

Integrative Medicine Center of Western Colorado

Low Glycemic Diet - For Diabetic Patients

Created by Integrative Medicine Center of Western Colorado



Low Glycemic Diet - For Diabetic Patients

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Protein Cinnamon & Apple Oats	Protein Cinnamon & Apple Oats	Carrot Cake Chia Pudding	Carrot Cake Chia Pudding	Avocado Sweet Potato Toast with Poached Egg	Avocado Sweet Potato Toast with Poached Egg
Snack 1			Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Celery with Sunflower Seed Butter	Celery with Sunflower Seed Butter
Lunch	Marinated Mixed Bean Salad	One Pan Chicken Fajita Bowls	Marinated Mixed Bean Salad	Spaghetti Squash Chow Mein	Slow Cooker Spaghetti Squash & Meatballs	Egg Roll in a Bowl
	Tuna & Crackers	Avocado	Tuna & Crackers			
Snack 2	Pistachios	Pistachios	Apple with Almond Butter	Apple with Almond Butter	Toasted Walnuts	Toasted Walnuts
Dinner	One Pan Chicken Fajita Bowls	Marinated Mixed Bean Salad	Spaghetti Squash Chow Mein	Slow Cooker Spaghetti Squash & Meatballs	Egg Roll in a Bowl	One Pan Salmon with Green Beans & Roasted Tomato
	Avocado	House Salad				House Salad

Low Glycemic Diet - For Diabetic Patients

62 items

Fruits

- 8 Apple
- 5 Avocado
- 1 1/2 Lemon

Breakfast

- 1/2 cup Almond Butter

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1 cup Chia Seeds
- 1 tbsp Chili Powder
- 1 1/2 tsps Cinnamon
- 1 tbsp Cumin
- 1/4 cup Ground Flax Seed
- 1/2 tsp Ground Ginger
- 1 1/2 tsps Italian Seasoning
- 1 tbsp Oregano
- 2 cups Pistachios, In Shell
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 2/3 cups Walnuts

Vegetables

- 2 cups Bean Sprouts
- 2 Carrot
- 12 stalks Celery
- 1 cup Cherry Tomatoes
- 10 cups Coleslaw Mix
- 1 Cucumber
- 8 1/2 Garlic
- 2 tbsps Ginger
- 5 cups Green Beans
- 1 Green Bell Pepper
- 1/2 head Green Lettuce
- 5 stalks Green Onion
- 1 Orange Bell Pepper
- 2 Red Bell Pepper
- 2 Spaghetti Squash
- 3 Sweet Potato
- 2 Tomato
- 2 Yellow Onion

Boxed & Canned

- 3 cups Crushed Tomatoes
- 6 cups Mixed Beans
- 3 1/2 ozs Seed Crackers
- 2 cans Tuna

Baking

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

Bread, Fish, Meat & Cheese

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

Condiments & Oils

- 1/2 cup Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1/2 cup Coconut Aminos
- 1 1/2 tsps Coconut Oil
- 1 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 2 tbsps Red Wine Vinegar
- 2 tbsps Sesame Oil
- 1/2 cup Sunflower Seed Butter

Cold

- 21 Egg
- 4 cups Unsweetened Almond Milk

Other

- 1 cup Vanilla Protein Powder
- 4 cups Water

Protein Cinnamon & Apple Oats

6 ingredients · 10 minutes · 2 servings



Directions

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder, ground flax seed, and cinnamon.
2. Transfer the cooked oats to a bowl and top with the apple. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Chopped pecans, walnuts, and/or banana.

Ingredients

- 2 cups Water
- 1 cup Oats
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Ground Flax Seed
- 1/4 tsp Cinnamon
- 2 Apple (diced)

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)

Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 4 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

- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)

Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 2 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

- 4 stalks** Celery (sliced into sticks)
- 1/4 cup** Sunflower Seed Butter

Marinated Mixed Bean Salad

8 ingredients · 15 minutes · 6 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

3 cups Green Beans (fresh or frozen)

6 cups Mixed Beans (cooked)

1/3 cup Extra Virgin Olive Oil

3 tbsps Apple Cider Vinegar

1 1/2 tbsps Italian Seasoning

1 1/2 Garlic (clove, minced)

1 1/2 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

Tuna & Crackers

4 ingredients · 5 minutes · 2 servings



Directions

1. Mash the tuna with a fork in a bowl. Mix in the mayonnaise and season with salt and pepper.
2. Serve tuna mixture with the crackers. Enjoy!

Notes

Leftovers

Refrigerate the tuna mixture in an airtight container for up to three days.

More Flavor

Add lemon juice, dried herbs, and spices, like garlic powder or dried dill, or capers.

No Tuna

Use canned salmon instead.

No Mayonnaise

Use vegan mayonnaise, plain yogurt, or mashed avocado instead.

No Seed Crackers

Use another cracker, crispy flatbread, or cucumber slices instead.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 1 can Tuna (drained)
- 2 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)
- 1 3/4 ozs Seed Crackers

Avocado

1 ingredient · 5 minutes · 2 servings



Directions

1. Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With

Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack

Top with maple syrup, honey, maple butter and/or cinnamon.

Ingredients

1 Avocado

Pistachios

1 ingredient · 1 minute · 2 servings



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1 cup Pistachios, In Shell

Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

- 2 Apple
- 1/4 cup Almond Butter

Toasted Walnuts

1 ingredient · 15 minutes · 2 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

2/3 cup Walnuts (shelled)

One Pan Chicken Fajita Bowls

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
3. Bake for 30 minutes, or until chicken is cooked through.
4. Divide between bowls or containers. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 days.

More Carbs

Serve with brown rice, quinoa or black beans.

More Fat

Serve with avocado or cheese.

Vegan/Vegetarian

Use tofu or chickpeas instead of chicken.

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Orange Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 2 **tbsps** Extra Virgin Olive Oil
- 1 **lb** Chicken Breast
- 1 **tbsp** Cumin
- 1 **tbsp** Chili Powder
- Sea Salt & Black Pepper (to taste)

House Salad

5 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl, whisk together the olive oil and vinegar.
2. Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

Notes

No Red Wine Vinegar

Use apple cider vinegar or white vinegar instead.

No Lettuce

Use spinach, kale or mixed greens instead.

More Toppings

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1/4 head Green Lettuce (roughly chopped)
- 1 Tomato (medium, sliced)
- 1/2 Cucumber (sliced)

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 tsps Coconut Oil
- 1 lb Extra Lean Ground Chicken
- 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, half the sea salt and half of the 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. Add the remaining salt and pepper. 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)

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 tbsps** 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

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

Leftovers

Refrigerate in an airtight container for up to three days.

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