



BLOOD SUGAR BALANCE MEAL PLAN

By Eloise

NUTRIENT RECOMMENDATIONS

These meal plans are designed to be quick and easy to prepare some have simple recipes and some are straightforward without. You can also choose many of them when out and about at restaurants and shops (e.g. soups, salads, etc.)

If certain ingredients are not available to you, feel free to choose an option from a different day, as these plans are designed to be flexible. You can also swap ingredients with similar ones, such as replacing cauliflower with broccoli, based on your preference or availability. You can follow the plans as they are or mix and match as needed to suit your needs.

For optimal blood sugar control, it's important to focus on meals that are rich in fiber, lean proteins, and healthy fats, while being mindful of carbohydrate quality and portion sizes.

Prioritize whole, unprocessed foods such as vegetables, whole grains, legumes, and healthy fats like avocados, nuts, and olive oil. Lean proteins, such as fish, poultry, and plant-based sources, should also be included in every meal.

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7 DAY MEAL PLAN

DAY 1

Breakfast (8GL)

Plain yoghurt (cow's, goat's, sheep's or coconut) - 200g topped with berries (of choice), 1 tbsp. Mixed seeds (pumpkin, sunflower, flax) and / or 1 tbsp. ground flax and / or 1 tbsp. Mixed chopped nuts (e.g. walnuts / brazils / almonds).

Lunch (9GL)

Wrap filled with shredded chicken, pesto and salad

Dinner (10GL)

Baked salmon fillet with green beans, roasted baby tomatoes, with chopped black olives and 3 new potatoes

Snacks

Celery sticks filled with 50g crunchy (no added sugar) peanut butter & a small glass of fruit juice, diluted 50/50 with water (6GL) 1 green apple and 3 brazil nuts, walnut or almonds (5GL)

DAY 4

Breakfast (10GL)

Energising Shake – blend half banana, handful of berries, tbsp of ground flax seeds or chia seeds, 1 tsp cinnamon and cup of chosen milk (cow's, goat's, almond, coconut, oat)

Lunch (12GL)

1 small tin sardines mashed with a little balsamic vinegar & black pepper, topped with sliced tomatoes on 2 rye crackers

Dinner (5GL)

Grilled pork medallion or ribeye steak with chopped stewed apple, broccoli and peas

Snacks

2 oatcakes with 100g cottage cheese & chopped green apple (9GL) 2 apricots & 4 walnuts (3GL)

DAY 2

Breakfast (10GL)

50g rolled oats with berries, skimmed milk & a handful of seeds soaked overnight

Lunch (5GL)

Mushroom omelette with green salad & 2 rough oatcakes

Dinner (10GL)

Grilled lean lamb steak, with ratatouille & 50g quinoa

Snacks

Hard boiled egg with 1 stick of celery & a kiwi fruit (5GL) 2 oat cakes spread with pumpkin seed butter or smoked salmon or mackerel pate topped with cucumber slices (5GL)

DAY 5

Breakfast (10GL)

50g whole porridge oats with chopped apple, 1 tbsp flaxseed and cinnamon

Lunch (8GL)

Grilled halloumi cheese with a side of rocket, tomato and cucumber salad with olive oil and balsamic dressing & small toasted wholewheat pitta bread

Dinner (8GL)

80g spiralised zucchini, with tomato based sauce (tin of chopped tomatoes, a few black olives, basil and pine nuts) topped with grilled halloumi or feta.

Snacks

Peach and a handful of seeds (5GL) Plain yoghurt (150g) with 1 teaspoon mixed seeds and a few berries (4GL)

DAY 3

Breakfast (9GL)

2x Boiled or poached eggs on 1 slice wholegrain / wholewheat toast

Lunch (10GL)

Mixed bean soup, with chopped celery on the side spread with hummus

Dinner (6GL)

Tuna steak with shop bought tapenade and watercress salad. Orange / apple juice diluted half and half with water

Snacks

1 plain yoghurt (150g) with a few berries (5GL) 1 orange & 5 almonds (5GL)



DAY 6

Breakfast (10GL)

2 slices grilled turkey bacon, grilled tomato and mushrooms & 1 slice wholegrain / wholewheat toast

Lunch (11GL)

Open sandwich: whole-grain / whole wheat bread spread with pesto & topped with sliced turkey, rocket and grated carrot

Dinner (10GL)

Grilled fish served with stir fried veg seasoned with soy sauce & garlic & 40g brown basmati rice

Snacks

Crisp pear and 4 walnuts (5GL) 5 olives and a satsuma (5GL)

DAY 7

Breakfast (5 GL)

Scrambled eggs with smoked salmon & 1 slice of whole-wheat/whole grain toast

Lunch (9 GL)

Roasted chicken breast, 1/2 jacket sweet potato (60g), red cabbage and peas

Dinner (10 GL)

Roasted tomato soup with parmesan shavings, 2 cheese flavoured oat cakes

Snacks

Baked apple with plain yoghurt (150g) and tsp sunflower seeds (8GL) Small bowl of mixed fruit salad sprinkled with tsp mixed seeds (5GL)



OTHER HEALTHY MEAL IDEAS

Breakfast

- Avocado Toast with Poached Eggs: Whole grain toast topped with smashed avocado, a poached egg, and a sprinkle of chia seeds.
- Greek Yogurt with Berries: Plain Greek yogurt topped with mixed berries and a drizzle of almond butter for protein and healthy fats.
- Veggie Omelette: A fluffy omelette made with spinach, mushrooms, and tomatoes, served with a side of sliced avocado.

Lunch

- Salmon and Quinoa Salad: Grilled salmon over a bed of quinoa, mixed greens, cucumber, and olive oil vinaigrette.
- Turkey Lettuce Wraps: Lean turkey wrapped in large lettuce leaves, filled with cucumber, carrots, and a dollop of hummus.
- Chickpea and Avocado Salad: A protein-packed salad with chickpeas, diced avocado, cherry tomatoes, and red onion, dressed with olive oil and lemon juice.

Dinner

- Stir-fried Tofu with Vegetables: Tofu stir-fried with broccoli, bell peppers, and snow peas in a light soy-ginger sauce, served over cauliflower rice.
- Grilled Chicken with Roasted Vegetables: Grilled chicken breast with roasted Brussels sprouts, carrots, and sweet potatoes.
- Shrimp and Zucchini Noodles: Shrimp sautéed with garlic and olive oil, tossed with zucchini noodles, cherry tomatoes, and a sprinkle of Parmesan.

Snack

- Almonds and Apple Slices: A small handful of almonds paired with crisp apple slices.
- Cucumber and Hummus: Fresh cucumber sticks dipped in a homemade or low-sugar hummus.
- Hard-Boiled Eggs and Veggie Sticks: A hard-boiled egg served with crunchy carrot and celery sticks for a balanced snack.