



Low Glycemic Diabetes Support Program

WELL + EASY

Well + *Easy*

Low Glycemic Diabetes Support Program

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This program was created with four key considerations:

LOW GLYCEMIC INDEX FOODS

Eating the proper amount and type of carbohydrate is important to help balance insulin levels. This meal plan uses low glycemic foods with a score below 50 to optimize blood sugars and energy levels. Carbohydrate sources are paired with fats and protein to create a steady release of energy throughout the day.

HIGH FIBER

Adequate dietary fiber intake is associated with several health benefits including lower blood pressure, improved blood glucose control, and weight loss. This plan provides up to 40 grams of fiber daily from fruits, vegetables, legumes, and whole grains. Soluble fiber found in oats and beans is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

HEALTHY FATS

Omega-3 and omega-9 fatty acids provide cardiovascular benefits, reduce inflammation, and improve immune function. This program incorporates omega-3 fats, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) from fatty fish which are associated with improved cognitive function. Omega-9 fats from foods such as nut butter and olive oil are combined with carbohydrates to reduce glycemic response.

PROTEIN

Getting enough daily protein helps balance blood sugars and prevent muscle loss. This meal plan provides around 20% of daily calories from protein through salmon, halibut, eggs, legumes, nuts, and seeds. Protein is distributed between meals and snacks to help with glycemic control.

LOW GI LIVING MEAL PLANNER

Familiar meals. A clear plan. Support for your Whole GI day.

A practical way to care for your blood sugar and weight, with the foods and routines you already know.

[Get Started Here](#)

MON



BREAKFAST
Sweet Cherry Steel Cut Oats



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Marinated Mixed Bean Salad



SNACK 2
Pistachios



DINNER
One Pan Salmon with Green Beans & Roasted Tomato

TUE



BREAKFAST
Sweet Cherry Steel Cut Oats



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Marinated Mixed Bean Salad



SNACK 2
Toasted Walnuts



DINNER
Roasted Sweet Potato & Brussels Sprouts Salad

WED



BREAKFAST
Bok Choy & Mushroom Omelette



SNACK 1
Pistachios



LUNCH
Roasted Sweet Potato & Brussels Sprouts Salad



SNACK 2
Apple with Almond Butter



DINNER
Spaghetti Squash Chow Mein

THU



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Spaghetti Squash Chow Mein



SNACK 2
Toasted Walnuts



DINNER
Egg Roll in a Bowl

FRI



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Egg Roll in a Bowl



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
Slow Cooker Spaghetti Squash & Meatballs

SAT



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
Slow Cooker Spaghetti Squash & Meatballs



SNACK 2
Toasted Walnuts



DINNER
Roasted Winter Vegetables with Tahini Drizzle

SUN



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Roasted Winter Vegetables with Tahini Drizzle



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
15 Minute Halibut with Dill Pesto

MON

FAT 48% **CARBS 32%** **PROTEIN 20%**

Calories 1468	Iron 13mg
Fat 83g	Vitamin D 798IU
Saturated 12g	Vitamin E 12mg
Carbs 122g	Vitamin K 120µg
Net Carbs 90g	Thiamine 0.9mg
Fiber 32g	Riboflavin 0.8mg
Sugar 24g	Niacin 18mg
Protein 79g	Vitamin B6 1.9mg
Cholesterol 72mg	Folate 433µg
Sodium 412mg	Vitamin B12 6.7µg
Potassium 2641mg	Phosphorous 1260mg
Vitamin A 2938IU	Magnesium 423mg
Vitamin C 39mg	Zinc 7mg
Calcium 288mg	Selenium 79µg

TUE

FAT 47% **CARBS 39%** **PROTEIN 14%**

Calories 1480	Iron 18mg
Fat 82g	Vitamin D 0IU
Saturated 10g	Vitamin E 13mg
Carbs 151g	Vitamin K 520µg
Net Carbs 111g	Thiamine 1.3mg
Fiber 40g	Riboflavin 0.9mg
Sugar 26g	Niacin 8mg
Protein 55g	Vitamin B6 1.5mg
Cholesterol 0mg	Folate 786µg
Sodium 276mg	Vitamin B12 0µg
Potassium 3228mg	Phosphorous 1374mg
Vitamin A 16974IU	Magnesium 539mg
Vitamin C 112mg	Zinc 10mg
Calcium 431mg	Selenium 48µg

WED

FAT 49% **CARBS 32%** **PROTEIN 19%**

Calories 1640	Iron 18mg
Fat 95g	Vitamin D 143IU
Saturated 22g	Vitamin E 14mg
Carbs 137g	Vitamin K 538µg
Net Carbs 99g	Thiamine 1.0mg
Fiber 38g	Riboflavin 1.9mg
Sugar 48g	Niacin 13mg
Protein 81g	Vitamin B6 2.1mg
Cholesterol 656mg	Folate 569µg
Sodium 1843mg	Vitamin B12 2.0µg
Potassium 3424mg	Phosphorous 1209mg
Vitamin A 24148IU	Magnesium 346mg
Vitamin C 188mg	Zinc 9mg
Calcium 652mg	Selenium 89µg

THU

FAT 60% **CARBS 20%** **PROTEIN 20%**

Calories 1531	Iron 15mg
Fat 107g	Vitamin D 202IU
Saturated 21g	Vitamin E 3mg
Carbs 82g	Vitamin K 44µg
Net Carbs 49g	Thiamine 0.9mg
Fiber 33g	Riboflavin 1.4mg
Sugar 22g	Niacin 14mg
Protein 78g	Vitamin B6 2.0mg
Cholesterol 547mg	Folate 144µg
Sodium 1996mg	Vitamin B12 2.3µg
Potassium 2199mg	Phosphorous 833mg
Vitamin A 14812IU	Magnesium 201mg
Vitamin C 110mg	Zinc 7mg
Calcium 1096mg	Selenium 82µg

FRI

FAT 56% **CARBS 23%** **PROTEIN 21%**

Calories 1552	Iron 17mg
Fat 102g	Vitamin D 228IU
Saturated 20g	Vitamin E 14mg
Carbs 95g	Vitamin K 72µg
Net Carbs 60g	Thiamine 0.9mg
Fiber 35g	Riboflavin 1.5mg
Sugar 24g	Niacin 19mg
Protein 84g	Vitamin B6 2.1mg
Cholesterol 579mg	Folate 239µg
Sodium 2683mg	Vitamin B12 3.2µg
Potassium 2519mg	Phosphorous 1062mg
Vitamin A 12566IU	Magnesium 298mg
Vitamin C 92mg	Zinc 10mg
Calcium 1144mg	Selenium 128µg

SAT

FAT 57% **CARBS 28%** **PROTEIN 15%**

Calories 1628	Iron 14mg
Fat 109g	Vitamin D 108IU
Saturated 16g	Vitamin E 18mg
Carbs 120g	Vitamin K 211µg
Net Carbs 87g	Thiamine 1.2mg
Fiber 33g	Riboflavin 1.6mg
Sugar 38g	Niacin 16mg
Protein 64g	Vitamin B6 2.2mg
Cholesterol 502mg	Folate 354µg
Sodium 1435mg	Vitamin B12 2.4µg
Potassium 3703mg	Phosphorous 1293mg
Vitamin A 12431IU	Magnesium 446mg
Vitamin C 135mg	Zinc 10mg
Calcium 555mg	Selenium 69µg

SUN

FAT 61% **CARBS 19%** **PROTEIN 20%**

Calories 1400	Iron 13mg
Fat 98g	Vitamin D 433IU
Saturated 18g	Vitamin E 17mg
Carbs 68g	Vitamin K 464µg
Net Carbs 45g	Thiamine 0.8mg
Fiber 23g	Riboflavin 1.5mg
Sugar 14g	Niacin 16mg
Protein 75g	Vitamin B6 2.2mg
Cholesterol 813mg	Folate 433µg
Sodium 1339mg	Vitamin B12 3.4µg
Potassium 3348mg	Phosphorous 1390mg
Vitamin A 13714IU	Magnesium 345mg

Vitamin C 134mg
Calcium 470mg

Zinc 8mg
Selenium 169µg

FRUITS

- 2 Apple
- 1 Avocado
- 1 3/4 Lemon

BREAKFAST

- 1/4 cup Almond Butter
- 1 1/2 tsps Maple Syrup
- 1/2 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 2/3 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 1/2 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1 1/2 tsps Oregano
- 1 cup Pistachios, In Shell
- 2 tsps Pumpkin Seeds
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tsps Slivered Almonds
- 1 1/8 cups Walnuts

FROZEN

- 1 cup Frozen Cherries

VEGETABLES

- 4 cups Baby Spinach
- 1 cup Bean Sprouts
- 1 cup Bok Choy
- 3 1/2 cups Brussels Sprouts
- 1 Carrot
- 10 stalks Celery
- 1/2 cup Cherry Tomatoes
- 5 cups Coleslaw Mix
- 1/2 Delicata Squash
- 1/2 bulb Fennel
- 1 tbsp Fresh Dill
- 4 3/4 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 4 1/2 stalks Green Onion
- 2 cups Mixed Greens
- 1/4 cup Parsley
- 1/4 cup Red Onion
- 1/2 cup Shiitake Mushrooms
- 1 Spaghetti Squash
- 2 Sweet Potato
- 1 Yellow Onion

BOXED & CANNED

- 1 1/2 cups Crushed Tomatoes
- 1 cup Lentils
- 2 cups Mixed Beans

BAKING

- 2 tsps Brown Rice Flour
- 1/8 tsp Ground Cloves
- 1 tsp Stevia Powder
- 2 tsps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 8 ozs Extra Lean Ground Chicken
- 8 ozs Extra Lean Ground Turkey
- 5 ozs Halibut Fillet
- 8 ozs Lean Ground Pork
- 5 ozs Salmon Fillet

CONDIMENTS & OILS

- 1/4 cup Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1/4 cup Coconut Aminos
- 2 2/3 tsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Sesame Oil
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Tahini
- 2 1/4 tsps Tamari

COLD

- 13 1/2 Egg
- 2 cups Unsweetened Almond Milk

OTHER

- 1 3/4 cups Water

Sweet Cherry Steel Cut Oats

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Steel Cut Oats
1 1/2 cups Water
1 cup Frozen Cherries
1/4 cup Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	316	Iron	3mg
Fat	14g	Vitamin D	0IU
Saturated	2g	Vitamin E	0mg
Carbs	41g	Vitamin K	1µg
Net Carbs	35g	Thiamine	0.3mg
Fiber	6g	Riboflavin	0.1mg
Sugar	8g	Niacin	2mg
Protein	11g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	26µg
Sodium	5mg	Vitamin B12	0µg
Potassium	498mg	Phosphoro...	342mg
Vitamin A	676IU	Magnesium	151mg
Vitamin C	1mg	Zinc	2mg
Calcium	56mg	Selenium	0µg

DIRECTIONS

- 01 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 02 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 03 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

NOTES

NO CHERRIES

Any fruit will work.

Bok Choy & Mushroom Omelette

1 SERVING 20 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
1/2 cup Shiitake Mushrooms (sliced)
1 cup Bok Choy (sliced into quarters)
3 Egg
2 1/4 tsps Tamari
2 stalks Green Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	339	Iron	4mg
Fat	21g	Vitamin D	143IU
Saturated	10g	Vitamin E	2mg
Carbs	15g	Vitamin K	70µg
Net Carbs	12g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0.9mg
Sugar	5g	Niacin	2mg
Protein	23g	Vitamin B6	0.6mg
Cholesterol	558mg	Folate	142µg
Sodium	1019mg	Vitamin B12	1.4µg
Potassium	535mg	Phosphoro...	367mg
Vitamin A	4898IU	Magnesium	51mg
Vitamin C	35mg	Zinc	3mg
Calcium	175mg	Selenium	65µg

DIRECTIONS

- 01 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 02 In a bowl, whisk together eggs, tamari and green onion.
- 03 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

NOTES

MAKE IT FLUFFY

Whisk unsweetened almond milk into your egg mixture.

MORE FLAVOUR

Whisk sesame oil into your egg mixture.

MIX IT UP

Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

LIKES IT SPICY

Serve with hot sauce.

Carrot Cake Chia Pudding

2 SERVINGS 3 HOURS



INGREDIENTS

1 Carrot (medium, grated)
1/2 tsp Cinnamon
1/8 tsp Ground Cloves
1/4 tsp Ground Ginger
1 tsp Stevia Powder (to taste)
2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/4 cup Walnuts (chopped)
2 tbsps Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	402	Iron	5mg
Fat	30g	Vitamin D	101IU
Saturated	5g	Vitamin E	0mg
Carbs	30g	Vitamin K	5µg
Net Carbs	10g	Thiamine	0.1mg
Fiber	20g	Riboflavin	0.1mg
Sugar	2g	Niacin	0mg
Protein	12g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	21µg
Sodium	191mg	Vitamin B12	0µg
Potassium	407mg	Phosphoro...	64mg
Vitamin A	5597IU	Magnesium	45mg
Vitamin C	2mg	Zinc	1mg
Calcium	790mg	Selenium	1µg

DIRECTIONS

- 01 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 3 to 4 days.

EXTRA CREAMY

Replace half of the almond milk with full-fat canned coconut milk.

Avocado Sweet Potato Toast with Poached Egg

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	360	Iron	3mg
Fat	24g	Vitamin D	82IU
Saturated	5g	Vitamin E	3mg
Carbs	22g	Vitamin K	23µg
Net Carbs	13g	Thiamine	0.2mg
Fiber	9g	Riboflavin	0.6mg
Sugar	4g	Niacin	2mg
Protein	16g	Vitamin B6	0.6mg
Cholesterol	372mg	Folate	136µg
Sodium	185mg	Vitamin B12	0.9µg
Potassium	844mg	Phosphoro...	281mg
Vitamin A	9908IU	Magnesium	57mg
Vitamin C	12mg	Zinc	2mg
Calcium	88mg	Selenium	31µg

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

EGG-FREE

Skip the eggs and top with hemp seeds instead.

Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NUTRITION

AMOUNT PER SERVING

Calories	209	Iron	1mg
Fat	18g	Vitamin D	0IU
Saturated	2g	Vitamin E	8mg
Carbs	10g	Vitamin K	23µg
Net Carbs	7g	Thiamine	0mg
Fiber	3g	Riboflavin	0.1mg
Sugar	4g	Niacin	2mg
Protein	6g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	105µg
Sodium	65mg	Vitamin B12	0µg
Potassium	392mg	Phosphoro...	232mg
Vitamin A	376IU	Magnesium	108mg
Vitamin C	3mg	Zinc	2mg
Calcium	52mg	Selenium	34µg

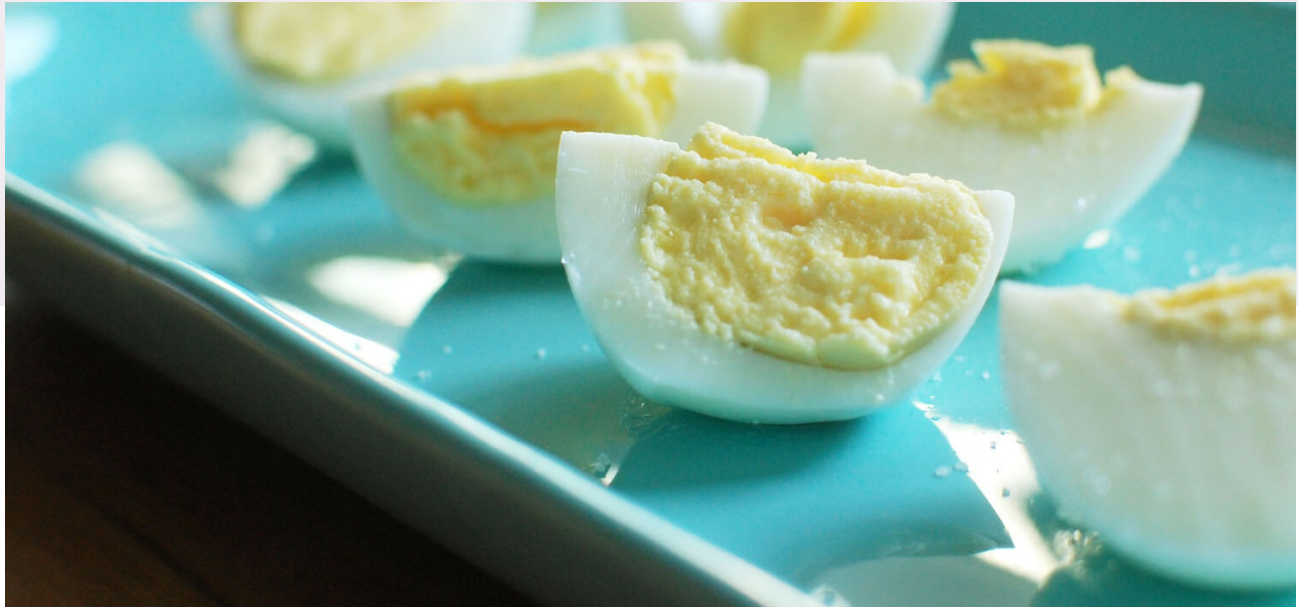
NOTES

NO CELERY

Use cucumber instead

Salt n' Vinegar Hard Boiled Eggs

3 SERVINGS 35 MINUTES



INGREDIENTS

6 Egg
3/4 tsp Sea Salt (divided)
3 tbsps Apple Cider Vinegar (divided)

NUTRITION

AMOUNT PER SERVING

Calories	146	Iron	2mg
Fat	10g	Vitamin D	82IU
Saturated	3g	Vitamin E	1mg
Carbs	1g	Vitamin K	0µg
Net Carbs	1g	Thiamine	0mg
Fiber	0g	Riboflavin	0.5mg
Sugar	0g	Niacin	0mg
Protein	13g	Vitamin B6	0.2mg
Cholesterol	372mg	Folate	47µg
Sodium	733mg	Vitamin B12	0.9µg
Potassium	149mg	Phosphoro...	199mg
Vitamin A	540IU	Magnesium	13mg
Vitamin C	0mg	Zinc	1mg
Calcium	57mg	Selenium	31µg

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Marinated Mixed Bean Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Green Beans (fresh or frozen)
2 cups Mixed Beans (cooked)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 1/2 tsps Italian Seasoning
1/2 Garlic (clove, minced)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	365	Iron	5mg
Fat	15g	Vitamin D	0IU
Saturated	2g	Vitamin E	2mg
Carbs	45g	Vitamin K	45µg
Net Carbs	32g	Thiamine	0.3mg
Fiber	13g	Riboflavin	0.2mg
Sugar	3g	Niacin	1mg
Protein	16g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	249µg
Sodium	6mg	Vitamin B12	0µg
Potassium	843mg	Phosphoro...	266mg
Vitamin A	346IU	Magnesium	88mg
Vitamin C	13mg	Zinc	2mg
Calcium	83mg	Selenium	2µg

DIRECTIONS

- 01 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 02 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

NOTES

NO MIXED BEANS

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

LEFTOVERS

Keeps well covered in the fridge up to 4 to 5 days.

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	318	Iron	2mg
Fat	26g	Vitamin D	0IU
Saturated	4g	Vitamin E	0mg
Carbs	16g	Vitamin K	0µg
Net Carbs	10g	Thiamine	0mg
Fiber	6g	Riboflavin	0mg
Sugar	4g	Niacin	0mg
Protein	12g	Vitamin B6	0mg
Cholesterol	0mg	Folate	0µg
Sodium	216mg	Vitamin B12	0µg
Potassium	0mg	Phosphoro...	0mg
Vitamin A	0IU	Magnesium	0mg
Vitamin C	0mg	Zinc	0mg
Calcium	40mg	Selenium	0µg

Toasted Walnuts

3 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Walnuts (shelled)

NUTRITION

AMOUNT PER SERVING

Calories	235	Iron	1mg
Fat	23g	Vitamin D	0IU
Saturated	2g	Vitamin E	0mg
Carbs	5g	Vitamin K	1µg
Net Carbs	3g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.1mg
Sugar	1g	Niacin	0mg
Protein	5g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	35µg
Sodium	1mg	Vitamin B12	0µg
Potassium	159mg	Phosphoro...	125mg
Vitamin A	0IU	Magnesium	57mg
Vitamin C	0mg	Zinc	1mg
Calcium	35mg	Selenium	2µg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

NOTES

EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.

Apple with Almond Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Iron	1mg
Fat	18g	Vitamin D	0IU
Saturated	1g	Vitamin E	8mg
Carbs	31g	Vitamin K	4µg
Net Carbs	23g	Thiamine	0mg
Fiber	8g	Riboflavin	0.3mg
Sugar	20g	Niacin	1mg
Protein	7g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	22µg
Sodium	4mg	Vitamin B12	0µg
Potassium	428mg	Phosphoro...	179mg
Vitamin A	99IU	Magnesium	96mg
Vitamin C	8mg	Zinc	1mg
Calcium	119mg	Selenium	1µg

DIRECTIONS

01 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

One Pan Salmon with Green Beans & Roasted Tomato

1 SERVING 25 MINUTES



INGREDIENTS

1 cup Green Beans (washed and trimmed)
1/2 cup Cherry Tomatoes
3/4 tsp Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
5 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	260	Iron	2mg
Fat	10g	Vitamin D	798IU
Saturated	2g	Vitamin E	2mg
Carbs	10g	Vitamin K	51µg
Net Carbs	6g	Thiamine	0.3mg
Fiber	4g	Riboflavin	0.4mg
Sugar	5g	Niacin	13mg
Protein	34g	Vitamin B6	1.2mg
Cholesterol	72mg	Folate	53µg
Sodium	120mg	Vitamin B12	6.7µg
Potassium	908mg	Phosphoro...	420mg
Vitamin A	1540IU	Magnesium	76mg
Vitamin C	22mg	Zinc	1mg
Calcium	57mg	Selenium	43µg

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO SALMON

Use any type of fish fillet. Baking times will vary depending on thickness.

VEGAN

Use roasted chickpeas instead of salmon.

MORE CARBS

Serve with quinoa or rice.

ADDED TOUCH

Toss the green beans in balsamic vinegar before serving.

Roasted Sweet Potato & Brussels Sprouts Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

1 Sweet Potato (medium, sliced into 1 inch cubes)
2 cups Brussels Sprouts (washed and halved)
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Tahini
1 1/2 tsps Maple Syrup
2 tbsps Water (warm)
1/8 tsp Cayenne Pepper (less if you don't like it spicy)
1/16 tsp Sea Salt
1 cup Lentils (cooked, drained and rinsed)
4 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	355	Iron	8mg
Fat	12g	Vitamin D	0IU
Saturated	2g	Vitamin E	3mg
Carbs	50g	Vitamin K	450µg
Net Carbs	34g	Thiamine	0.6mg
Fiber	16g	Riboflavin	0.4mg
Sugar	10g	Niacin	3mg
Protein	17g	Vitamin B6	0.6mg
Cholesterol...	0mg	Folate	371µg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 02 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 03 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 04 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 05 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli instead.

NO LENTILS

Use chickpeas, tempeh, or tofu instead.

Sodium	199mg	Vitamin B12	0µg
Potassium	1336mg	Phosphoro...	409mg
Vitamin A	15576IU	Magnesium	135mg
Vitamin C	95mg	Zinc	3mg
Calcium	205mg	Selenium	10µg

Spaghetti Squash Chow Mein

2 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

1/2 Spaghetti Squash
1 tbsp Sesame Oil
1/2 Yellow Onion (medium, diced)
2 stalks Celery (sliced diagonally)
2 cups Coleslaw Mix
1 1/2 Garlic (cloves, minced)
1 1/2 tsps Ginger (peeled and grated)
3/4 tsp Coconut Oil
8 ozs Extra Lean Ground Chicken
2 tsps Coconut Aminos

NUTRITION

AMOUNT PER SERVING

Calories	341	Iron	3mg
Fat	18g	Vitamin D	0IU
Saturated	5g	Vitamin E	1mg
Carbs	25g	Vitamin K	14µg
Net Carbs	20g	Thiamine	0.3mg
Fiber	5g	Riboflavin	0.3mg
Sugar	9g	Niacin	7mg
Protein	22g	Vitamin B6	0.8mg
Cholesterol	98mg	Folate	34µg
Sodium	405mg	Vitamin B12	0.6µg
Potassium	1125mg	Phosphoro...	254mg
Vitamin A	3575IU	Magnesium	64mg
Vitamin C	50mg	Zinc	2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 02 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 03 In a separate pan, melt the coconut oil and brown the ground chicken.
- 04 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

NOTES

NO COCONUT AMINOS

Use tamari instead.

VEGAN AND VEGETARIAN

Replace the ground chicken with scrambled eggs or tofu.

LIKES IT SPICY

Serve with hot sauce.

LEFTOVERS

Refrigerate up to 3 days.

Calcium 113mg Selenium 13µg

Egg Roll in a Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Avocado Oil
1/2 Yellow Onion (medium, diced)
2 1/2 stalks Green Onion (diced)
2 Garlic (cloves, minced)
1 1/2 tsps Ginger (peeled and grated)
8 ozs Lean Ground Pork
3 cups Coleslaw Mix
1 cup Bean Sprouts
2 tsps Coconut Aminos

NUTRITION

AMOUNT PER SERVING

Calories	407	Iron	4mg
Fat	26g	Vitamin D	19IU
Saturated	6g	Vitamin E	1mg
Carbs	21g	Vitamin K	24µg
Net Carbs	15g	Thiamine	0.4mg
Fiber	6g	Riboflavin	0.4mg
Sugar	10g	Niacin	7mg
Protein	26g	Vitamin B6	0.7mg
Cholesterol	77mg	Folate	7µg
Sodium	666mg	Vitamin B12	0.8µg
Potassium	359mg	Phosphoro...	191mg
Vitamin A	5100IU	Magnesium	22mg
Vitamin C	58mg	Zinc	2mg
Calcium	101mg	Selenium	35µg

DIRECTIONS

- 01 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 02 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 03 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

NOTES

NO COCONUT AMINOS

Use tamari or soy sauce instead.

MEAT-FREE

Replace the ground meat with scrambled eggs or tofu.

Slow Cooker Spaghetti Squash & Meatballs

2 SERVINGS 4 HOURS



INGREDIENTS

8 ozs Extra Lean Ground Turkey
2 tbsps Brown Rice Flour
1/2 Egg (whisked)
1 tbsp Extra Virgin Olive Oil (divided)
1 1/2 tsps Oregano (divided)
1 1/2 cups Crushed Tomatoes
1/2 tsp Sea Salt (divided)
1/2 tsp Black Pepper (divided)
1/2 Spaghetti Squash (medium)

NUTRITION

AMOUNT PER SERVING

Calories	388	Iron	5mg
Fat	18g	Vitamin D	26IU
Saturated	4g	Vitamin E	4mg
Carbs	33g	Vitamin K	20µg
Net Carbs	27g	Thiamine	0.4mg
Fiber	6g	Riboflavin	0.4mg
Sugar	8g	Niacin	10mg
Protein	27g	Vitamin B6	0.9mg
Cholesterol	130mg	Folate	59µg
Sodium	1028mg	Vitamin B12	1.5µg
Potassium	1212mg	Phosphoro...	376mg
Vitamin A	953IU	Magnesium	110mg
Vitamin C	29mg	Zinc	4mg
Calcium	144mg	Selenium	27µg

DIRECTIONS

- 01 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 02 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 03 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 04 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 05 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

NOTES

NO GROUND TURKEY

Use any type of ground meat.

CHEESE LOVER

Sprinkle with parmesan cheese.

Roasted Winter Vegetables with Tahini Drizzle

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 Delicata Squash (small)
1 1/2 cups Brussels Sprouts (washed and halved)
1/2 bulb Fennel (coarsley chopped)
1/4 cup Red Onion (coarsley chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1/8 tsp Sea Salt
1/8 tsp Black Pepper
2 tbsps Tahini
1/2 Garlic (clove)
2 tbsps Water
1 Lemon (small, juiced)
2 tbsps Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	358	Iron	4mg
Fat	26g	Vitamin D	0IU
Saturated	4g	Vitamin E	3mg
Carbs	29g	Vitamin K	163µg
Net Carbs	21g	Thiamine	0.5mg
Fiber	8g	Riboflavin	0.2mg
Sugar	5g	Niacin	3mg
Protein	9g	Vitamin B6	0.4mg
Cholesterol...	0mg	Folate	102µg
Sodium	217mg	Vitamin B12	0µg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 02 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 03 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 04 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 05 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

NOTES

MORE PROTEIN

Add lentils, chickpeas, or diced tofu.

LEFTOVERS

Store covered in the fridge up to 2 - 3 days.

Potassium	1060mg	Phosphoro...	332mg
Vitamin A	1471IU	Magnesium	126mg
Vitamin C	86mg	Zinc	2mg
Calcium	169mg	Selenium	8µg

15 Minute Halibut with Dill Pesto

1 SERVING 15 MINUTES



INGREDIENTS

1/4 cup Parsley (packed)
1 tbsp Fresh Dill (packed)
1 1/3 tbsps Slivered Almonds
2 1/4 tsps Extra Virgin Olive Oil
1/4 Lemon (juiced)
1/4 Garlic (clove)
Sea Salt & Black Pepper
5 ozs Halibut Fillet
1/3 tsp Coconut Oil
2 cups Mixed Greens (or Arugula)

NUTRITION

AMOUNT PER SERVING

Calories	327	Iron	3mg
Fat	20g	Vitamin D	269IU
Saturated	4g	Vitamin E	2mg
Carbs	6g	Vitamin K	255µg
Net Carbs	3g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0.1mg
Sugar	1g	Niacin	9mg
Protein	31g	Vitamin B6	0.8mg
Cholesterol	69mg	Folate	43µg
Sodium	139mg	Vitamin B12	1.6µg
Potassium	903mg	Phosphoro...	346mg
Vitamin A	1419IU	Magnesium	41mg
Vitamin C	33mg	Zinc	1mg

DIRECTIONS

- 01 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 02 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 03 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

NOTES

NUT FREE

Use pumpkin seeds or sunflower seeds instead.

SAVE TIME

Blend up the pesto in advance.

MORE CARBS

Serve it with rice, quinoa or roasted mini potatoes.

Calcium 104mg Selenium 65µg