peppers, mushrooms, broccoli, etc.

Add julienne cut sun-dried tomatoes or diced tomatoes

1 ounce feta cheese or shredded low-fat cheese

2 tablespoons heated salsa on top (optional)

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Bagel and...(2 C) (1 F) (2 P)

½ large bagel (marble, pumpernickel, rye, etc.)
1-2 tablespoon light cream cheese
2 ounces Nova lox
Tomato slices

Hot Cereal Delight (2-3 C) (2 P)

½ cup dry oatmeal, grits, etc.
(make with unsweetened – vanilla or original)
1 small apple sliced or 2 sliced strawberries
Sprinkle 1 teaspoon cinnamon
2 poached eggs or ½ cup egg substitute scrambled

Fruit and Cottage/Farmer/Ricotta Cheese (2 C) (2 P)

6 crackers
1 cup fresh fruit
1/2 cup 1% cottage cheese

LUSCIOUS LUNCHESES

Large salad with lots of color: Dark greens, beets, carrots, broccoli sprouts, ½ cup chick peas, tomatoes, cucumbers, mushrooms, onions, other vegetables you enjoy. Add 1 ounce cheese (if desired), 1 tablespoon capers or olives (compare for lowest sodium versions), 3-4 ounces of lean protein (also can use veggie burgers or soy nuggets), chopped/sliced nuts (a “sprinkle”). Salad dressing should total less than 100 calories (remember that 1 tablespoon of any oil has 120 calories and 3 teaspoons equal 1 tablespoon).

1 sandwich made on thin bagel, 2 slices bread, English muffin, low-carbohydrate tortilla, add 3-4 ounces of protein and bulk with lettuce, tomatoes. Mustard, ketchup, light mayonnaise, if desired.

Frozen entrée like Lean Cuisine[®], Kashi[®], Weight Watchers[®], Smart Ones[®], etc. Look for lower sodium versions (approximately 300 mg of sodium). Add a steamed bag of non-starchy vegetables (broccoli, green beans, etc.) and mix into the entrée’s sauce to distribute flavor.

Bowl of soup and serving of crackers.

½ small cantaloupe and 1 cup 1% cottage cheese

Tuna, salmon, turkey, lean meat burger on wholegrain bun or English muffin with lettuce, tomato, mustard/ketchup

Meatless burger (Beyond Burger or Dr. Pragers veggie burgers or Hilary’s grain burgers)
on bun with broccoli sprouts, lettuce, tomato



DELICIOUS DINNERS

Salad, 6-8 ounce piece of lean protein (use lower calorie sauces, lemon/lime juice and pepper, light teriyaki, marinade in Bolthouse Farms salad dressing – Asian ginger is great!), steam non-starchy vegetables and drizzle olive oil and red chili peppers (if you like it hot), salsa, stewed tomatoes, steam in broth instead of water, roast in the oven (see recipe), bake “fry” in the oven (see recipe), low-fat shredded cheese, Parmesan cheese, or even add 1 tablespoon of butter or margarine. Encourage yourself to WANT TO eat these vegetables instead of filling up on starches. The starch amount needs to be moderate: 1 cup of beans and 1/3 cup cooked rice, 2/3 cup cooked rice and ½ cup beans, 1 – 1 ½ cups of grain, 1 cup peas or corn, 1 cup of cooked pasta with red sauce, 1 medium potato or sweet potato, ½ winter squash like acorn or butternut.

Find these recipes and more in Reality Diabetes ~type 2 by Marci Sloane

Crustless Quiche

1 bag fresh spinach leaves
1 medium onion, diced
½ cup low-sodium, herb feta cheese crumbles
2 cups egg substitutes/whites

Use cooking spray to coat the bread loaf or muffin tin. In separate bowl, combine the egg substitutes with the vegetables and cheese. Place mixture in the muffin tin or bread loaf and bake on 350 degrees for 30 minutes or until brown.

Eggplant Dip

One large eggplant, peeled
One small onion, diced
2 plum tomatoes, diced
1 red pepper, diced
1-2 tablespoons lemon juice to taste
1-2 teaspoons garlic powder to taste or 2 cloves of garlic, minced and/or roasted
1 tablespoon olive oil (optional) or ¼ cup sliced low-sodium black and green olives, sliced

Peel and poke holes in eggplant and bake or microwave until it collapses. Mash eggplant and add the rest of the ingredients. Refrigerate. This is a great dip to use with whole-grain crackers (without hydrogenated fats) or raw vegetables.

Guacamole Dip

1 medium ripe avocado, peeled and mashed
1 small onion, diced
1 small tomato, diced
1 teaspoon cumin (or to taste)
1 teaspoon cayenne pepper (or to taste)
Hot sauce to taste (Tabasco is lower sodium)

Mash avocados and add diced onion and diced tomato. Add spices to taste and dig in with some baked tortilla chips (serving: 15 chips per person).



Hummus

1 16-ounce can of garbanzo beans (chickpeas), rinsed and drained
1 vegetable low-sodium bouillon cube
2 cups of water
½ teaspoon garlic powder or more to taste
¼ cup diced red onion

1 teaspoon dried parsley
3 tablespoons lemon juice

Boil chickpeas in the water and bouillon. Strain the liquid and set aside. Add garlic, onion, parsley and lemon juice and mash the beans finely. Add broth that had been set aside for desired consistency. Enjoy with whole-grain crackers or raw vegetables.

High-Fiber Muffins – approximately 12 small or 9 larger muffins or small cookies

1 ¼ cups 100% rolled oats
1 cup oat bran flour, coconut flour or almond flour
1 large apple, peeled
¾ cup unsweetened applesauce
1/3 cup ground chia seeds
½ cup chopped walnuts or pecans (optional)
1 tablespoon vanilla
1 tablespoon cinnamon (Ceylon)
1 tablespoon baking powder
1 teaspoon baking soda
½ cup unsweetened vanilla almond milk or other flavor
¼ cup olive oil or avocado oil
¼ cup sugar or substitute like Swerve (erythritol)
2 eggs

Mix all the above ingredients together. Use cooking spray in a 12-muffin tray. Bake at 400 degrees for 15-20 minutes or until brown.

Baked Vegetable Tempura

Cauliflower florets, zucchini slices, peeled eggplant chunks, thick mushroom slices, thick onion slices
Egg substitute
Panko lemon pepper “bread crumbs”

Place vegetable(s) in a bowl and pour egg substitute to cover the amount of vegetables you use. Spray cooking spray on aluminum foil or cookie sheet. Place egg covered vegetables on foil/sheet and sprinkle panko crumbs over them and drizzle or mist oil. Bake at 400 degrees until brown (about 20-30 minutes).

Kale Chips or Shaved or Thinly Sliced Brussles Sprouts

Use pre-washed kale and tear into smaller, bite-sized pieces. Spread out on non-stick aluminum foil into one layer. Drizzle olive oil and spices of your choice. I use red pepper flakes and lemon pepper. Bake on 350 for about 10-15 minutes until they are crispy!

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Shakes

Unsweetened Milk – any flavor 8-10 ounces

3/4 cup frozen blueberries or Cherries (12)

1 Tbsp. 100% cacao/unsweetened chocolate powder

2 slices banana (optional – can freeze slices)

Blend and enjoy!

Chia seed pudding 2 servings

8 ounces unsweetened almond milk (or other nut milk)

4 Tbsp chia seeds

1 Tbsp pure vanilla extract

¼ tsp Ceylon Cinnamon

Stir well and let sit for 5 minutes. Stir again (and/or shake well to disperse seeds in milk) and cover in refrigerator for 3 hours or overnight.



Favorite Foods:

Shopping List

Trader Joe's:

Reduced Guilt Spinach and Kale Greek Yogurt Dip

Trader Joe's salad dressings (can be used as dips or marinades or toppings for veggies):

Almond Butter Turmeric or Green Goodness or Carrot Miso Ginger (in produce area)

Champagne Pear Vinaigrette dressing

Butternut squash Zig-Zags (crinkle cut fries) in produce

Zucchini Spirals (frozen)

Riced Cauliflower Stirfry (frozen)

Fire Roasted (frozen) onions and peppers

Argentinian Red Shrimp – clean, peeled, no tail (sweet!!!) (frozen)

Simply Nutty Bars – 3 different flavors

Organic Tomato and Roasted Red Pepper Soup

Peanut Butter powder (can be used as a low calorie peanut sauce!)

Traders Joe's organic peanut or almond butter (only ingredient is the nut)

Organic bean pasta

Crispbread Norwegian Crispbread (6 grams carbs, 3 grams fiber loaded with nutrients)

Publix:

Birch Benders Frozen toaster waffles KETO

Ghiradelli 70%, 86% or 92% dark chocolate individually wrapped (3 grams carbs and good for the heart due to resveratrol)

Hint – water-fused flavors such as pear

“Certified Humane” stamped eggs and Pete & Gerry's hardboiled eggs or eggwhites

Rhythm Beets “Naked” (gluten free/organic aisle) – expands your blood vessels!

Carob Nibs to sprinkle over yogurt, etc. or 100% cacao chocolate powder

Peanut Butter Powder – Crazy Richard's Pure or other brand (next to regular peanut butter)

Nuttzo nut and seed butter (next to peanut butter)

Unsweetened milk – any flavor – ESPECIALLY SIMPLY ALMOND

Bob's Red Mill Steel cut oats or Extra Thick Oats or Greenwise packets (ingredients: rolled oats)

Birch Benders Keto pancake and waffle mix

Mary's Gone superseed crackers

Nut-Thins Sea Salt or Kame rice crackers or Good Thins

Wasa Lite 40 calorie rye crackers or Suzi's thin square rice cakes or Magic Pops (Boys/Joseph's Market)

Food for Life sprouted bread (in freezer) Ezekiel or Genesis – English Muffin/loaf

La Tortilla Factory tortillas (large or small) 100/50 calories

Ole Xtreme sundried tomato and spinach wraps (50 calories)

B Free Sweet Potato or Quinoa gluten free 100 calorie wraps

Joseph's Oat and Flax pita bread – 60 calories (with pita bread by deli)

Foods Made Simple steel cut frozen single serving oatmeal

Chia seeds (ground) – (use 1 tablespoon a day): high fiber, calcium, protein, antioxidant

Chia seed pudding

Shirataki noodles (very low carb/calories) – prepare according to directions



Publix (continued)

Fage or **Triple Zero Oikos greek yogurt or Chobani low sugar or zero sugar or Two Good Stonyfield farms organic plain Greek yogurt**

Sargento or Cracker Barrel reduced-fat cheeses – sliced or string (low in sodium, fat, calories and great tasting) look for cheese 60 calories per slice or less

Cabot cheese 50-75% reduced (pepper jack or Monterey jack) LOW lactose

Follow My Heart (pea protein/vegan) cheese (in produce area next to tofu)

Kitehill almond milk yogurt (non-dairy)

Kitehill cream cheese (non-dairy)

Simply Dressed Light salad dressings (mostly all dressings have higher sodium levels)

Bolthouse Farms salad dressings

Naturally Fresh Lite Ranch

Organic Girl (White Cheddar) – produce area refrigerated – 60 calories per 2 Tbsp

Green Giant Frozen steamed bags of riced cauliflower: risotto, veggie medley, etc.

No salt added Health Valley soups

Pacific or Imagine puree soups (in carton)

Pacific Organic Turkey Bone Broth (anti-inflammatory) use to enhance flavor in stirfrys/in soup

Delmonte no salt added diced tomatoes with basil, oregano, garlic

Explore Cuisine pasta in Black Bean, Edamame, etc. (lower carbs, higher fiber, higher protein)

Low-sodium V-8 juice

Daisy Girl organic bags of apples or pears in produce

Bertolli, Spectrum or Choosefoods avocado or extra virgin olive oil spray

Extra virgin olive oil, avocado oil or grapeseed oil (3 tsp or 1 tbsp has 120 calories)

California pear infused or champagne white balsamic vinegar (less tangy) or any red balsamic

Gia Russa low sodium marinara sauce

Gabriella's Kitchen Skinny Pasta (frozen dinner) – higher protein/lower carb

Dr. Prager's veggie burgers or veggie patties or **pea protein Perfect Burger**

Garden Lites Veggies Made Great Broccoli and Cheddar egg bites (frozen)

Beyond Burgers (next to chicken in freezer) – watch out for higher versions with more sodium

Cookout Classics pea protein burgers

Light Life burgers (pea protein)

Capt. Denis' Wild Shrimp Burgers NO BREADING 100 calorie

Smuckers All Natural peanut butter

Single serving Sabra hummus

Single serving Sabra or Wholly Guacamole or other brand of guacamole

Crepini Egg thins (8 calorie crepes) – add ricotta cheese and cinnamon for a blintz!

Alyssa's oat or vegan bites cookies (great tasting and for you – in bakery department)



Healthy Way: (Clintmoore and 441 – Publix plaza next to Starbucks):

Natural Heaven artichoke lasagna noodles or spaghetti

Artisan flatbread style cauliflower pizza (2 grams carbs)

Full Green Cauliflower Rice flavored – 80 calories for bag and very low carb

Lentil Rice Crispbread (round large crackers: 6 grams carbs 30 calories 40mg sodium)

Outer Aisle Cauliflower Sandwich thins 50 calories 130 mg sodium 2 grams carbs made with cauliflower, egg, parmesan cheese.

Smart cakes 38 calories

Cocolites – large, flat, concave rice cake with 16 calories, 4 grams carbs

Wholefoods/online: Hilary's allergy free burgers, patties (Wholefoods or online)

365 beans in a carton no salt added

365 Peanut Sauce

Kitehill almond milk yogurt, cream cheese, ranch or French onion dip

Nounos yogurt (THE BEST) – at Fresh Market too

California Cali'flour Foods (green box) Cauliflower Pizza Crusts (no flour)

Target:

Aloha protein shake – pea and hemp protein/vegan and monk fruit

Integrated Systems Whey Protein Isolate and monk fruit

Quest Protein chips

Pure Protein bars

Amazon.com (in the days of coronavirus it's safest to order):

Carba-Nada pasta

Julian's Bakery Pro Granola vanilla clusters

Thin Slim Foods – zero carb bread/bagels

Ole Xtreme spinach or other flavor tortilla wraps (in Publix too)

Proudly Pure Parmesan Crisps

Scandinavian Fiber Crispbread (very low calorie healthy high fiber)

Poop like a Champ cereal! (eat sparingly – filled with soluble and insoluble fiber – top on Greek plain yogurt)

Tera's Pumpkin Seed Protein powder

Eating Out: Yes, you still can ... with a conscience!

Chinese Food: Shrimp, chicken, pork or beef with vegetables. Do not get breaded or fried choices. Ask for your food dry, with little sauce or get it steamed with the sauce on the side for dipping. The sauce has hundreds of calories, lots of salt, sugar, fat and cornstarch. Get white rice (or brown when available) and don't eat more than 2/3 cup (cooked). Each 1/3 of a cup of cooked rice is about 80 calories and four teaspoons of sugar (and that is for steamed rice not fried!) Eat the inside of the egg roll and watch all the extra sauces like duck sauce (sweet) and soy sauce (salty) that you add. Have the soup, but only have a few fried noodles if you must. Refrain from the ice cream most of the time, have pineapple and/or a fortune cookie, if necessary.

*Think: What is affecting my blood sugar from this meal?

Hint: Rice, sauces, noodles, egg roll, wonton wrappers and dessert.



Italian Food: If you have veal, chicken or shrimp Parmesan, do not get the cheese on top! This saves an easy 500 calories. Besides, the cheese the restaurants are using has a lot of sodium, fat and artery-clogging saturated fat. You can also choose a dish that is not fried or soaked in butter or cream sauce like a broiled piece of fish, etc. Have your side dish of pasta and one roll or forego the pasta and have a double order of vegetables. Have a salad with the vinaigrette on the side. The soup has additional carbohydrates/sodium so you need to decide where you want to “spend your carbohydrate budget”. If your meal is large, bring some home! Learn to consume smaller portions and then your calorie consumption will be lower.

*Think: What is affecting my blood sugar from this meal?

Hint: Breading, bread, pasta, sauce, beans and dessert.

Mexican Food: Forego the nachos most of the time or share them with friends. Try to limit cheese dishes and fried dishes. After all, full fat cheese is 100 calories per ounce with sodium and saturated fat. Choose shrimp, vegetable or chicken fajitas. Ask them to leave off the sour cream and provide only one or two tortillas instead of 4 (then there is no temptation). You may have guacamole but not the sour cream (artery clogging!) Instead of refried beans ask for black beans. The cheese, meat, avocado and sour cream have many, many calories. The avocado (guacamole) is the healthiest of the choices therefore enjoy it without all the rest.

*Think: What is affecting my blood sugar from this meal?

Hint: Nachos, tortillas, beans, chips and dessert.

Japanese Food: Have sushi, sashimi (even better without the rice), steamed dumplings, and teriyaki dishes (sauce on the side). Do not overuse the soy sauce or any sauces. Remember that sauces carry the majority of fat, salt and/or sugar. Have a miso soup or a salad and an entrée. Japanese food is usually one of the lower-calorie choices you can make (but watch the salt)!

*Think: What is affecting my blood sugar from this meal?

Hint: Rice, dumplings, teriyaki sauce, noodles and dessert.

Continental Cuisine: Always have a salad to fill up on. If you have a piece of bread or a roll, do not eat your potato. Order your protein with a double order of vegetables and make sure they are not swimming in butter. Do not have dessert just for the sake of having it. After a full meal, you should not be hungry! Therefore, there is no need for dessert! Get out of that habit. Have coffee or a skim-milk latte instead.

*Think: What is affecting my blood sugar from this meal?

Hint: Bread, potato, pasta, rice, corn, peas, beans, soups with beans or rice or noodles and dessert.

You Tube exercise videos:

Yvette Bachman – 30 minutes of fat blasting and others

Jessica Smith – 40 minutes indoor jogging and others

Kickboxing – 30 minutes no equipment cardio kickboxing with Eliza and Kick-it crew

Leslie Sansone – walking in your house or jogging 1 mile and others

Yoga by Adriene – 30 day challenge and others

Lily Sabir – 7 days challenge of arms/abs/legs and others

Michelle Kenway guiding lower back and upper shoulders and neck stretching

The Firm – step and other aerobics