

Diabetes Reversal Group: Menu & Recipes for Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	2 Eggs Over Easy 2 Canadian Bacon Red Pepper strips	2 Scrambled Eggs ½ cup Ground Beef Salsa	<i>Cream of Buckwheat*</i> <i>w/ Pumpkin Pie spice</i>	2 Eggs Over Easy 2 Canadian Bacon 4 Grape Tomatoes	Scrambled Eggs ½ Avocado Tomatoes	2 Hard-boiled Eggs Bell Peppers	<i>Cream of Buckwheat*</i>
Snack	1 Pear ¼ cup Mixed Nuts	Banana 1 Tbsp Cashew Butter	1 Pear 1 Tbsp Cashew Butter	Banana ¼ cup Mixed Nuts	1 Pear 1 Tbsp Almond Butter	1 Banana 1 Tbsp Almond Butter	6 Baby Carrots 1 Tbsp Cashew Butter
Lunch	<i>Carrot-Pepper Salad*</i> <i>French Tomato Dressing*</i>	<i>Minestrone Soup*</i> 4 Baby Carrots	<i>No Bake Stuffed Green Peppers*</i>	Flaked Fish w/ Bell Peppers & Radishes on a bed of Lettuce <i>French Tomato Dressing*</i>	Sweet & Savory Salad* 4 oz Diced Chicken	Turkey Broccoli Stirfry *	Salad w/ chopped: Bell Pepper, Green Onions, Celery and Tomato 3 oz any Meat
Snack	¼ cup Almonds – raw or soaked*	¼ cup Cashews	2 oz sliced Chicken Celery stick	¼ cup Almonds – raw or soaked*	1 oz sliced Chicken ½ Bell Pepper	¼ cup Cashews	1 Hard boiled Egg 3 Grape Tomatoes
Dinner	<i>Minestrone Soup*</i>	<i>Mushroom Braised Chicken*</i>	<i>Fish Tacos in Lettuce Shells*</i>	<i>Lemon Pepper Chicken*</i> Savory Salad*	<i>Turkey Broccoli Stirfry*</i>	<i>Beef Kebobs*</i>	<i>Chicken-Stuffed Eggplant*</i>
Snack	<i>Hot Water with 1 tsp Lemon Juice</i> ¼ cup Sunflower seeds	<i>Hot Water with 1 tsp Lemon Juice</i> 6 Almonds	<i>Hot Water with 1 tsp Lemon Juice</i> ¼ cup Sunflower seeds	<i>Hot Water with 1 tsp Lemon Juice</i> 6 Almonds	<i>Hot Water with 1 tsp Lemon Juice</i> ½ Avocado	<i>Hot Water with 1 tsp Lemon Juice</i> ¼ cup Sunflower seeds	<i>Hot Water with 1 tsp Lemon Juice</i> 6 Almonds

(*): Indicates a recipe is included below

Eggs: Scrambled, sunny-side up, over-easy or poached. Use spray oil in pan, not butter.

Vegetables: Raw, roasted, sautéed, or steamed. Use olive oil, herbs, and spices.

Snacks: Mid-morning ~ Fruit in the morning with seeds/nuts; Mid-afternoon ~ vegetables, meats, nuts/seeds;

Evening ~ if you need more than the Lemon water, make sure you're eating a protein snack (meat/nuts/seeds)

Cream of Buckwheat (COB)

The most popular brand of cream of buckwheat is Pocono.

Prepare one serving according to the directions. Eat plain or add one or more of the following items...

Optional Add-ins:

- 6 almonds, raw or soaked
- ½ apple, diced
- Dash cinnamon
- ½ pear, diced
- ¼ tsp pumpkin pie spice – **NEW!**

Hint: Make several servings at a time and keep refrigerated for an upcoming breakfast. Place a serving of premade COB into a small sauté pan and add 1 Tbsp of water for moisture. Warm through.

1 serving

No Bake Stuffed Green Peppers

Make lunch time fun with this recipe!

- 4 Green Peppers, halved from top to bottom & cored
- 4 Tomatoes, chopped
- 2 Green onions, chopped (green and white)
- 1 cup Almond meal or Almonds very finely chopped
- 2 tsp Olive Oil
- 1 Tbsp Vegetable Broth
- 1 Carrot, grated

Directions

1. Mix tomatoes, green onions, almond meal, olive oil and broth together.
2. Spoon mixture evenly into the 8 green pepper halves.
3. Garnish with grated carrot.

Hints:

1. Feel free to adjust oil and broth amounts based on the texture and size of your vegetables.
2. Use Red Peppers, if you prefer.

4 servings

Carrot Pepper Salad

A "meaty" salad with a lot of crunch.

- 4 Carrots
- ½ Onion
- 1 Green Pepper
- 2 sticks Celery
- 2 Tomatoes
- Spinach leaves for a "bed"

Directions

1. Chop all vegetables and combine with dressing of choice.
2. Serve on a bed of spinach leaves.

2 servings

Sweet & Savory Salad

A savory salad tempered with sweet fruit.

- 1 head Romaine Lettuce, chopped
- 1 bunch Spinach, chopped
- 1 bunch Radishes, sliced
- 24 Strawberries or Grapes, sliced or diced

Directions

1. Combine all ingredients.
2. Excellent with homemade French Tomato Dressing.

Serves 4 as a main meal.

Beef Kebabs & Quinoa

Grilled inside or outside this is a FUN meal!

- 1 cup quinoa
- 2 cups water or broth
- 8 oz top sirloin steak, cut into 12 equal chunks
- ½ cup vinaigrette dressing
- 1 green pepper or zucchini, cut into 8 pieces
- 8 cherry tomatoes
- 1 small onion, cut into 8 wedges
- 4 wooden skewers, soaked in water for 30 minutes OR metal skewers

Directions

1. Put the meat in a small bowl and pour the dressing over the top. Refrigerate to marinate for at least 20 minutes; stirring after the first 10 minutes.
2. In a saucepan over high heat, combine the quinoa and water/broth. Bring to a boil. Reduce the heat to low, cover and simmer about 15 minutes.
3. Prepare grill or broiler. Lightly coat the grill rack or broiler pan with cooking spray. Rack or pan should be 4 to 6 inches from the heat source.
4. Thread 3 cubes of meat, 2 green pepper (or zucchini) slices, 2 cherry tomatoes and 2 onion wedges onto each skewer.
5. Place the kebabs on the grill rack or broiler pan. Cook about 5 to 10 minutes, turning as needed for desired doneness.
6. Divide the quinoa onto individual plates. Top with 2 kebabs, season with salt, pepper or lemon pepper to taste. Serve immediately.

2 servings

Chicken-Stuffed Eggplant

Almond meal takes the place of breadcrumbs in this tasty dish.

- 1 med eggplant
- 1 cup water
- 2 TBSP olive oil
- 6 oz chicken breast, cut into strips 1/2 inch wide and 2 inches long
- ¼ cup onion, chopped
- ¼ cup bell pepper, chopped ~ red, green or yellow
- 14 oz can tomatoes, canned, unsalted, drained reserve ¼ cup liquid
- ¼ cup celery, chopped
- ½ cup fresh mushrooms, sliced
- 1 cup almond meal
- ground black pepper, to taste

Directions

1. Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray.
2. Trim the ends off the eggplant and cut in half lengthwise. With a spoon, neatly scoop out the pulp, leaving a shell 1/4-inch thick.
3. Place the shells in the baking dish and add the water to the bottom of the dish. Chop the eggplant pulp into cubes. Set aside.
4. In a large, nonstick frying pan, heat the olive oil over medium-high heat. Add the chicken strips and sauté until the chicken is lightly browned, about 5 minutes.
5. Add the diced eggplant, onion, peppers, tomatoes and reserved tomato liquid, celery, and mushrooms to the chicken. Reduce heat and simmer until the vegetables are tender, about 10 minutes.
6. Stir in the almond meal crumbs and black pepper. Scoop half of the mixture into each eggplant shell.
7. Cover with aluminum foil and bake until the eggplant is softened and the stuffing is warmed through, about 15 minutes. Transfer the eggplant to warmed individual plates and serve immediately.

2 servings

Lemon Pepper Chicken

Easy to make roast chicken!

- 1 whole Chicken, rinsed
- Olive Oil
- Lemon Pepper, to taste
- 1 cup Water

Directions

1. Preheat oven to 350 degrees.
2. Place chicken in baking pan, legs down. Rub olive oil over body and sprinkle Lemon Pepper liberally over the oil.
3. Turn chicken leg-side up. Repeat with olive oil and lemon pepper.
4. Bake for 1 hour. Then add 1 cup of water.
5. Bake for another 30-45 minutes, until chicken is cooked thoroughly.

4 servings

Braised Mushroom Chicken

This easy-to-make dish looks like it took hours to make.

- 2 skinless, bone-in chicken breast halves, (weighing $\frac{3}{4}$ lb total), each cut in half crosswise (should be 4 pieces total)
- 2 skinless, bone-in chicken thighs
- 2 skinless chicken legs
- 2 TBSP olive oil
- 1 shallot, chopped (about 1 TBSP)
- 1 lb small white button mushrooms, brushed clean
- $\frac{1}{2}$ lb pearl onions, peeled
- 1- $\frac{1}{4}$ c. low-sodium vegetable stock, chicken stock or broth
- 2 TBSP balsamic vinegar (or 1 TBSP depending on your preference)
- 2 TBSP fresh thyme, chopped & sprigs for garnish
- salt & pepper

Directions

1. Heat a few tablespoons of olive oil in a heavy pan or Dutch oven.
2. Season the chicken with salt and pepper. Sauté on medium-high heat. Brown on both sides, about 5 minutes total. Transfer to a platter.
3. Add the shallot to the pan and sauté until soft, about 1 minute. Add the mushrooms and sauté until lightly browned, 3 to 4 minutes. Stir in the onions and sauté until they begin to pick up some brown color, 2 to 3 minutes.
4. Deglaze the pan by pouring in the broth or stock. Scrape up any bits that are stuck to the pan and stir.
5. Return the chicken pieces to the pan, and bring to a boil. Cover, reduce the heat to low, and simmer, stirring occasionally, until the chicken and vegetables are tender, about 45 minutes.
6. Stir in the vinegar and thyme. Salt and pepper, to taste.
7. Divide the mushroom-onion mixture among 4 shallow individual bowls. Top each portion with 2 pieces of chicken, 1 light meat and 1 dark. Garnish with thyme sprigs. Serve immediately.

4 servings

Fish Tacos in Lettuce Shell

You'll never miss the taco shell in this delicious recipe.

¾ cup black olives, pitted & chopped
2 tomatoes, seeded and diced (reserve ¼ cup)
3 green onions, thinly sliced
½ jalapeno chili pepper, seeded and minced (optional – seeds are HOT)
4 TBSP lime juice

1 tsp lime zest
1 TBSP rice vinegar
3 TBSP olive oil
4 TBSP cilantro, chopped
½ tsp salt
¼ tsp pepper
1 small romaine lettuce, thinly sliced (about 3 cups)
½ red bell pepper, roasted
1 tsp chili powder
1 tsp ground cumin (optional)
12 iceberg lettuce leaves
1-¾ lbs swordfish steaks (or other firm fish), cut into 1-inch cubes

Directions

1. Preheat oven to 400 F.
2. In a bowl, combine the olives, diced tomatoes, green onions, jalapeno, 2 TBSP lime juice, the lime zest, vinegar, 2 TBSP olive oil, 2 TBSP cilantro, the salt and pepper. Toss gently until all the ingredients are evenly distributed. Cover and refrigerate until ready to use.
3. Place the romaine in a separate bowl, cover and refrigerate until ready to use.
4. Cut the roasted bell pepper half into chunks. In a blender or food processor, combine the roasted pepper, reserved ½ cup chopped tomatoes, ¼ tsp chili powder, ¼ tsp cumin and the remaining 2 tablespoons lime juice. Pulse to puree. Stir in the remaining 2 TBSP cilantro and set aside.
5. In another bowl, toss the swordfish cubes with the remaining 1 TBSP olive oil, ¾ tsp chili powder and ¾ tsp cumin.
6. Arrange the fish in a single layer on a baking sheet and bake until the fish is

opaque throughout when tested with the tip of a knife, about 5 minutes.

7. To serve, place 2 iceberg lettuce leaves on each plate. Divide the tomato-olive mixture evenly among the leaves and top with equal portions of the fish. Add some romaine to each and drizzle with lime-cilantro sauce. Serve immediately.

6 servings

Firm fish options: cod, halibut, mahi-mahi, ono, sea bass, and snapper

Turkey and Broccoli Stir-Fry

A classic Asian favorite.

1 lb. turkey, sliced into thin strips
4 tsp olive oil, divided
6 TBSP almonds, slivered
1 lg onion, peeled, thinly sliced
2 cloves garlic, minced or pressed
2 cups turkey broth, fat-free and low sodium (reserve 1-½ cups)
1 lb fresh broccoli or 20 oz. thawed broccoli spears, sliced diagonally
½ lb fresh mushrooms, sliced
1 tsp arrowroot
4 TBSP Bragg's amino acids

Directions

1. Heat wok or large pan over high heat. Add 2 teaspoons oil and almonds, stir 2 minutes then remove from pan.
2. Add remaining oil and turkey strips, stir until brown then remove from pan.
3. Combine onion, garlic and ½ cup broth in wok. Stir until broth evaporates and onions brown.
4. Add broccoli and remaining broth. Stir over medium heat 4 minutes. Add mushrooms. Cook until broccoli is tender.
5. Mix arrowroot and Bragg's amino acids then stir into liquid to thicken. Add turkey and stir 3 minutes. Garnish with almonds.

Serves 4.

Minestrone Soup

This soup is just right for winter or summer.

2 TBSP olive oil
1 tsp onion powder
2 carrots, chopped 2 stalks celery, chopped
2 cloves garlic, minced
1 cup cauliflower, chopped (or turnip)
1 fresh rosemary sprig
28 oz beef broth
Salt and pepper
2 TBSP fresh Italian parsley leaves, chopped
14 oz tomatoes, diced (canned or fresh)
3 oz pancetta, thin-sliced & chopped
15 oz cannellini beans, canned, drained, rinsed
1 lb Swiss chard, leaves-only, coarsely chopped

Directions

1. Heat oil in a heavy large pot over medium heat. Add the onion, carrots, celery, pancetta, and garlic.
2. Add the Swiss chard and cauliflower (or turnip); sauté for 2 minutes. Add the tomatoes and rosemary sprig. Simmer until the chard is wilted and the tomatoes break down, about 10 minutes.
3. Meanwhile, blend $\frac{3}{4}$ cup of the beans with $\frac{1}{2}$ cup of the broth in a blender until almost smooth. Add the pureed bean mixture and remaining broth, to the vegetable mixture.
4. Simmer until the cauliflower (or turnip) pieces are tender, stirring occasionally, about 15 minutes.
5. Stir in the whole beans and parsley. Simmer until the beans are heated through and the soup is thick, about 2 minutes. Discard rosemary sprig. Season with salt and pepper, to taste.

4 servings

French Tomato Dressing

A tangy tomato dressing.

$\frac{1}{2}$ cup Olive Oil
 $\frac{1}{4}$ cup Lemon Juice
1 tomato, finely diced

Optional: stevia, to taste

Combine all ingredients and enjoy 1-2 Tablespoons on your salad or meats.

Pumpkin Pie Spice

A homemade recipe if you can't find already prepared.

4 tsp ground cinnamon
2 tsp ground ginger
1 tsp ground cloves
 $\frac{1}{2}$ tsp ground nutmeg

Directions

1. Combine all ingredients. Store in an airtight container.