Meal Plans & Recipes Introduction

ENJOY:

Cream of Buckwheat or any type of Buckwheat
Fruit (limit pineapple, watermelon and bananas) – fresh or frozen (no sugar added)
Beans & Legumes
Meats (deli meats must contain no additives / limit your pork intake)
Nuts & Seeds
Quinoa & Amaranth
Vegetables
Sweeteners: raw honey (limited), molasses (limited), Stevia (with no additives)
Herbal & Caffeine-free Teas (make hot tea or iced tea)
Almond Milk (unsweetened, Coconut Milk (limited)
Water (purified is preferred, but not mandatory)
Olive Oil, Coconut Oil

AVOID:

ALL Dairy Products (milk, cheese, butter, sour cream, yogurt, ice cream, cottage cheese, etc.)
ALL Wheat/Rye/Oat/Barley (pasta, bread, rice, buns, rolls, cereal, bagel, chips, crackers, oatmeal, tortillas)
ALL Caffeine ~ including De-Caf or Non-Caf (coffee, tea, soda, Red Bull, etc.)
ALL Soy Products
White or Red Potatoes (sweet potatoes and yams are ok)
ALL Carbonated Beverages
ALL Corn Products – canned, popcorn, corn on the cob
ALL Sugar & Artificial Sweeteners including:
  white & brown sugar
  any of the corn syrups
  acesulfame potassium (AKA acesulfame K)
  Splenda (sucralose)
  Sweet’N Low (saccharin)
  Nutrasweet & Equal (aspartame)

Copyright 2015 Help Your Diabetes
Meal Planner & Recipe TIPS

1. Review each Weekly Menu Calendar.
2. Circle the items on the Menu Calendar that you particularly enjoyed and would make again.
3. Recipes have been sized, so your favorites can be cut out/pasted onto 4”x 6” index cards and stored in a recipe box. Use the front and back of the index card, if necessary.
4. Move recipes around on the Weekly Menu to fit your schedule.
5. Substitute Snack items depending on availability in stores.
6. Use recipes that look appetizing to you. Be adventurous and try something new. Don’t force yourself to eat a food that’s on the menu if you don’t like it. You will find plenty of recipes that you do like.

Eating and Drinking TIPS

1. If you are hungry after eating any of your meals, feel free to eat more vegetables.
2. Do not drink anything more than a few swallows of slightly cool or room temperature water with your meals, as it will impede your digestion.
3. Drink ½ your body weight in ounces of water per day.
4. Avoid any fruit after 3pm.

Cooking TIPS

1. Cooking meals is so much easier with the right tools. Make sure your knives are sharp. Invest in a good “chopper” ~ they are a wonderful time savings and are easy to clean.
2. No need for a fancy steamer for vegetables. Simply place vegetables into a pot or pan with 2 TBSP water or broth and cover for 5-10 minutes depending on the type of vegetable.

Shopping List TIPS

1. Copy the Shopping List and keep up on your refrigerator OR taped inside the pantry or a kitchen cabinet. Circle the items you’ll need to purchase on your next shopping day. Extra lines have been provided for other needs, such as cleaning products, etc.
2. Look at the Shopping List and keep your refrigerated, frozen and pantry staples up-to-date.
3. Make sure to notice how many servings a recipe makes when creating your shopping list, so you can make extra for the next day’s lunch, if desired.