

## Low glycemic

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sweet Cherry Steel Cut Oats	Sweet Cherry Steel Cut Oats	Asian Veggie Omelette	Carrot Cake Chia Pudding	Carrot Cake Chia Pudding	Avocado Sweet Potato Toast with Poached Egg	Avocado Sweet Potato Toast with Poached Egg
Snack 1	Celery with Sunflower Seed Butter	Celery with Sunflower Seed Butter	Pistachios	Salt n' Vinegar Hard Boiled Eggs	Celery with Sunflower Seed Butter	Apple with Almond Butter	Celery with Sunflower Seed Butter
Lunch	Marinated Mixed Bean Salad	Marinated Mixed Bean Salad	Roasted Sweet Potato & Brussels Sprouts Salad	Spaghetti Squash Chow Mein	Egg Roll in a Bowl	Slow Cooker Spaghetti Squash & Meatballs	Roasted Winter Vegetables with Tahini Drizzle
Snack 2	Pistachios	Toasted Walnuts	Apple with Almond Butter	Toasted Walnuts	Salt n' Vinegar Hard Boiled Eggs	Toasted Walnuts	Salt n' Vinegar Hard Boiled Eggs
Dinner	One Pan Salmon with Green Beans & Roasted Tomato	Roasted Sweet Potato & Brussels Sprouts Salad	Spaghetti Squash Chow Mein	Egg Roll in a Bowl	Slow Cooker Spaghetti Squash & Meatballs	Roasted Winter Vegetables with Tahini Drizzle	15 Minute Halibut with Dill Pesto

# Low glycemic

67 items

## Fruits

---

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

## Breakfast

---

- ☐ 1/2 cup Almond Butter
- ☐ 1 tbsp Maple Syrup
- ☐ 1 cup Steel Cut Oats

## Seeds, Nuts & Spices

---

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

## Frozen

---

- ☐ 2 cups Frozen Cherries

## Vegetables

---

- ☐ 8 cups Baby Spinach
- ☐ 2 cups Bean Sprouts
- ☐ 2 cups Bok Choy
- ☐ 7 cups Brussels Sprouts
- ☐ 2 Carrot
- ☐ 20 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 10 cups Coleslaw Mix
- ☐ 1 Delicata Squash
- ☐ 1 bulb Fennel
- ☐ 2 tsps Fresh Dill
- ☐ 9 1/2 Garlic
- ☐ 2 tsps Ginger
- ☐ 4 cups Green Beans
- ☐ 9 stalks Green Onion
- ☐ 4 cups Mixed Greens
- ☐ 1/2 cup Parsley
- ☐ 1/2 cup Red Onion
- ☐ 1 cup Shiitake Mushrooms
- ☐ 2 Spaghetti Squash
- ☐ 4 Sweet Potato
- ☐ 2 Yellow Onion

## Boxed & Canned

---

- ☐ 3 cups Crushed Tomatoes
- ☐ 2 cups Lentils
- ☐ 4 cups Mixed Beans

## Baking

---

- ☐ 1/4 cup Brown Rice Flour
- ☐ 1/4 tsp Ground Cloves
- ☐ 2 tsps Stevia Powder
- ☐ 1/4 cup Unsweetened Coconut Flakes

## Bread, Fish, Meat & Cheese

---

- ☐ 1 lb Extra Lean Ground Chicken
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 10 ozs Halibut Fillet
- ☐ 1 lb Lean Ground Pork
- ☐ 10 ozs Salmon Fillet

## Condiments & Oils

---

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

## Cold

---

- ☐ 27 Egg
- ☐ 4 cups Unsweetened Almond Milk

## Other

---

- ☐ 3 1/2 cups Water

# Sweet Cherry Steel Cut Oats

4 ingredients · 20 minutes · 4 servings



## Directions

---

1. 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.
2. Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
3. 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.

## Ingredients

---

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

# Asian Veggie Omelette

6 ingredients · 20 minutes · 2 servings



## Directions

1. 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.
2. In a bowl, whisk together eggs, tamari and green onion.
3. 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.

## Ingredients

- 1 **tbps** Coconut Oil
- 1 **cup** Shiitake Mushrooms (sliced)
- 2 **cups** Bok Choy (sliced into quarters)
- 6 Egg
- 1 **1/2 tbsps** Tamari
- 4 **stalks** Green Onion (sliced)



# Carrot Cake Chia Pudding

9 ingredients · 3 hours · 4 servings



## Directions

1. 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.
2. 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.

## Ingredients

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

# Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 4 servings



## Directions

1. 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.
2. 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.
3. 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.
4. Poach, fry or hardboil the eggs.
5. 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.

## Ingredients

- 2 Sweet Potato (large)
- 8 Egg
- 2 Avocado
- Sea Salt & Black Pepper (to taste)

# Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 8 servings



## Directions

---

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

## Notes

---

### No Celery

Use cucumber instead

## Ingredients

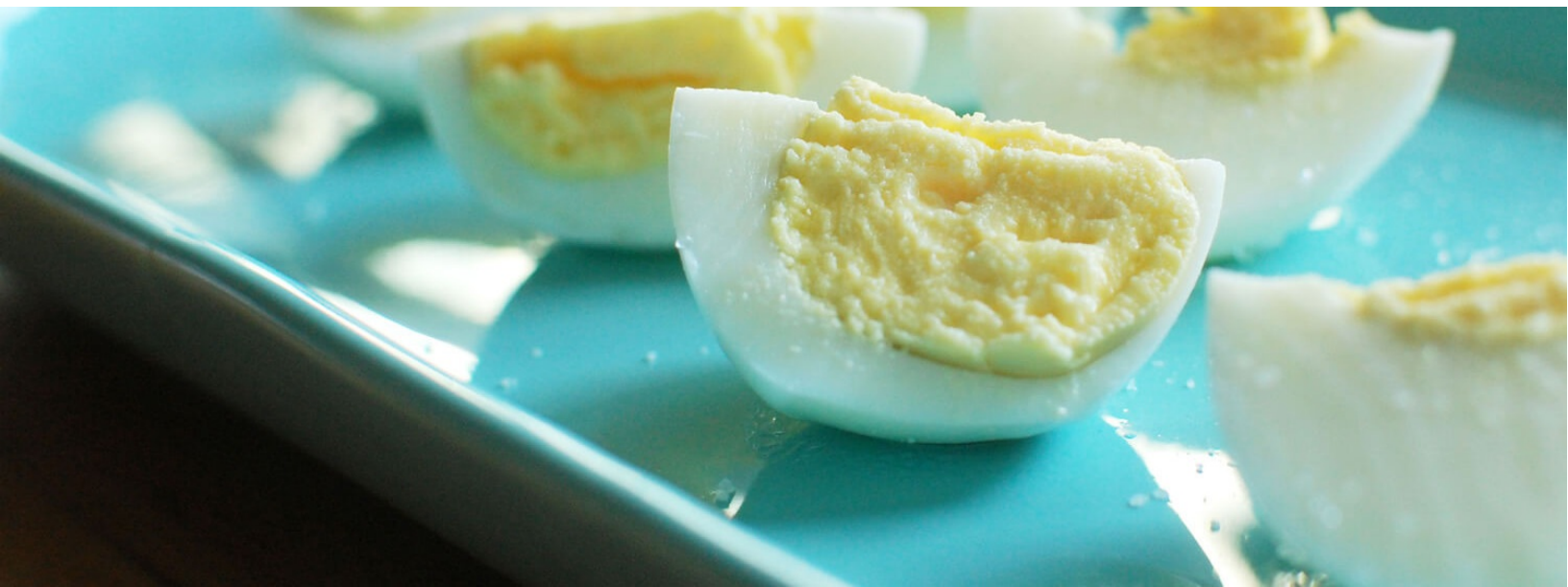
---

**16 stalks** Celery (sliced into sticks)

**1 cup** Sunflower Seed Butter

# Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 6 servings



## Directions

---

1. 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.
2. 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.
3. 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!

## Ingredients

---

**12** Egg  
**1 1/2 tsps** Sea Salt (divided)  
**1/3 cup** Apple Cider Vinegar (divided)



# Marinated Mixed Bean Salad

8 ingredients · 15 minutes · 4 servings



## Directions

1. 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.
2. 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.

## Ingredients

- 2 cups** Green Beans (fresh or frozen)
- 4 cups** Mixed Beans (cooked)
- 1/4 cup** Extra Virgin Olive Oil
- 2 tbsps** Apple Cider Vinegar
- 1 tbsp** Italian Seasoning
- 1** Garlic (clove, minced)
- 1** Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

# Pistachios

1 ingredient · 1 minute · 4 servings



## Directions

---

1. Divide into bowls, peel and enjoy!

## Ingredients

---

**2 cups** Pistachios (in the shell)

# Toasted Walnuts

1 ingredient · 15 minutes · 6 servings



## Directions

---

1. 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.
2. Remove from oven, let cool and enjoy!

## Notes

---

### Extra Flavour

Sprinkle with sea salt or spices of your choice.

## Ingredients

---

**1 3/4 cups** Walnuts (shelled)



# Apple with Almond Butter

2 ingredients · 5 minutes · 4 servings



## Directions

---

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

## Ingredients

---

- 4 Apple
- 1/2 cup Almond Butter



# One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 2 servings



## Directions

---

1. Preheat oven to 510°F (266°C).
2. 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.
3. Season your salmon fillets with sea salt and black pepper.
4. 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.
5. Divide veggies between plates and top with salmon. Enjoy!

## Notes

---

### 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.

## Ingredients

---

- 2 cups** Green Beans (washed and trimmed)
- 1 cup** Cherry Tomatoes
- 1 1/2 tps** Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 10 ozs** Salmon Fillet

# Roasted Sweet Potato & Brussels Sprouts Salad

11 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. 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.
3. 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.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. 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 your choice of protein. Chickpeas, grilled chicken or ground meat work well.

## Ingredients

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



# Spaghetti Squash Chow Mein

10 ingredients · 1 hour 30 minutes · 4 servings



## Directions

1. 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.
2. 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.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. 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.

## Ingredients

- 1 Spaghetti Squash
- 2 **tbsps** Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 **stalks** Celery (sliced diagonally)
- 4 **cups** Coleslaw Mix
- 3 Garlic (cloves, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 1 **1/2 tps** Coconut Oil
- 1 **lb** Extra Lean Ground Chicken
- 1/4 **cup** Coconut Aminos

# Egg Roll in a Bowl

9 ingredients · 30 minutes · 4 servings



## Directions

1. 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.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. 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.

## Ingredients

- 2 **tbps** Avocado Oil
- 1 Yellow Onion (medium, diced)
- 5 **stalks** Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 **tbsp** Ginger (peeled and grated)
- 1 **lb** Lean Ground Pork
- 6 **cups** Coleslaw Mix
- 2 **cups** Bean Sprouts
- 1/4 **cup** Coconut Aminos



# Slow Cooker Spaghetti Squash & Meatballs

9 ingredients · 4 hours · 4 servings



## Directions

1. 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.
2. In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
3. Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. 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.
4. 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.
5. 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.

## Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

# Roasted Winter Vegetables with Tahini Drizzle

12 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. 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.
4. 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.
5. 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 chicken.

### Leftovers

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

## Ingredients

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



# 15 Minute Halibut with Dill Pesto

10 ingredients · 15 minutes · 2 servings



## Directions

1. 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.
2. 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.
3. 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.

## Ingredients

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