

dLife Meal Planner

7 Days of Diabetes-Friendly Eating



Foreward

Whether you're newly diagnosed or have been living with diabetes for years, the question that never goes away is, "What can I eat?" This handy meal planner answers that question and then some.

At dLife, we believe that the best way to eat for diabetes health is the way everyone should eat: low carb, low glycemic, whole foods. What does that mean? It's simple. First, eat foods as close to their natural state as possible. This way, you get all the nutrients just as nature intended them — and none of the chemical additives or processed ingredients. Plus, virtually all foods in their natural state are lower in carbs and have a more moderate effect on blood sugar levels than processed foods. Second, watch your carb intake. Carbs raise blood sugar, so consume them wisely.

What you'll find in this book are daily menus — breakfast, lunch, dinner, and two snacks — that keep your intake at an average of 1500 calories and 100g of carbs per day. Some of it is still in your hands, however. For example, one key for optimal blood sugar control is spreading those carbs throughout your day. So try not to have your highest-carb snack close to your highest-carb meal and vice versa.

Also, what you drink with these meal plans is up to you. Moderate coffee, tea, and alcohol intake has been associated with good health outcomes. Just add any calories and carbs to your daily totals. A glass of dry wine at dinner will add 120 calories and 4g of carbs.

This diet is not a low fat diet nor is it low in sodium. At dLife, we strongly feel that controlling carbohydrates (especially the refined ones) is the number-one way to manage blood sugar and weight. That's why this dLife Meal Planner provides you with delicious, satiating menus that are low in carbs and high in fiber and other diabetes super-nutrients.

As you browse the menus, you may find some foods that are not to your liking. Don't worry — we've got you covered with a list of substitution ideas at the back of this planner.

Now, it's time to get cooking! Just think, next week you won't have to ask, "What can I eat?"



Lynn Prowitt-Smith
dLife Contributing Food & Nutrition Editor

Menus

Day 1 85g carbs

BREAKFAST Carbs 9.5g
Mushroom & Cheddar Scramble
Bacon
Fresh Strawberries

LUNCH Carbs 17g
Tuna and Avocado Over Arugula

DINNER Carbs 29g
Creamy Cucumber Soup
Chicken Curry
Spiced Green Beans

SNACKS
Yogurt & Fresh Raspberries Carbs 22.5g
String Cheese & Watermelon Carbs 7g

Day 2 91g carbs

BREAKFAST Carbs 31g
Oatmeal with Raspberries and Almonds
Canadian Bacon

LUNCH Carbs 29.5g
Dill Chicken Salad Over Mesclun Greens
Crispbread
Fresh Blackberries

DINNER Carbs 23g
Savory Turkey & Mushroom Cheeseburger
Sautéed Kale with Garlic

SNACKS
Celery & Macadamia Butter Carbs 5g
Ham Slices & Cheddar Cubes Carbs 2.4g

Day 3 88g carbs

BREAKFAST Carbs 11g
Turkey Sausage Patties & Fried Tomatoes
Cottage Cheese with Strawberries

LUNCH Carbs 22g
Cobb Salad
Crispbread with Avocado

DINNER Carbs 31g
Grilled Salmon with Fresh Herb Sauce
Grilled Asparagus with Barley

SNACKS
Veggies & Hummus Carbs 18g
Celery & Peanut Butter Carbs 6g

Day 4 94g carbs

BREAKFAST Carbs 23g
Blueberry "Cheese Danish"
Fresh Cantaloupe

LUNCH Carbs 23g
Asian Tuna Burger
Cucumber Slices
Artichoke with Lemon Butter

DINNER Carbs 7g
Walnut Chicken
Italian Broccoli Rabe

SNACKS
Edamame & Swiss Cheese Carbs 11g
Pear & Almonds Carbs 30g

Day 5 90g carbs

BREAKFAST Carbs 10g
Crustless Spinach Quiche
Crispy Bacon

LUNCH Carbs 19g
Baked Shrimp
Quinoa with Sautéed Spinach and
Mushrooms

DINNER Carbs 24g
New Old-Fashioned Meatloaf
Buttery Broccoli

SNACKS
Greek Yogurt & Raspberries Carbs 22g
Parmesan Popcorn & Almonds Carbs 15g

Day 6 93g carbs

BREAKFAST Carbs 20g
Greek Yogurt Parfait

LUNCH Carbs 22g
Roasted Chicken
Feta, Spinach, and Lentil Salad

DINNER Carbs 43g
Peppered Flank Steak
Sautéed Kale and Mushrooms
Pearl Barley

SNACKS
String Cheese & Almonds Carbs 3g
Bell Pepper Strips & Blue Cheese Dip Carbs 4g

Day 7 84g carbs

BREAKFAST Carbs 10.4g
Veggie & Cheese Omelet
Fresh Strawberries

LUNCH Carbs 23.7g
Salmon Over Mixed Citrus Salad

DINNER Carbs 31.9g
Baked Halibut with Parmesan
Warm Barley with Walnuts
Avocado & Tomato Salad

SNACKS
Fresh Raspberries & Whipped Cream Carbs 14.6g
String Cheese & Edamame Carbs 3.8g

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Day 1

breakfast

Mushroom & Cheddar Scramble with Bacon & Fresh Strawberries

2 eggs, beaten
 ½ cup sliced mushrooms
 ¼ cup shredded cheddar cheese
 2 slices uncured bacon
 ½ cup sliced strawberries

*Sauté mushrooms, add beaten eggs, then scramble and top with cheese.
 Cook bacon, serve with strawberries.*

	Cal	Pro	Carb	Fat	Fiber
Eggs	143	13	2	10	0
Mushrooms	9	1	1	0	1
Cheddar	113	7	1	9	0
Bacon	90	5	0	8	0
Strawberries	23	0.5	5.5	0	1.5
Total	378	26.5	9.5	27	2.5

lunch

Tuna & Avocado Over Arugula

2 cups arugula
 ½ cup water packed tuna
 1 tbsp mayonnaise
 1 celery stalk, chopped
 1 tbsp lemon juice
 1 tbsp extra virgin olive oil
 ½ cup sliced avocado

Toss arugula with olive oil & lemon juice. Mix tuna, mayo, and celery until well blended and serve with avocado slices over arugula.

	Cal	Pro	Carb	Fat	Fiber
Arugula	10	1	2	0	0
Tuna	120	26	0	2	0
Mayo	50	0	3	5	0
Celery	20	0	5	0	1
Lemon	4	0	1	0	0
Olive Oil	120	0	0	14	0
Avocado	117	1.5	6	11	5
Total	441	28.5	17	32	6

dinner

Creamy Cucumber Soup, Chicken Curry & Spiced Green Beans

Cucumber, Yogurt & Dill Soup (see [recipe](#))
 Chicken Curry (see [recipe](#))
 Spiced Green Beans (see [recipe](#))

See detailed recipes on pages 5 & 6.

	Cal	Pro	Carb	Fat	Fiber
Cucumber Soup	110	8	14.5	3	3
Chicken Curry	225	32.5	8.5	6	2
Spiced Beans	60	1	6	4	3
Total	395	41.5	29	12.5	8

snack

Yogurt with Fresh Raspberries

1 cup plain whole milk yogurt (or greek yogurt)
 ½ cup raspberries
 2 tsp ground flaxseed
 1 packet of artificial sweetener (optional)

Mix berries, flaxseed, and artificial sweetener (optional) into yogurt and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Yogurt	150	8.5	11	8	0
Raspberries	32	0.5	7.5	0	4
Ground Flaxseed	74	0	4	6	4
Total	256	9	22.5	14	8

snack

String Cheese & Watermelon

½ cup watermelon
 1 mozzarella string cheese

Eat and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Watermelon	23	0.5	6	0	0.5
String Cheese	80	7	1	6	0
Total	103	7.5	7	6	0.5

	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Daily Total	1573	113	85	91.5	25
Goal	1400-1600	74-131	56-94	75-92	25

Cucumber, Yogurt and Dill Soup

Chilled cucumber soup with yogurt, onions, and fresh dill.

Prep Time: 4 hours | Cook Time: 30 minutes | Servings: 6

Nutritional Information: Per Serving — Calories 110, Total Carbs 14.5g, Dietary Fiber 3g, Saturated Fat 1g, Sodium 610mg

INGREDIENTS

4 lbs fresh cucumber, peeled and chopped, seeded
 1 medium onions sliced
 3 tbsp cider vinegar
 3 tbsp fresh dill weed, coarsely chopped
 6 cups low sodium chicken broth
 2 cups cold water
 ½ cup whole milk
 1 pinch black pepper (to taste)
 1 pinch kosher salt (to taste)
 1 cup plain yogurt
 1 tbsp fresh dill weed, for decoration (optional)
 ½ cup fresh cucumber with skin, sliced, for decoration (optional)

DIRECTIONS

1. In large stockpot, mix cucumbers, onion, vinegar, dill, broth, and water. Bring to boil over high heat. Stir constantly.
2. Reduce heat to medium-low. Simmer, partially covered, for 30 minutes until cucumbers are soft. Let cool.
3. In batches, transfer soup to blender or food processor. Purée until smooth.
4. Transfer puréed soup to large mixing bowl. Stir in milk, salt, and pepper.
5. Cover and chill for at least 4 hours.
6. To serve, place small scoop of yogurt in each serving bowl. Pour soup over yogurt.
7. Garnish with fresh cucumber slices and dill sprigs, if desired.

Chicken Curry

A spicy chicken dish made with cayenne, curry powder, celery, onion, and garlic.

Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 3

Nutritional Information: Per Serving — Calories 225, Total Carbs 8.5g, Dietary Fiber 2g, Saturated Fat 1g, Sodium 340mg

INGREDIENTS

¾ lb boneless skinless chicken breasts, trimmed of visible fat and cut into 1-inch cubes
 1 pinch salt (to taste)
 1 pinch black pepper (to taste)
 2 tsp extra virgin olive oil
 ¼ cup fresh chopped onion
 ¼ cup fresh chopped celery
 2 medium garlic cloves, minced
 2 tbsp flour, oat or whole grain
 1 cup low sodium chicken broth
 ½ cup canned unsalted diced tomatoes, in juice
 ½ tsp Worcestershire sauce
 ½ tsp curry powder (or more, to taste)
 ⅛ tsp ground cayenne pepper
 ¼ cup fresh cilantro

DIRECTIONS

1. Wash chicken and pat dry with paper towel. Season chicken on both sides with salt and pepper.
2. In large skillet, heat oil on medium. Arrange chicken in skillet and cook, stirring frequently, 3-5 minutes or until the chicken cubes are browned.
3. Lower heat and cook chicken 2 to 4 minutes more, until chicken is no longer pink. Transfer chicken to a plate. Set aside.
4. Return pan to medium heat, add remaining oil to pan. Add onion, celery, and garlic. Cook, stirring occasionally, for about 5 minutes, or until just beginning to brown.
5. Stir in flour until well combined.
6. Add broth to skillet. Cook, stirring occasionally, for about 5 minutes, or until thickened.
7. Add tomatoes, Worcestershire sauce, ½ teaspoon curry powder, cayenne, and reserved chicken.
8. Simmer 2 to 3 minutes. Taste and add up to ½ teaspoon more curry powder, if desired.
9. Turn off heat and stir in cilantro. Serve immediately.

Serve over brown rice with yogurt.

Spiced Green Beans

Green beans simmered with garlic and allspice.

Prep Time: 10 minutes | Cook Time: 20 minutes | Servings: 6

Nutritional Information: Per Serving — Calories 60, Total Carbs 6g, Dietary Fiber 3g, Saturated Fat 1g, Sodium 32mg

INGREDIENTS

1 tbsp vegetable oil
2 medium garlic cloves, crushed
1 lb fresh green beans, trimmed and snapped
½ cup cold water
2 tsp ground allspice (to taste)
1 pinch salt (to taste)
1 pinch black pepper

DIRECTIONS

1. In medium saucepan, heat oil over medium. Add garlic and cook until lightly browned.
2. Add green beans and water. Bring water to boil.
3. Stir in allspice, salt, and pepper.
4. Reduce heat, cover and simmer 20 minutes, until beans are soft. Stir frequently.

Day 2

breakfast

Oatmeal with Raspberries & Almonds & Canadian Bacon

- ¼ cup cooked steel cut oats
- ½ cup raspberries (or blackberries)
- ¼ cup almonds
- 1 tsp flaxseed oil
- ½ cup whole milk
- 4 oz Canadian bacon

Add berries and almonds to cooked oatmeal. Pan fry Canadian bacon in flaxseed oil.

	Cal	Pro	Carb	Fat	Fiber
Steel Cut Oats	70	3	13.5	1	2
Raspberries	32	1	7.5	0	4
Almonds	50	2	2	4.5	4
Flaxseed Oil	40	0	0	4.5	0
Milk	75	4	6	4	0
Bacon	209	27	2	9.5	0
Total	476	37	31	23.5	10

lunch

Dill Chicken Salad Over Mesclun Greens, Crispbread & Blackberries

- 1 serving Dill Chicken Salad (see [recipe](#))
- 1 cup mesclun greens
- 1 slice Sourdough Wasa Crispbread
- ½ tbsp butter
- ½ cup blackberries (or raspberries)

Make chicken salad as directed (see recipe on page 8), serve with greens, crispbread with butter, and berries.

	Cal	Pro	Carb	Fat	Fiber
Chicken Salad	163	14	8	8	1
Mesclun	24	1.5	5	0	0
Blackberries	32	0.5	7.5	0	4
Wasa Crisp Bread	35	1	9	0	2
Butter	45	0	0	6	0
Total	299	17	29.5	14	7

dinner

Savory Turkey & Mushroom Cheeseburger, Sautéed Kale with Garlic

- Turkey & Mushroom Burger (see [recipe](#))
- 1 slice cheddar cheese
- 2 cups chopped kale
- 2 tsp olive oil
- 1 clove garlic

Make burger as directed (see recipe on page 8), add cheese and serve without bun. Sauté kale with garlic and olive oil.

	Cal	Pro	Carb	Fat	Fiber
Burger	142	24	9	2	2
Cheese	113	7	0	9	0
Kale	68	4	13	0	2
Olive Oil	79	0	0	9	0
Garlic	0	0	1	0	0
Total	402	35	23	20	4

snack

Celery with Macadamia Butter

- 2 celery sticks
- 1 tbsp macadamia butter (or peanut butter)

Spread nut butter on celery sticks and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Macadamia Butter	115	1	2	10	1.5
Celery	12	0	3	0	1
Total	127	1	5	10	2.5

snack

Ham Slices & Cheddar Cubes

- 2 slices ham
- 2 1-inch cubes of cheddar cheese

Eat and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Ham	92	9	2	5	1
Cheese	137	8.5	0.4	11.3	0
Total	229	17.5	2.4	16.3	1

	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Daily Total	1533	107.5	90.9	83.8	24.5
Goal	1400-1600	74-131	56-94	75-92	25

Dill Chicken Salad

Prep Time: 2 hours | Cook Time: 0 minutes | Servings: 6

Nutritional Information: Per Serving — Calories 163, Total Carbs 8g, Dietary Fiber 1g, Saturated Fat 3g, Sodium 108mg

Water chestnuts and celery add crunch to this chicken salad tossed in mayonnaise-sour cream dressing.

INGREDIENTS

2 cups cooked chicken breast, diced (or turkey)
8 oz sliced water chestnuts, drained and coarsely chopped
½ cup fresh chopped celery
½ cup chopped scallions
⅓ cup mayonnaise
¼ cup sour cream
1 tbsp fresh dill weed, finely chopped (or 1 tsp dried)
⅛ tsp white pepper

DIRECTIONS

1. In large bowl, toss chicken, water chestnuts, celery, and scallions.
2. In small bowl, stir mayonnaise, sour cream, dill, and white pepper until well blended.
3. Add dressing to the chicken mixture and toss. If salad seems too dry, stir in additional mayonnaise.
4. Cover and chill for at least 2 hours prior to serving.

Savory Mushroom Turkey Burger

Prep Time: 15 minutes | Cook Time: 35 minutes | Servings: 4

Nutritional Information: Per Serving — Calories 142, Total Carbs 9g, Dietary Fiber 2g, Saturated Fat 0g, Sodium 185mg

Lean, healthy burgers made with ground turkey, mushrooms, and bulgur.

INGREDIENTS

7 oz fresh mushrooms (chanterelle, porcini, shiitake, or button)
2 medium garlic cloves, minced
¾ cup low sodium chicken broth, divided
3 tbsp bulgur wheat, dry
12 oz ground turkey, 99% fat free
2 fresh green onions, thinly sliced
2 tsp Worcestershire sauce
¼ tsp black pepper
1 red onion, sliced and grilled (optional)
1 tbsp dijon mustard (optional)

DIRECTIONS

1. Remove stems and finely chop half of the mushroom caps (should have 1 cup); slice the remaining mushroom caps and set aside.
2. In small saucepan, cook finely chopped mushrooms and garlic in ½ cup of the broth for 4 to 5 minutes or until tender. Stir in bulgur. Bring to boil; reduce heat to low.
3. Cook covered, about 10 minutes or until bulgur is tender and liquid is absorbed. Cool slightly.
4. Meanwhile, in a large bowl, combine ground turkey, green onion, Worcestershire sauce, and pepper. Add bulgur mixture; mix well. Shape into four ¾" thick patties.
5. Place patties on the greased rack of an uncovered grill directly over medium coals. Grill for 14 to 18 minutes or until patties are no longer pink (165°F), turning once halfway through grilling.
6. Meanwhile, in small saucepan, add remaining broth and sliced mushrooms. Cover and cook 4 to 5 minutes or until tender.
7. Plate burgers and top with mustard, grilled onion slices (if desired), and sliced mushrooms.

Serve without bun.

Day 3

breakfast

Turkey Sausage Patties & Fried Tomatoes with Cottage Cheese & Strawberries

Turkey Sausage Patties (see [recipe](#))
 Fried Tomatoes (2 slices)
 1 tbsp olive oil
 ½ cup cottage cheese
 ¼ cup sliced strawberries

Sauté tomato slices in olive oil, and serve with sausage patties (see recipe on page 10) and cottage cheese topped with strawberries.

	Cal	Pro	Carb	Fat	Fiber
Sausage	77	11	0	4	0
Tomato	7	0	2	0	0
Olive Oil	119	0	0	14	0
Cottage Cheese	120	12	6	5	0
Strawberries	13	0	3	0	1
Total	336	23	11	23	1

lunch

Cobb Salad & Crispbread with Avocado

Cobb salad (see [recipe](#))
 Wasa Crispbread
 ¼ mashed avocado

Make salad as directed (see recipe on page 10), and serve with crispbread and avocado.

	Cal	Pro	Carb	Fat	Fiber
Cobb Salad	304	36	8	14	4
Crispbread	45	2	10	0	2
Avocado	80.5	1	4	7	3
Total	429.5	39	22	21	9

dinner

Grilled Salmon with Fresh Herb Sauce & Grilled Asparagus with Barley

Grilled Salmon with Fresh Herb Sauce (see [recipe](#))
 8 grilled asparagus spears
 2 tsp olive oil
 1 tbsp parmesan cheese
 ½ cup cooked barley

Toss asparagus spears with olive oil; grill and sprinkle with parmesan cheese. Serve with salmon (see recipe on page 10) and barley!

	Cal	Pro	Carb	Fat	Fiber
Salmon	342	47.5	5	13.5	0
Asparagus	19	0	4	0	2
Olive Oil	80	0	0	9	0
Parmesan	22	2	0	1	0
Barley	97	2	22	0	3
Total	560	51.5	31	23.5	5

snack

Veggies & Hummus

4 tbsp hummus
 1 tbsp ground flaxseed
 4 baby carrots
 4 red pepper stripes

Mix flaxseed into hummus, dip veggies and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Hummus	92	4	8	5	4
Ground Flaxseed	37	0	2	3	2
Carrots	14	0	3	0	1
Red Pepper	21	1	5	0	1
Total	164	5	18	8	8

snack

Celery & Peanut Butter

1 tbsp peanut butter (or macademia butter)
 2 celery sticks

Spread nut butter on celery sticks and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Peanut Butter	94	4	3	8	2
Celery Sticks	12	0	3	0	1
Total	106	4	6	8	3

	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Daily Total	1595.5	122.5	88	83.5	26
Goal	1400-1600	74-131	56-94	75-92	25

Turkey Sausage Patties

Herb and hot pepper spiced ground turkey breakfast patties.

Prep Time: 15 minutes | Cook Time: 10 minutes | Servings: 12

Nutritional Information: Per Serving- Calories 77, Total Carbs 0g, Dietary Fiber 0g, Saturated Fat 2g, Sodium 52g

INGREDIENTS

- 1 tsp ground sage
- 1 tsp hot red pepper flakes
- $\frac{3}{4}$ tsp dried marjoram
- $\frac{1}{2}$ tsp dry mustard
- $\frac{1}{4}$ tsp ground allspice
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp sea salt (to taste)
- $\frac{1}{4}$ tsp black pepper (to taste)
- $\frac{1}{4}$ cup tap water, warm
- 1 $\frac{1}{2}$ lb ground turkey, 7% fat
- $\frac{1}{4}$ cup extra virgin olive oil

DIRECTIONS

1. In a large bowl, mix together the sage, red pepper, marjoram, mustard, allspice, nutmeg, salt, and pepper. Add warm water and stir.
2. Add ground turkey and oil; mix well.
3. Cover and refrigerate overnight for up to 12 hours.
4. When ready to cook, shape meat into 24 patties (or 12, if you prefer one larger patty per person).
5. In a non-stick pan, fry patties for 3-4 minutes on each side, until thoroughly cooked.

Cobb Salad

A fresh salad made with turkey, tomato, radish, and cucumber.

Prep Time: 10 minutes | Cook Time: 0 minutes | Servings: 1

Nutritional Information: Per Serving- Calories 304, Total Carbs 8g, Dietary Fiber 4g, Saturated Fat 5.1g, Sodium 290.8mg

INGREDIENTS

- 2 cup salad greens
- 2 fresh cherry tomatoes, halved
- 1 tsp sprouts
- 1 fresh radish
- 3 slices fresh cucumber, with skin
- 1 oz skinless cooked turkey breast, cut into $\frac{1}{4}$ -inch slices
- 1 oz Swiss cheese, sliced into $\frac{1}{4}$ -inch strips
- 1 tbsp fat free ranch salad dressing

DIRECTIONS

1. Mix together salad greens, tomatoes, radish, cucumber, turkey, and cheese in a bowl.
2. Pour the dressing over all and serve.

Grilled Salmon with a Fresh Herb Sauce

Salmon with a creamy arugula and basil sauce that takes only minutes to prepare.

Prep Time: 15 minutes | Cook Time: 15 minutes | Servings: 3

Nutritional Information: Per Serving- Calories 342, Total Carbs 5g, Dietary Fiber 0g, Saturated Fat 1.7g, Sodium 158.5mg

INGREDIENTS

- 12 oz salmon fillet
- 1 pinch salt
- 8 oz arugula (1 cup, packed)
- $\frac{1}{4}$ cup fresh basil
- $\frac{1}{4}$ cup plain, whole milk yogurt
- 2 tsp fresh lime juice (or lemon juice)
- 1 tbsp mayonnaise
- 1 medium tomato, sliced
- 1 pinch black pepper

DIRECTIONS

1. Preheat grill to medium.
2. Sprinkle salmon with salt and pepper to taste. Grill 5-7 minutes per side.
3. Remove any large stems from arugula and place in food processor.
4. Add yogurt, lemon juice, basil, and mayonnaise. Process until smooth.
5. Spoon over grilled salmon.
6. Garnish with sliced tomatoes, serve hot.

Day 4

breakfast

Blueberry “Cheese Danish” & Fresh Cantaloupe

Blueberry “Cheese Danish” (see [recipe](#))

1 cup cantaloupe cubes

Cut cantaloupe into cubes and serve with danish (see recipe on page 12).

	Cal	Pro	Carb	Fat	Fiber
Danish	139	4	9	11	2
Cantaloupe	54	1	14	0	1
Total	193	5	23	11	3

lunch

Asian Tuna Burger, Cucumber Slices & Artichoke with Lemon Butter

Asian Tuna Burgers (see [recipe](#))

12 slices cucumber

2 tsp sesame oil

1 tsp rice vinegar

1 medium artichoke

Lemon butter (2 tbsp lemon juice mixed with 2 tbsp melted butter)

Toss cucumber slices with sesame oil & rice vinegar, steam artichoke and top with lemon butter, and serve with tuna burger (see recipe on page 12).

	Cal	Pro	Carb	Fat	Fiber
Tuna	255	33	8	9	1
Cucumber	10	0	2	0	0
Sesame Oil	80	0	0	10	0
Rice Vinegar	0	0	0	0	0
Artichoke	60	4	13	0	6.5
Lemon Butter	200	0	0	22	0
Total	605	37	23	41	7.5

dinner

Walnut Chicken with Italian Broccoli Rabe

Walnut Chicken (see [recipe](#))

Broccoli Rabe (see [recipe](#))

See detailed recipes on page 13.

	Cal	Pro	Carb	Fat	Fiber
Walnut Chicken	196	25	2	10	1
Broccoli Rabe	122	4	5	10	2
Total	318	29	7	20	3

snack

Edamame & Swiss Cheese

1 cup Edamame (in pods)

1 oz of Swiss cheese

Eat and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Edamame	100	8	9	3	4
Swiss Cheese	106	8	2	8	0
Total	206	16	11	11	4

snack

Pear & Almonds

1 medium pear, sliced

10 almonds

Eat and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Pear	103	1	28	0	6
Almonds	42	3	2	6	1
Total	145	4	30	6	7

	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Daily Total	1467	91	94	89	24.5
Goal	1400-1600	74-131	56-94	75-92	25

Blueberry "Cheese Danish"

Super healthy, low carb version of a decadent breakfast treat.

Prep Time: 10 minutes | Cook Time: 5 minutes | Servings: 2

Nutritional Information: Per Serving — Calories 139, Total Carbs 9g, Dietary Fiber 2g, Saturated Fat 6g, Sodium 65mg

INGREDIENTS

- 1 tsp unsalted butter, softened
- 3 tbsp cream cheese, softened
- ½ cup fresh blueberries, mashed (can use frozen berries)
- 1 piece lavash (flax, oat bran, whole wheat)

DIRECTIONS

1. Preheat oven or toaster oven to 325°F. Wrap lavash in foil. Place on center oven rack for 10 minutes.
2. Remove from foil.
3. On warmed lavash, spread butter, cream cheese, and top with mashed blueberries.
4. Replace on foil, heat 5 minutes in oven.

Asian Tuna Burgers

Asian tuna made with fresh ginger, ground pepper, soy sauce, bread crumbs, and sesame seeds.

Prep Time: 20 minutes | Cook Time: 10 minutes | Servings: 4

Nutritional Information: Per Serving — Calories 255, Total Carbs 8g, Dietary Fiber 0.1g, Saturated Fat 1.6g, Sodium 306.8mg

INGREDIENTS

- 1 lb tuna fillets
- 1 fresh green onion, thinly sliced
- 2 tbsp low sodium soy sauce
- 1 tsp fresh ginger root, peeled and grated
- ¼ tsp black pepper
- ¼ cup bread crumbs
- 2 tbsp sesame seeds
- 1 oz pickled ginger (optional)
- Cooking spray

DIRECTIONS

1. Preheat grill to medium.
2. Finely chop tuna by hand with knife.
3. In medium bowl, gently mix tuna, green onion, soy sauce, ginger, and pepper.
4. Shape four 3" round patties.
5. On waxed paper, combine bread crumbs and sesame seeds. With hands, carefully press patties, one at a time, into bread-crumb mixture, turning to coat both sides.
6. Spray both sides of patties with non-stick spray.
7. Place tuna burgers on hot grill rack. Cover and cook patties, 5-6 minutes per side, until browned on the outside and slightly pink in the center.
8. Serve with pickled ginger (optional).

Walnut Chicken

Bite sized chicken pieces with a walnut coating.

Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 4

Nutritional Information: Per Serving — Calories 196, Total Carbs 2g, Dietary Fiber 0.1g, Saturated Fat 1.2g, Sodium 112.6mg

INGREDIENTS

1 lb boneless skinless chicken breasts
1 tsp cooking sherry
1 egg white
2 tsp peanut oil
⅛ tsp sesame oil
⅓ cup ground walnuts
Cooking spray

DIRECTIONS

1. Preheat oven to 350°F.
2. Lightly coat baking sheet with cooking spray.
3. Cut chicken into bite sized pieces, sprinkle with sherry. Set aside.
4. Place walnuts in small, shallow dish.
5. In small bowl, beat egg white and oils until frothy.
6. Fold chicken pieces into egg mixture, remove, and roll individual pieces in ground walnuts.
7. Arrange chicken pieces on baking sheet, cook 10-15 minutes, or until walnuts are lightly browned and chicken juices run clear.

Italian Broccoli Rabe

Broccoli rabe cooked in garlic and oil.

Prep Time: 20 minutes | Cook Time: 20 minutes | Servings: 6

Nutritional Information: Per Serving — Calories 122, Total Carbs 5g, Dietary Fiber 2g, Saturated Fat 1.7g, Sodium 273.7mg

INGREDIENTS

1 ¼ lb fresh broccoli rabe, trimmed
4 tbsp olive oil
2 medium garlic cloves, minced
2 tbsp grated Parmesan cheese
6 cups cold water
½ tsp salt

DIRECTIONS

1. In large pot, add salt and water, bring to a boil.
2. Cut an X in bottom of broccoli rabe stems, gently place into boiling water.
3. Cook until tender but still firm, about 4 minutes. Drain.
4. In large, heavy skillet, heat olive oil over medium heat. Add garlic and sauté 1-2 minutes.
5. Stir in the broccoli rabe, sauté 10 minutes, or until desired doneness.
6. Sprinkle with Parmesan cheese before serving.

Day 5

breakfast

Crustless Spinach Quiche & Crispy Bacon

Crustless Spinach Quiche (see [recipe](#))

2 slices uncured bacon

Make quiche as directed (see recipe on page 15) and serve with bacon.

	Cal	Pro	Carb	Fat	Fiber
Quiche	132	11	10	6	2
Bacon	90	5	0	8	0
Total	222	16	10	14	2

lunch

Baked Shrimp, Quinoa with Sautéed Spinach & Mushrooms

Baked Shrimp (see [recipe](#))

1/3 cup cooked quinoa

1/2 cup chopped spinach

1/4 cup sliced mushrooms

1 tbsp olive oil

Sauté quinoa with spinach & mushrooms in olive oil. Serve with baked shrimp (see recipe on page 15).

	Cal	Pro	Carb	Fat	Fiber
Shrimp	200	27	2	8	0
Cooked Quinoa	74	3	13	1	2
Spinach	21	3	3	0	0.5
Mushrooms	5	1	1	0	1
Olive oil	120	0	0	14	0
Total	420	34	19	23	3.5

dinner

New Old-Fashioned Meatloaf with Buttery Broccoli

New Old-Fashioned Meatloaf (see [recipe](#))

1 cup of steamed broccoli

1/2 tbsp of butter

Make meatloaf as directed (see recipe on page 16), top steamed broccoli with butter, and serve together.

	Cal	Pro	Carb	Fat	Fiber
Meat Loaf	400	30	16	23	2
Broccoli	44	5	8	0.5	5
Butter	50	0	0	5	0
Total	494	35	24	28.5	7

snack

Greek Yogurt & Raspberries

1 cup plain Greek yogurt

1/2 cup raspberries (or blackberries)

1 tbsp ground flaxseed

1/4 cup sunflower seeds

Mix yogurt, berries, and flaxseed together and top with sunflower seeds!

	Cal	Pro	Carb	Fat	Fiber
Yogurt	149	8.5	11	8	0
Raspberries	32	1	7	0	4
Seeds	65.5	0	2	0	1
Ground Flaxseed	37	0	2	3	2
Total	283.5	9.5	22	11	7

snack

Parmesan Popcorn & Almonds

2 cups air-popped popcorn

1 tbsp Parmesan cheese

12 almonds

Sprinkle Parmesan cheese over popcorn & enjoy with almonds!

	Cal	Pro	Carb	Fat	Fiber
Popcorn	62	2	12	1	2
Parmesan	21	2	0	1	0
Almonds	83	3	3	7	2
Total	166	7	15	9	4

	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Daily Total	1585.5	101.5	90	85.5	23.5
Goal	1400-1600	74-131	56-94	75-92	25

Crustless Spinach Quiche

This spinach quiche has all the ingredients except the crust.

Prep Time: 15 minutes | Cook Time: 22 minutes | Servings: 2

Nutritional Information: Per Serving — Calories 132, Total Carbs 10g, Dietary Fiber 2g, Saturated Fat 2.9g, Sodium 192.4mg

INGREDIENTS

Olive oil cooking spray
½ frozen chopped onion
4 fresh mushrooms (med), sliced
1 fresh plum tomato, chopped
1 cup fresh chopped spinach, loosely packed
1 egg
1 egg white
½ cup whole milk
½ tsp dijon mustard
1 tsp chopped parsley
1 tsp fresh tarragon, chopped
¼ tsp salt (optional)
¼ tsp paprika
1 pinch black pepper, freshly ground
2 tbsp shredded mozzarella cheese

DIRECTIONS

1. Preheat the oven to 375°F. Spray a 2-cup casserole with the cooking spray.
2. Spray a skillet with cooking spray. Sauté the onions and mushrooms for approximately 5 minutes.
3. Add in the spinach and tomato. Cook for 2 minutes, stirring frequently.
4. Place the spinach mixture in the casserole.
5. Whisk the egg, egg white, milk, mustard, parsley, tarragon, salt, paprika, and pepper in a bowl. Pour into casserole and sprinkle the cheese on top.
6. Bake for approximately 20 minutes, uncovered. Let cool for 5 minutes before cutting.

Baked Shrimp

Simple and delicious baked shrimp seasoned with lemon juice and Parmesan cheese.

Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2

Nutritional Information: Per Serving — Calories 200, Total Carbs 2g, Dietary Fiber 0g, Saturated Fat 4.3g, Sodium 213.4mg

INGREDIENTS

½ lb raw medium shrimp, de-veined
1 tbsp unsalted butter
1 medium garlic clove, minced
1 tsp fresh lemon juice
1 tbsp chopped parsley
1 tsp grated Parmesan cheese

DIRECTIONS

1. Rinse shrimp under cool water, remove shells.
2. Preheat oven to 350°F.
3. In casserole dish, combine butter, garlic, lemon juice, and parsley. Place dish in oven until butter melts.
4. Add shrimp and bake, covered, 10-12 minutes.
5. Remove from oven, sprinkle Parmesan cheese on top.

New Old-Fashioned Meat Loaf

This savory meat loaf with spinach and horseradish is sure to please.

Prep Time: 15 minutes | Cook Time: 30 minutes | Servings: 4

Nutritional Information: Per Serving — Calories 400, Total Carbs 16g, Dietary Fiber 2g, Saturated Fat 8.5g, Sodium 535mg

INGREDIENTS

⅔ cup old fashioned rolled oats, ground
½ cup fat free milk
1 lb ground beef (15% fat)
½ cup fresh chopped spinach
¼ cup minced onion
2 eggs, lightly beaten
1 tbsp horseradish, prepared
2 tsp Italian seasoning
1 tsp Worcestershire sauce
1 medium garlic clove, minced
½ tsp salt
⅓ cup unsweetened ketchup
(such as Heinz One Carb)
Olive oil cooking spray

DIRECTIONS

1. Preheat the oven to 350 F. Lightly mist an 8 ½ x 4 ¼ x 3 nonstick loaf pan with olive oil spray. Set aside.
2. In a medium mixing bowl, combine the oats and the milk. Let stand for 3 minutes, or until the oats are slightly softened.
3. Add the beef or veal, spinach, onion, eggs, horseradish, Italian seasoning, Worcestershire sauce, garlic, and salt. With clean hands or a fork, mix well.
4. Transfer the mixture to the prepared pan. Press into the pan, patting the top flat. Spread the ketchup over the top.
5. Bake for 30 minutes, or until a thermometer inserted into the center registers 160°F and the meat is no longer pink.
6. Let stand for 10 minutes, cut into 8 slices. Serve immediately.

Day 6

breakfast

Greek Yogurt Parfait

Greek Yogurt Parfait (see [recipe](#))

See detailed recipe on page 18.

	Cal	Pro	Carb	Fat	Fiber
Parfait	357	10	20.5	28	7
Total	357	10	20.5	28	7

lunch

Roasted Chicken with Feta, Spinach, & Lentil Salad

Feta, Spinach and Lentil Salad (see [recipe](#))

1 roasted chicken thigh

Prepare salad as directed (see recipe on page 18), and serve with roasted chicken.

	Cal	Pro	Carb	Fat	Fiber
Salad	160	7	22	5	6
Chicken	153	15.5	0	10	0
Total	313	22.5	22	15	6

dinner

Peppered Flank Steak, Sauteéd Kale & Mushrooms with Pearl Barley

Peppered Flank Steak (see [recipe](#))

2 cups chopped kale

1 cup sliced mushrooms sautéed

2 tsps olive oil

1 minced garlic clove

¼ cup cooked pearl barley

Sauté kale, mushrooms, and garlic in olive oil and serve with flank steak (see recipe on page 18) and pearl barley.

	Cal	Pro	Carb	Fat	Fiber
Flank Steak	205	28	1	9	0
Kale	68	4	13	0	2
Olive Oil	119	0	0	13	0
Garlic	0	0	1	0	0
Mushrooms	36	3	6	0	4
Barley	97	2	22	0	3
Total	525	37	43	22	9

snack

String Cheese & Almonds

1 mozzarella string cheese

10 almonds

Eat and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Cheese	80	8	1	5	2
Almonds	69	3	2	6	1
Total	149	11	3	11	3

snack

Bell Pepper Strips & Blue Cheese Dip

½ cup sliced green peppers

Blue cheese dressing

Dip pepper slices in dressing and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Dressing	152	1	2	16	0
Peppers	9	0	2	0	1
Total	161	1	4	16	1

	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Daily Total	1496	81.5	92.5	92	26
Goal	1400-1600	74-131	56-94	75-92	25

Greek Yogurt Parfait

Creamy Greek yogurt layered with nuts and berries.

Prep Time: 5 minutes | Cook Time: 0 minutes | Servings: 2

Nutritional Information: Per Serving — Calories 357, Total Carbs 20.5g, Dietary Fiber 7g, Saturated Fat 3.6g, Sodium 43.2mg

INGREDIENTS

- 3 tbsp slivered almonds
- 3 tbsp macadamia nuts, crushed
- $\frac{3}{4}$ cup plain yogurt, whole milk
- $\frac{1}{2}$ cup fresh raspberries

DIRECTIONS

1. Preheat oven to 350°F.
2. Place nuts on baking sheet. Toast for 3 minutes or until golden brown, checking frequently. Let cool.
3. Layer yogurt, nuts, and berries in a clear glass parfait dish. Serve cold.

Feta, Spinach, and Lentil Salad

Tiny French lentils are a perfect complement to the flavors of feta cheese and balsamic vinaigrette.

Prep Time: 10 minutes | Cook Time: 35 minutes | Servings: 4

Nutritional Information: Per Serving — Calories 160, Total Carbs 22g, Dietary Fiber 6g, Saturated Fat 1g, Sodium 98.9mg

INGREDIENTS

- $\frac{1}{2}$ cup green lentils, dried (also known as French lentils)
- 2 medium garlic cloves, flattened with the side of a knife
- 2 medium red bell peppers
- 5 $\frac{1}{2}$ cups fresh baby spinach
- 3 oz feta cheese, 1" cubes
- 1 tbsp extra virgin olive oil
- 2 tsp balsamic vinegar
- 1 tsp sugar (or sugar substitute)

DIRECTIONS

1. Rinse the lentils. Bring lentils and the garlic to a boil in a saucepan.
2. Reduce the heat and then simmer about 25 minutes, until the lentils are soft. Remove the garlic and drain.
3. Remove seeds and cut peppers into quarters. Next, place the peppers, skin side up, under a broiler, and cook until the skins are completely black. Allow them to cool for 6 to 8 minutes, and then remove the skins and slice them into strips.
4. To prepare the salad, mix together the lentils, peppers, spinach, and feta cheese in a serving bowl.
5. Finish by pouring the oil and balsamic vinegar over the salad and sprinkle with sugar (or sugar substitute). Mix well and serve.

ADDITIONAL INFORMATION

Though you may substitute brown lentils, the French (green) lentils have a slightly peppery taste, which works well with these flavors.

Peppered Flank Steak

Easy balsamic glazed steak.

Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 6

Nutritional Information: Per Serving — Calories 205, Total Carbs 1.2g, Dietary Fiber 0.1g, Saturated Fat 3.5g, Sodium 170.9mg

INGREDIENTS

- 1 $\frac{1}{2}$ lb Beef, lean (flank steak or london broil)
- 1 tsp black pepper, freshly ground
- 1 tsp minced garlic
- $\frac{1}{4}$ tsp salt
- 1 tsp olive oil
- 1 tbsp balsamic vinegar
- 2 tbsp fresh lemon juice

DIRECTIONS

1. Cut off any excess fat from steak.
2. Massage pepper, garlic, and salt onto surface of steak.
3. Pour oil into a frying pan and heat over medium.
4. Lay steak in pan and cook 6 minutes per side or until preferred degree of doneness.
5. Baste steak with vinegar while cooking.
6. When ready to serve, slice steak into thin pieces and top with lemon juice.

Day 7

breakfast

Veggie & Cheese Omelet with Fresh Strawberries

2 eggs
 ½ cup mix of: diced zucchini, red pepper, and mushrooms
 2 tbsp shredded cheddar cheese
 ½ cup sliced strawberries
 Salt and pepper (to taste)

Sauté veggies, add beaten eggs, top with cheese and serve with strawberries.

	Cal	Pro	Carb	Fat	Fiber
Eggs	260	18	2	20	0
Vegetables	9	0.7	1.9	0.1	1
Cheese	113	7	1	9.4	0
Strawberries	23	0.5	5.5	0	1.5
Total	405	26.2	10.4	29.5	2.5

lunch

Salmon Over Mixed Citrus Salad

4 oz canned salmon
 Mixed Citrus Salad (see [recipe](#))

Prepare salad as directed (see recipe on page 20) and serve with salmon.

	Cal	Pro	Carb	Fat	Fiber
Salmon	157	22.4	0	6.9	0
Salad	120	2.3	23.7	3.2	4.6
Total	277	24.7	23.7	10.1	4.6

dinner

Baked Halibut with Parmesan, Warm Barley with Walnuts & Avocado & Tomato Salad

Baked Halibut with Parmesan (see [recipe](#))
 Warm Barley with Walnuts (see [recipe](#))
 ½ cup cherry tomatoes
 ½ avocado, cubed
 1 tsp flaxseed oil
 Salt and pepper

Toss tomatoes with avocado, drizzle with oil and sprinkle with salt and pepper. Serve with barley and walnuts (see recipe on pg 21), and halibut (see recipe on pg 20).

	Cal	Pro	Carb	Fat	Fiber
Halibut	153	27.3	1.3	4.4	0.3
Barley	148.2	3.4	15.3	9	3.8
Avocado	160	2	8.6	14.8	5
Tomato	33	0	6.7	0	0
Flaxseed oil	40	0	0	4.5	0
Total	534.2	32.7	31.9	32.7	9.1

snack

Fresh Raspberries & Whipped Cream

1 cup raspberries
 ¼ cup real whipped heavy cream

Top berries with whipped cream and enjoy!

	Cal	Pro	Carb	Fat	Fiber
Raspberries	64	1.5	14.6	0.9	7
Whipped Cream	104	0.5	0	11	0
Total	168	2	14.6	11.9	7

snack

String Cheese & Edamame

1 mozzarella string cheese
 ½ cup cooked edamame
 1 tsp salt

Top edamame with salt and enjoy with string cheese.

	Cal	Pro	Carb	Fat	Fiber
Cheese	80	8	1	5	0
Edamame	127	11	2.8	2	4
Total	207	19	3.8	7	4

	Calories	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)
Daily Total	1591.2	104.6	84.4	91.2	27.2
Goal	1400-1600	74-131	56-94	75-92	25

Mixed Citrus Salad

Bright, fresh, citrus fruits served over mesclun with a light dressing.

Prep Time: 10 minutes | Cook Time: 0 minutes | Servings: 6

Nutritional Information: Per Serving — Calories 120, Total Carbs 23.7g, Dietary Fiber 4.6g, Saturated Fat 0.3g, Sodium 26.9mg

INGREDIENTS

1 large orange
1 medium lemon
3 cups cold water
1 medium blood orange
1 medium grapefruit
1 medium lime
2 medium tangerines
1 tbsp sugar
1 tbsp sherry vinegar
1 tbsp canola oil
6 cups salad greens, rinsed and crisped (mesclun)
2 large shallots, minced
3 tbsp fresh basil, minced
1 tbsp chopped walnuts
1 pinch black pepper, freshly ground

DIRECTIONS

1. Using a citrus zester or a handheld fine grater, zest the navel orange and lemon. Place the zest in a small bowl and cover with boiling water. Let stand for 3 minutes; drain and scatter the zest strips on paper towels to dry. Set aside.
2. Working over a large bowl to catch any juice, peel the navel orange, lemon, blood orange, grapefruit, lime, and tangerines, removing all white pitch. Thinly slice each fruit crosswise and discard any seeds. Set the fruit slices aside.
3. Whisk the collected fruit juices in the sugar, vinegar, and oil. Set aside.
4. To arrange the salads, divide the mesclun among 6 large plates. Arrange the citrus slices on top in a decorative pattern, mixing the colors, sizes, and flavors.
5. In a small bowl, combine the shallots, basil, and walnuts; sprinkle the mixture over each salad. Whisk the dressing again and drizzle over each salad. Grind pepper on top and sprinkle with the reserved citrus zests. Serve at once.

Baked Halibut with Parmesan

Marinated halibut steaks flavored with mustard and lemon juice.

Prep Time: 2 hours | Cook Time: 25 minutes | Servings: 8

Nutritional Information: Per Serving — Calories 153, Total Carbs 1.3g, Dietary Fiber 0.3, Saturated Fat 3.1, Sodium 348.8mg

INGREDIENTS

32 oz halibut, with skin, raw, Alaskan
(8 4 oz steaks)
2 tbsp dijon mustard
1 tsp ground oregano, dried, whole
1 cup black pepper
½ cup low sodium chicken broth
2 fresh green onions, chopped
2 oz grated Parmesan cheese
3 tbsp olive oil
4 tbsp fresh lemon juice
1 tbsp vinegar

DIRECTIONS

1. Preheat oven to 375°F.
2. Rinse halibut steaks in cold water, pat dry with paper towels, and place in shallow baking dish.
3. Brush the steaks evenly with mustard.
4. In small bowl, whisk lemon juice, vinegar, olive oil, oregano, and pepper. Pour over steaks.
5. Cover and chill 1-2 hours.
6. Drain marinade from baking dish and discard. Add chicken stock to baking dish. Top steaks with green onions and cheese.
7. Bake 25 minutes, or until fish flakes easily with fork.

ADDITIONAL INFORMATION

Try using horseradish mustard for more spice.

Warm Barley with Walnuts

Barley sautéed with celery and walnuts.

Prep Time: 10 minutes | Cook Time: 30 minutes | Servings: 6

Nutritional Information: Per Serving — Calories 148.2, Total Carbs 15.3g, Dietary Fiber 3.8g, Saturated Fat 0.9g, Sodium 44.8mg

INGREDIENTS

½ cup barley, pearl, rinsed with warm water and drained
2 cups cold water
1 cup fresh, finely chopped celery
½ cup chopped walnuts (or almonds or hazelnuts)
1 pinch salt (to taste)
2 tbsp chopped parsley, minced
1 tbsp olive oil
1 pinch black pepper

DIRECTIONS

1. In large saucepan, bring water to boil. Add barley, bring to boil again, then reduce heat.
2. Simmer, covered, 20 to 25 minutes. Drain and rinse under warm water.
3. Add oil to saucepan. Return the barley to pan.
4. Add celery, nuts, salt, and pepper. Cook on low until thoroughly heated, stirring gently.
5. Transfer to serving dish. Garnish with parsley.

Substitution Ideas

View this meal planner as a guide — substituting is allowed, even encouraged. Try some new foods and new combinations and substitute for the things you really don't care for. Just remember to compare carbs and add or subtract to keep you in range.

If you don't like ... **canned tuna**:

Try swapping in ... canned salmon, canned chicken, or chopped hard boiled egg (egg salad). All of these can be mixed with mayo and celery and used instead of tuna salad without changing the day's nutrition counts by more than a fraction.

If you don't like ... **salmon, halibut, or shrimp**:

Try swapping in ... any raw seafood or fish you do like. The recipes in this meal planner are versatile enough to taste good with most choices. Whenever you can, pick those that are highest in beneficial omega-3 fats: rainbow or lake trout, mackerel, tuna, black cod, sardines, oysters.

If you don't like ... **mushrooms, spinach, or kale**:

Try swapping in ... any low carb vegetable.*

If you don't like ... **celery and peanut butter (or macadamia butter)**:

Try swapping with ... 1 stick of string cheese (1g carb) with 1/2 cup watermelon (5.5g carbs) or other low carb fruit** or 10 almonds, 1/2 cup edamame, 2 slices of apple.

If you don't like ... **Greek yogurt (or cottage cheese)**:

Try swapping in ... whole milk ricotta cheese (7g carbs in 1 cup and more protein than you get in 4 eggs)

* **VERY LOW CARB VEGETABLES** (with grams of carbs per 1/2 cup):

arugula (.5g)	radishes (2g)	asparagus (3.5g)	cabbage (4g)
lettuce (1g)	bell pepper (2g)	spinach (3.5g)	turnips (4g)
cucumber (2g)	cauliflower (2.5g)	okra (3.5g)	broccoli (5.5g)
mushrooms (2g)	broccoli rabe (3g)	kale (4g)	green beans (5g)

** **VERY LOW CARB FRUITS** (with grams of carbs per 1/2 cup or one medium fruit):

melon of all kinds (5–8g)	plums (7.5g)	grapefruit (one half, 10.5g)	tangerine (12g)
strawberries (6.5g)	raspberries (7.5g)	cherries (11g)	pineapple chunks (12g)
avocado (6.5g)	persimmon (8.5g)	blueberries (11g)	
blackberries (7g)	clementines (9g)	kiwi (12g)	

Helpful Tips

- 1 A bagel can contain as many as 70 grams of carbs.
- 2 When dining out, ask the waitperson to take away the bread basket or chips.
- 3 Make breadless lunch wraps by rolling sandwich fixings in large lettuce leaves.
- 4 Use cinnamon, vanilla extract, and unsweetened coconut flakes to add the “sweetness” without the carbs.
- 5 Read labels: Condiments like ketchup, salad dressings, and sauces can be surprisingly high in carbs.
- 6 Dried fruit is a concentrated source of carbs; eat your fruit fresh instead and snack on nuts.
- 7 Eating potassium-rich foods may be even more important than reducing salt intake for blood pressure: Halibut, salmon, beans, spinach, and tomato sauce top the list.
- 8 As a rule, don’t drink your carbs. Coffee, tea, and red wine in moderation have health benefits, but count any extra carbs.