

## Meals and Snacks for Blood Sugar Control

Regulating the level of sugar in the blood can be a challenge for many people, especially for those who suffer from some level of insulin resistance. Although everyone is different and blood sugars can react differently to various foods and food combinations, the below meal and snack suggestions are good guidelines for most people.

### Breakfast:

- Protein Shake
  - 1-2 scoops protein powder
  - ½ cup frozen organic berries
  - 1 tablespoon of raw, organic nut or seed butter
  - 1-2 tablespoons of ground flax seeds
  - 1-2 cups of filtered water or plain nut or seed milk (ex. Almond, cashew or hemp)
- 4 ounces left-over chicken or salmon with ½ cup roasted sweet potato wedges
- 2 poached eggs, 1 cup leafy greens (sautéed with extra virgin olive oil and garlic), ½ sliced tomato with pinch of sea salt and pepper.
- 2 soft boiled eggs with 1 sprouted corn tortilla and ¼ sliced avocado, and chopped tomato or fresh salsa (1/4 cup)
- ½ -1 cup cooked whole grain hot cereal (ex. buckwheat or millet), cooked with ½ cup non-dairy milk, ¼ cup fresh berries, 2 tablespoons of ground flaxseeds (add at end) and 1 teaspoon extra virgin coconut oil. Have this with a handful of raw, organic nuts.

### Lunch:

- 4 ounces sardines or canned wild salmon over ½ cup brown rice or brown rice crackers and steamed/sautéed vegetables. Fresh lemon and sea salt enhance the flavor of sardines and the veggies!
- 12 ounce soup: Lentil, bean, vegetable or chicken or any combination of these.
- Large mixed green salad with ¼ cup beans, ¼ of sliced avocado, and 2 tablespoons of chopped nut/seeds (2-4 ounces sliced chicken or salmon can also be included for more protein. Use olive oil and lemon and salt or sesame based dressing.
- Sushi: 6 pieces of sashimi (salmon, whitefish, eel) – no rice, small seaweed salad or a miso soup and 1 cup edamame
- 4 Lettuce/ Cabbage wraps: fill with julienne vegetables of choice, chopped cashews or beans or chicken and mint. Sauce: sesame oil, ginger, garlic and a hint of brown rice syrup. (These are great as snacks as well!)
- Turkey roll ups: layer sliced organic deli turkey breast with carrots, spinach, parsley, and/or basil and drizzle with olive oil. Season with sea salt and pepper. Hummus and sliced avocado are also nice additions! (These are great as snacks as well!)

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### **Dinner: Seven meal ideas for the week!**

1. 4-6 ounces roasted chicken breast over vegetables (parsnips/turnips, celery, whole mushrooms, sliced onion, and/or whole garlic cloves). Flavor with a splash of red wine and tamari.
2. Baked salmon with olive or sesame oil and sesame seeds w/ 1+ cups sautéed greens on extra virgin olive oil and garlic and ½ cup quinoa.
3. 1 cup mashed black beans sautéed in olive oil with onion or shallots, green onion, cumin, salt and pepper. Served with shredded cabbage, dressed with extra-virgin olive oil, lime, salt and pepper and a sprouted corn tortilla.
4. Few olives or olive tapenade with some fresh vegetables (~ 1 cup) with 4 ounces lamb over a bed of mixed greens (try to include arugula, watercress, sprouts, and various leafy greens).
5. Turkey Vegetable chili (Should be ~ 2 ounces of turkey meat, ½ - 1 cup of beans and ½ - 1 cup of vegetables (zucchini, tomato, fresh corn, onions and garlic).
6. 4-6 ounces of baked or broiled Black cod (olive or sesame oil and lemon) with 1 cup steamed or sautéed green beans with 2-3 tablespoons of slivered almonds and extra virgin olive oil
7. "Burrito Bowl", which is a burrito without the tortilla: 1 + cup of beans, ¼-1/2 cup brown rice, 2-4 ounces organic shredded chicken topped with large amounts of shredded lettuce, tomato, corn and onions and 2-3 tablespoons of guacamole

### **Snacks:**

- 1/2 sliced apple sprinkled with ground flax seeds and chopped walnuts (2 tablespoons) and 1 teaspoon of cinnamon (mix well together).
- Turkey, lettuce or cabbage wrap (see lunch ideas)
- Hummus, black bean or white bean dips (make with extra virgin olive oil, garlic, lemon, salt and pepper). This can be enjoyed with gluten free whole grain crackers (ex. Mary's gone crackers, Ry-krisp or brown rice snaps) or vegetables to dip.
- Brown rice cake with 1-2 tablespoon of organic, raw nut butter
- Guacamole (can add some black or kidney beans) with 1-2 sprouted corn tortillas or corn cakes (brand: Real Food).
- Olives or olive tapenade with whole grain crackers or cut up cucumbers/zucchini, etc.
- ½ size portion (~10 ounces) of a Protein Shake (see breakfast).

### **Sweets and Treats:**

- ½ baked apple or pear with a nut "cream" drizzle (blend cashews with splash of agave nectar or brown rice syrup, thin with water).
- ½ cup Coconut ice cream (brands: Purely Decadent or Coconut Bliss)
- ½ cup Fresh fruit topped with chopped nuts and shredded coconut and cinnamon
- Fresh popped, plain popcorn with olive oil and a pinch of sea salt or other seasoning
- 1 ounce 70% dark organic chocolate and handful of goji berries and raw seeds (High antioxidant trail mix!).