

Meals to Manage Blood Sugar

Managing blood sugar daily is key for people living with diabetes, but it's also helpful for long-term physical health for everyone. These easy-to-make recipes will help you naturally and effectively balance blood sugar no matter your health goals.



Grocery List



29 ingredients

FRUITS

- 4 Avocado
- 2 Lemon
- 1/4 cup Lemon Juice
- 1 Lime

BREAKFAST

- 1 1/2 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 1/8 tsp Cayenne Pepper
- 3 tbsps Chia Seeds
- 2 tbsps Chili Powder
- 1 1/3 tbsps Cumin
- 1 tsp Dried Parsley
- 1 tsp Garlic Powder
- 1/2 tsp Red Pepper Flakes
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 2 tbsps Smoked Paprika

VEGETABLES

- 2 cups Baby Spinach
- 4 cups Cauliflower Rice
- 2 cups Cherry Tomatoes
- 1/2 cup Cilantro
- 1 Cucumber
- 3 1/2 Garlic
- 1 head Iceberg Lettuce
- 1 Jalapeno Pepper
- 3 cups Kale Leaves
- 1 cup Matchstick Carrots
- 8 cups Mixed Greens
- 1/4 cup Parsley
- 3 cups Purple Cabbage
- 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 1 Sweet Potato
- 4 Tomato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

BOXED & CANNED

- 2 cups Cannellini Beans
- 3 cups Chickpeas
- 2 2/3 cups Green Lentils
- 2 cups Lentils
- 2/3 cup Quinoa
- 2/3 cup Vegetable Broth

BAKING

- 1 tbsps Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 1lb Extra Lean Ground Turkey
- 8 ozs Smoked Salmon
- 2 slices Whole Grain Bread

CONDIMENTS & OILS

- 1 tbsps Apple Cider Vinegar
- 1 1/3 tbsps Avocado Oil
- 2 tbsps Balsamic Vinegar
- 2 tbsps Coconut Aminos
- 2 tbsps Mayonnaise
- 2 tbsps Pitted Kalamata Olives
- 1 cup Sauerkraut
- 2/3 cup Tahini

COLD

- 4 Egg
- 1/2 tsp Ghee
- 1/4 cup Unsweetened Almond Milk
- 3/4 cup Unsweetened Coconut Yogurt

OTHER

- 4 Nori Sheets
- 1/3 cup Water



Coconut Yogurt Chia Pudding



5 ingredients



30 minutes



1 servings

DIRECTIONS

1. In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
2. Place in the fridge for 25 to 30 minutes, until thickened.
3. Remove from the fridge and stir in the almond butter. Serve and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to about 1 cup of chia pudding.

Nut-Free

Use tahini and coconut milk instead of almond butter and almond milk.

More Flavour

Add a pinch of cinnamon or vanilla.

Likes it Sweeter

Add a drizzle of honey or maple syrup.

No Coconut Yogurt

Use regular yogurt or Greek yogurt.

INGREDIENTS

- 1/2 cup Unsweetened Coconut Yogurt
- 3 tbsps Chia Seeds
- 1/4 cup Unsweetened Almond Milk
- 1/2 cup Frozen Strawberries
- 1 1/2 tbsps Almond Butter

NUTRITION

Amount per serving

Calories	425	Cholesterol	0mg
Fat	29g	Sodium	69mg
Carbs	36g	Vitamin A	175IU
Fiber	15g	Vitamin C	46mg
Sugar	7g	Calcium	662mg
Protein	12g	Iron	5mg



Avocado Breakfast Toast



5 ingredients



25 minutes



2 servings

DIRECTIONS

1. Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

NOTES

How to Hard-Boil Eggs

Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

Gluten-Free

Use gluten-free bread.

No Hard-Boiled Eggs

Use fried, scrambled or poached eggs instead.

Likes it Spicy

Add a pinch of chili flakes or hot sauce to the mashed avocado.

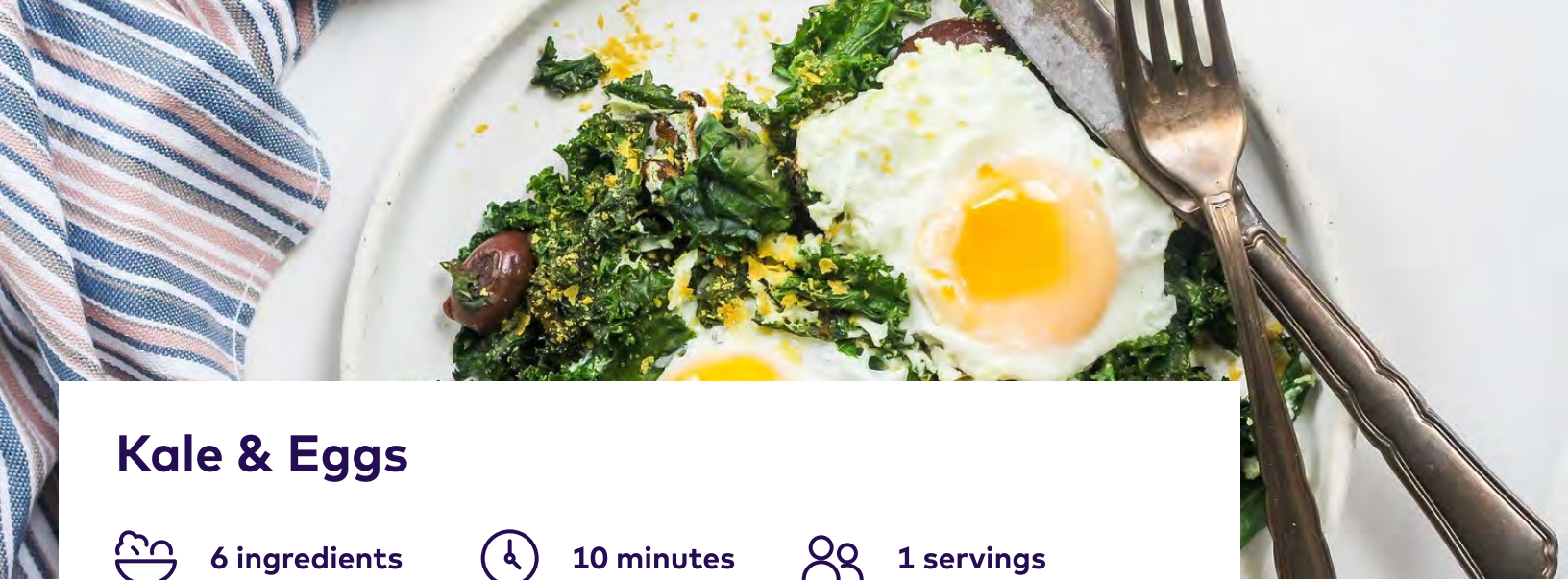
INGREDIENTS

- 1 Avocado (small, mashed)
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (small, sliced)
- 2 Egg (hard-boiled, peeled and sliced)
- Sea Salt & Black Pepper (to taste)

NUTRITION

Amount per serving

Calories	351	Cholesterol	186mg
Fat	21g	Sodium	259mg
Carbs	29g	Vitamin A	1247IU
Fiber	10g	Vitamin C	19mg
Sugar	3g	Calcium	85mg
Protein	14g	Iron	3mg



Kale & Eggs



6 ingredients



10 minutes



1 servings

DIRECTIONS

1. Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
2. Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
3. Add the kale, olives and eggs to a plate. Serve and enjoy!

INGREDIENTS

- 1/2 tsp Ghee
- 3 cups Kale Leaves (roughly chopped)
- 2 Egg
- 2 tbsps Pitted Kalamata Olives
- 1 tbsp Nutritional Yeast
- 1/8 tsp Sea Salt

NOTES

No Kale

Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

No Ghee

Use butter, avocado oil, or olive oil.

More Flavour

Add extra seasonings such as garlic.

NUTRITION

Amount per serving

Calories	237	Cholesterol	377mg
Fat	14g	Sodium	631mg
Carbs	8g	Vitamin A	36271IU
Fiber	5g	Vitamin C	59mg
Sugar	1g	Calcium	236mg
Protein	20g	Iron	5mg



Rainbow Chopped Salad Jars



9 ingredients



15 minutes



3 servings

DIRECTIONS

1. Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
2. On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
3. When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

NOTES

Storage

Keeps well in the fridge for up to 4 days.

No Tahini

Use a nut butter or sunflower seed butter instead.

INGREDIENTS

- 1/3 cup Tahini
- 1/2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Water
- 3 cups Chickpeas (cooked, from the can)
- 1 cup Cherry Tomatoes
- 1 cup Matchstick Carrots
- 1 Yellow Bell Pepper (chopped)
- 3 cups Purple Cabbage (chopped)

NUTRITION

Amount per serving

Calories	495	Cholesterol	0mg
Fat	18g	Sodium	494mg
Carbs	69g	Vitamin A	4579IU
Fiber	19g	Vitamin C	189mg
Sugar	16g	Calcium	252mg
Protein	22g	Iron	8mg



Deconstructed Sushi Bowl



10 ingredients



20 minutes



2 servings

DIRECTIONS

1. Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
2. Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
3. Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

NOTES

Leftovers

This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

No Coconut Aminos

Use tamari or soy sauce instead.

INGREDIENTS

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tbsps Mayonnaise
- 18 tsp Cayenne Pepper (optional)

NUTRITION

Amount per serving

Calories	492	Cholesterol	32mg
Fat	34g	Sodium	989mg
Carbs	23g	Vitamin A	1180IU
Fiber	14g	Vitamin C	18mg
Sugar	7g	Calcium	124mg
Protein	30g	Iron	3mg



Falafel Tahini Salad



10 ingredients



30 minutes



4 servings

DIRECTIONS

1. Preheat the oven to 350 F (177 C) and line a baking sheet with parchment paper.
2. In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
3. Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
4. Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
4. Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

NOTES

Leftovers

Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

Serving Size

One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

Additional Toppings

Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

No Sauerkraut

Use pickled cabbage instead.

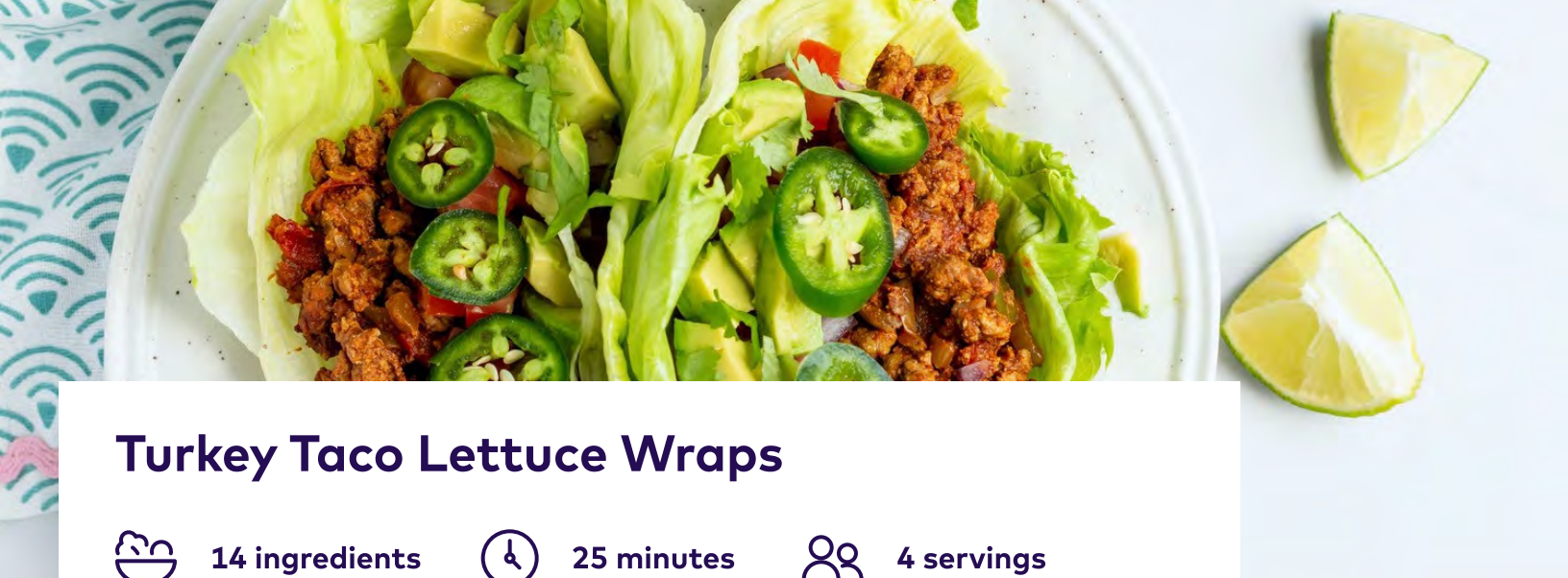
INGREDIENTS

- 2 2/3 cups Green Lentils (cooked, drained and rinsed)
- 1/3 cup Tahini (divided)
- 1/2 cup Cilantro (finely chopped)
- 1 tsp Cumin
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt (divided)
- 1/4 cup Unsweetened Coconut Yogurt
- 1/4 cup Water
- 8 cups Mixed Greens
- 1 cup Sauerkraut

NUTRITION

Amount per serving

Calories	317	Cholesterol	0mg
Fat	13g	Sodium	892mg
Carbs	36g	Vitamin A	174IU
Fiber	15g	Vitamin C	15mg
Sugar	3g	Calcium	211mg
Protein	18g	Iron	8mg



Turkey Taco Lettuce Wraps



14 ingredients



25 minutes



4 servings

DIRECTIONS

1. Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
2. Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
3. Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
4. To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

NOTES

Leftovers

Refrigerate the ingredients separately in airtight containers for up to three days.

Serving Size

One serving is approximately three tacos.

Optional Toppings

Salsa, cheese, cilantro, black beans, sour cream or guacamole.

No Iceberg Lettuce

Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians

Omit the ground meat and use cooked lentils instead.

INGREDIENTS

- 1 tbsp Avocado Oil
- 1 Yellow Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 2 tsps Smoked Paprika
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 3 Tomato (finely chopped and divided)
- 1 Jalapeno Pepper (seeds removed and chopped)
- 1 head Iceberg Lettuce (leaves pulled apart and washed)
- 2 Avocado (diced)

NUTRITION

Amount per serving

Calories	433	Cholesterol	84mg
Fat	29g	Sodium	844mg
Carbs	23g	Vitamin A	4061IU
Fiber	12g	Vitamin C	35mg
Sugar	6g	Calcium	108mg
Protein	27g	Iron	6mg



Lemony White Bean & Quinoa Bowl



10 ingredients



25 minutes



2 servings

DIRECTIONS

1. Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
2. Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
3. In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
4. To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

More lemon juice, fresh herbs, salad greens, olives, capers, or crumbled feta cheese.

No Cannellini Beans

Use another white bean or chickpeas instead.

No Quinoa

Use brown rice or cauliflower rice instead.

More Fat

Add extra virgin olive oil to the dressing.

INGREDIENTS

- 2/3 cup** Quinoa (dry)
- 2 cups** Cannellini Beans (drained, rinsed)
- 1/2** Red Bell Pepper (chopped)
- 1/4 cup** Red Onion (finely chopped)
- 1/4 cup** Lemon Juice
- 1/2** Garlic (clove, minced)
- 1 tsp** Dried Parsley
- 1/4 tsp** Sea Salt
- 1/2** Cucumber (sliced)
- 1 cup** Cherry Tomatoes (chopped)

NUTRITION

Amount per serving

Calories	478	Cholesterol	0mg
Fat	5g	Sodium	986mg
Carbs	90g	Vitamin A	1646IU
Fiber	18g	Vitamin C	64mg
Sugar	8g	Calcium	100mg
Protein	20g	Iron	7mg



Warm Lentil & Sweet Potato Salad



9 ingredients



15 minutes



2 servings

DIRECTIONS

1. Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
2. Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
3. Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
4. Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

Serving Size

One serving is equal to approximately 1 1/2 cups of salad.

No Sweet Potato

Use cubed butternut squash instead.

INGREDIENTS

- 1 lb Sweet Potato (medium, peeled and cut into small cubes)
- 1/2 Vegetable Broth (divided)
- 1 Red Onion (chopped)
- 1 1/2 tsps Garlic (cloves, minced)
- 1 tsp Sea Salt
- 2 Baby Spinach
- 1 tsp Lentils (cooked, rinsed)
- 2 cups Balsamic Vinegar
- 1 1/2 cups Parsley (chopped, optional)

NUTRITION

		Amount per serving	
Calories	336	Cholesterol	0mg
Fat	1g	Sodium	587mg
Carbs	63g	Vitamin A	12867IU
Fiber	19g	Vitamin C	28mg
Sugar	11g	Calcium	121mg
Protein	21g	Iron	9mg