



BLOOD SUGAR DIET ~ MENU IDEAS

BREAKFAST

- Bacon and eggs
- Eggs of choice (fried, scrambled, boiled, poached) with veggies of choice (sauteed mushrooms, green salad, raw carrots, cukes, green beans, etc.) Avoid cooked beets or carrots.
- Steak and salad
- Micro greens with sugar free bacon, topped with [blender hollandaise](#)

LUNCH

- Tuna fish with homemade mayo, raw veggies of choice dipped in mayo
- Lettuce wraps - Organic cold cuts, homemade mayo, mustard, wrapped in lettuce
- Egg salad - Made with homemade mayo and mustard, raw veggies of choice
- Boiled eggs or deviled eggs with raw carrots and guacamole
- Antipasta platter - Meats, olives, pickled veggies, lettuce, etc.
- Grassfed burger with caramelized onion and avocado
- Leftover dinner or leftover Crustless quiche
- Homemade soup and salad

SNACKS

- Sugar craving snack...1/2 & 1/2 coconut oil & butter mixed with a little honey
- Avocado w/ salsa (sugar-free)
- Crispy nuts with berries
- Celery and almond butter
- Bell peppers and peanut butter
- SeaSnax
- Apple with grassfed cheddar

DINNER-Main Dishes

- Roast chicken or Roast beef (make stock with bones for soups)
- White Bean Chili (recipe below)
- Rockin' Taco Salad (recipe below)
- Hamburger cooked with diced ginger and garlic and sea salt
- Blended soups made with bone broth and good fats (Like carrot/ginger or tomato basil, or mushroom)

DINNER-Side Dishes

- Mashed cauliflower (Simply chop cauliflower and steam/boil until tender. Drain water, add **plenty** of butter and olive oil and sea salt to taste. Blend with immersion blender)
- Cucumber Red Onion Salad (one of our favorites last summer, recipe below)
- Steamed broccoli with mayonnaise
- Fresh Greens and veggie salad w/ Basic Dressing (dressing recipe below)
- Roasted cauliflower & garlic

SOME RECIPES

White Bean Chili - one of our favorites!

2 lbs ground beef

1 med onion diced

5 cloves garlic, minced

1 14 oz. can coconut milk (full fat)

2 c. beef broth (could substitute chicken broth or water)

1 28 oz can diced tomatoes

4 c cooked white beans (1 pound dry beans soaked overnight and then cooked)

2 tsp sea salt

1/4 tsp black pepper

2 tsp cumin

1 tsp paprika

1/8 tsp cayenne pepper

shredded cheese for topping

Brown the beef in large soup pot, add the onion and saute until tender. Add the other ingredients, cover and simmer for about 30 minutes.

Rockin' Taco Salad (minus the tortilla chips) Combine the following 3 components

1. Creamy Avocado Salad Dressing-

- 1 large avocado
- 3 Tbls fresh lemon juice
- 1 tsp. ground cumin
- 3/4 tsp. sea salt
- 3 garlic cloves, peeled and coarsely chopped
- 1/2 cup of extra virgin olive oil (or more depending on consistency desired)

Blend with immersion blender

2. Mexican Beef

- 1 lb. ground beef
- 1 tsp. ground cumin
- 1 tsp. oregano
- 3 cloves garlic, peeled and minced
- 1/8 - 1/4 tsp. cayenne
- Salt to taste
- Juice from 1 lime

3. Taco Salad

- 8 - 12 cups fresh lettuce greens
- 1 - 2 large avocados, peeled and cut into bite-size pieces
- 1 1/2 cups cooked Northern beans (soaked overnight first)
- 1 small bunch of cilantro, stemmed and chopped
- 2 large tomatoes, stemmed and diced

Cucumber Red Onion Salad

- 2 medium cucumbers, peeled and sliced
- 1/2 medium red onion, peeled and thinly sliced
- 3 Tbls. extra virgin olive oil
- 3 Tbls. raw apple cider vinegar
- 3/4 tsp. sea salt
- 3 garlic cloves

Toss everything in a bowl and enjoy, or refrigerate first. Has a little kick to it from the garlic.

Basic Vinaigrette

1/4 c. apple cider vinegar
3/4 c. extra virgin olive oil
1 clove garlic, minced
2 tsp. mustard
sprinkle of salt

Mix together in a jar, keeps well.

Homemade Mayonnaise (needs immersion blender)

2 ROOM TEMPERATURE fresh eggs (pastured organic is best)
1/2 tsp. mustard powder
1 TB lemon juice
1/2 tsp sea salt
1/4 tsp black pepper
1 cup room temp. extra virgin olive oil

Put all ingredients into wide mouth quart jar and blend with immersion blender until thickened