

7 Day Blood Sugar Balancing Meal Plan + 12 Recipes

Cooking diabetic friendly meals shouldn't need to be difficult. This 7 day meal plan and 12 recipes are low in carbs while being packed with nutrition, and they couldn't be easier to make!



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RECIPE KEY

Look for these helpful icons throughout the

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/ Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

MEAL PLAN



MONDAY

BREAKFAST

Avocado and egg paste

LUNCH

Detox salad

SNACK

Tropical smoothie

DINNER

Chicken thighs with hoisin sauce

TUESDAY

BREAKFAST

Cottage cheese protein pancakes

LUNCH

Tom yum soup with shrimps

SNACK

Fit almond energy balls

DINNER

Chinese pork stir fry with pineapple

WEDNESDAY

BREAKFAST

Tropical smoothie

LUNCH

Salmon spring rolls

SNACK

Vegan orange chocolate mousse

DINNER

Smoked eggplant goulash

THURSDAY

BREAKFAST

Avocado and egg paste

LUNCH

Black bean hummus

SNACK

Fit almond energy balls

DINNER

Chicken thighs with hoisin sauce

FRIDAY

BREAKFAST

Cottage cheese protein pancakes

LUNCH

Tom yum soup with shrimps

SNACK

Fit almond energy balls

DINNER

Chinese pork stir fry with pineapple

SATURDAY

BREAKFAST

Tropical smoothie

LUNCH

Detox salad

SNACK

Fit almond energy balls

DINNER

Smoked eggplant goulash

SUNDAY

BREAKFAST

Avocado and egg paste

LUNCH

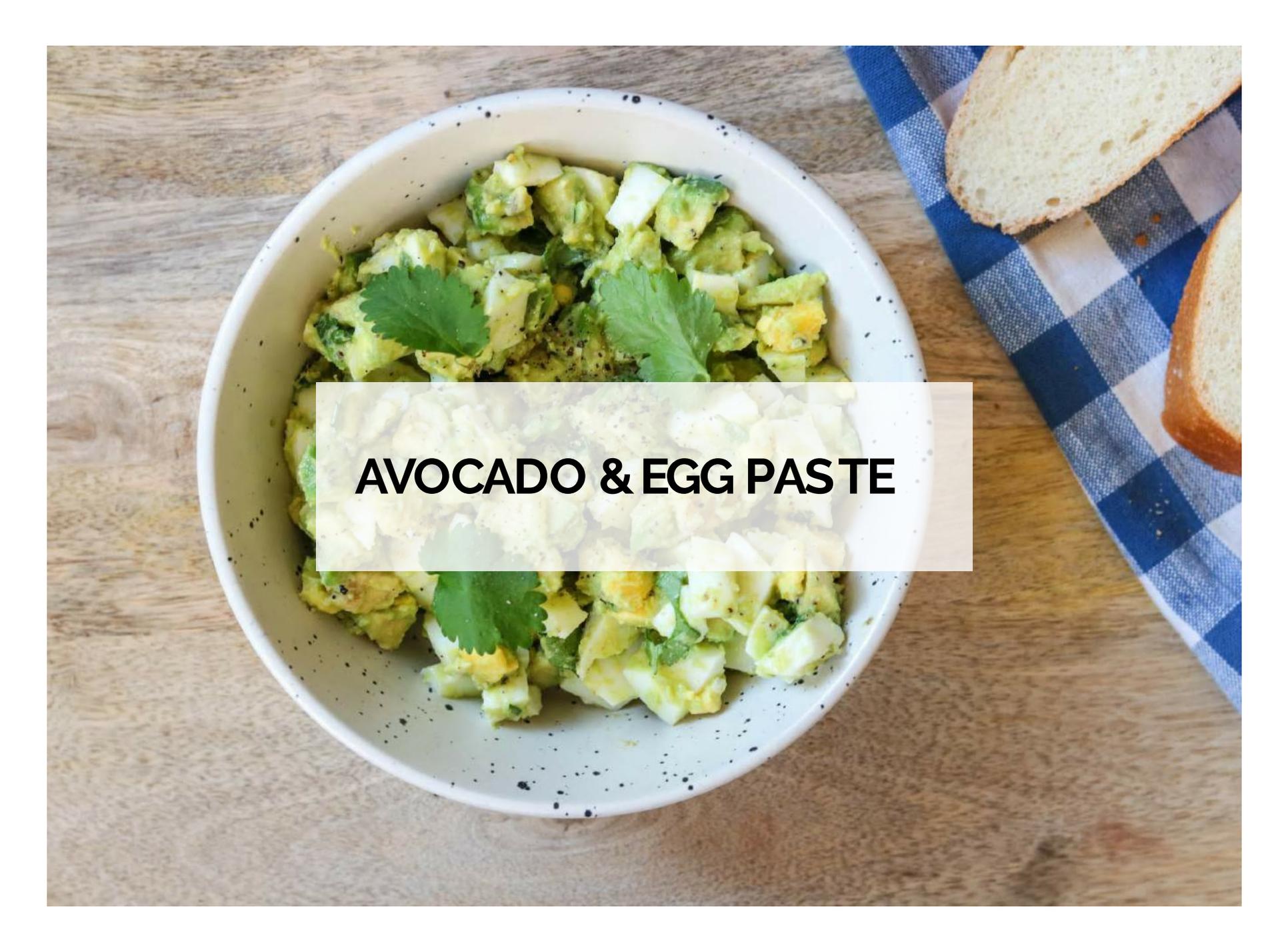
Salmon spring rolls

SNACK

Tropical smoothie

DINNER

Chicken thighs with hoisin sauce

A top-down photograph of a white ceramic bowl with black speckles, filled with a mixture of mashed avocado, hard-boiled egg pieces, and fresh cilantro leaves. The bowl sits on a light-colored wooden surface. To the right, a blue and white checkered cloth holds two slices of white bread. A semi-transparent white rectangular box is centered over the bowl, containing the text 'AVOCADO & EGG PASTE' in bold black letters.

AVOCADO & EGG PASTE

AVOCADO & EGG PASTE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving: 298
kcal 24g
Fats
9g Carbs
11g Protein



WHAT YOU NEED

- 3 boiled eggs
- 1 small garlic clove, minced
- 1 ripe avocado
- 1 tsp. lemon juice
- 1 tsp. olive oil
- 3 tbsp. coriander leaves, chopped

WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled peel, chop into cubes and put in a bowl.

Press the garlic, and add to the eggs.

Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.

Serve immediately on bread or on its own.



**COTTAGE CHEESE
PROTEIN PANCAKES**

COTTAGE CHEESE PROTEIN PANCAKES



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving: 162
kcal 4g Fats
18g Carbs
12g Protein



WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1tbsp. of vanilla sugar
- 1tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

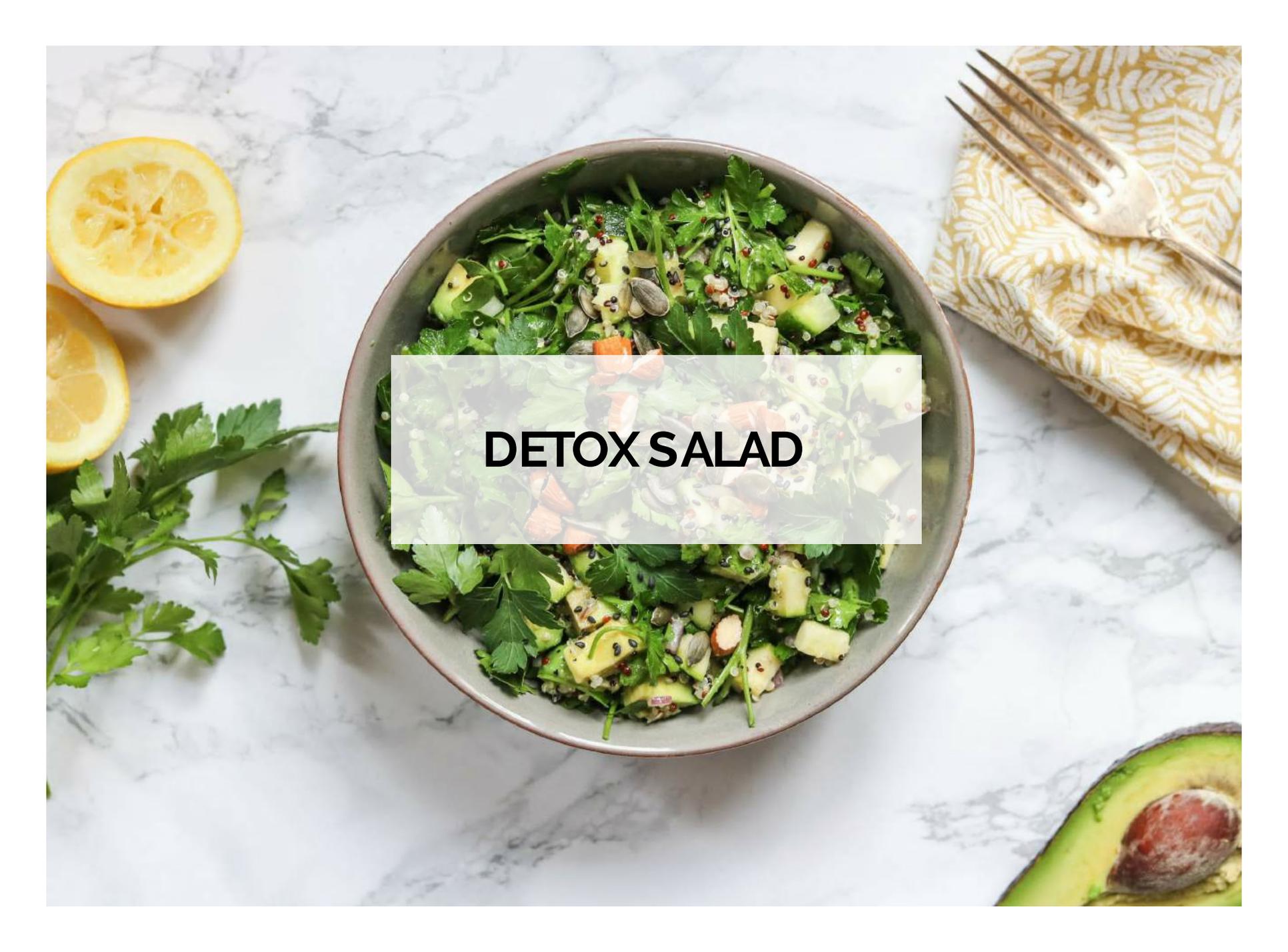
WHAT YOU NEED TO DO

Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.

Whisk the egg whites into a stiff foam and add to the cheese mixture, gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 mins, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested serving: Greek yogurt, honey, and berries.

A top-down view of a light-colored ceramic bowl filled with a vibrant detox salad. The salad consists of fresh green leafy vegetables, sliced avocado, diced mango, cherry tomatoes, and a mix of seeds including quinoa, flax, and chia. The bowl is set on a white marble surface with grey veining. To the left of the bowl are two lemon slices and a bunch of fresh parsley. To the right, a silver fork rests on a yellow and white patterned napkin. In the bottom right corner, a portion of a whole avocado is visible.

DETOX SALAD

DETOX SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving: 315
kcal 24g
Fats 19g
Carbs 10g
Protein



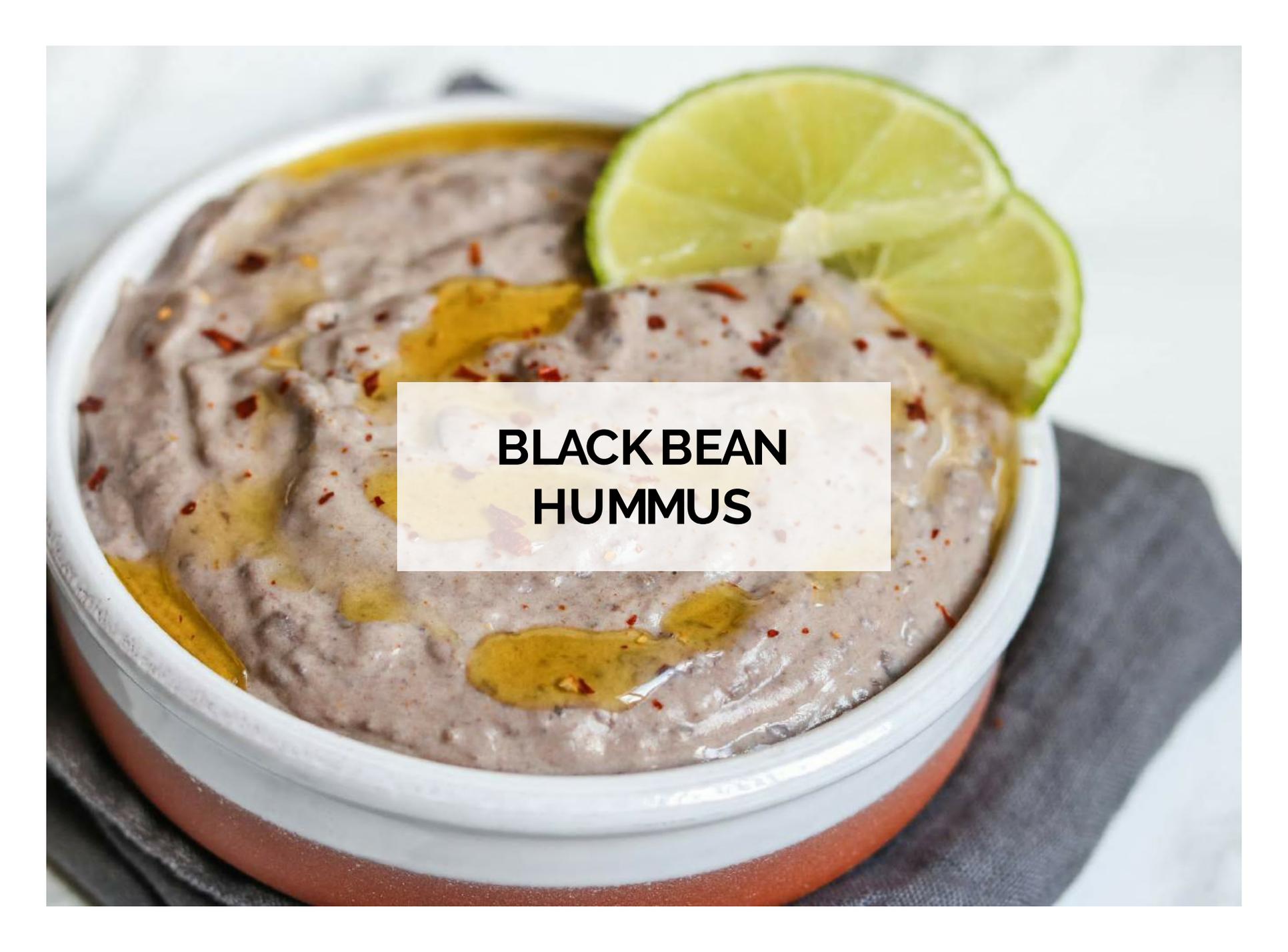
WHAT YOU NEED

- 2 bunches parsley, roughly chopped, around 1oz. (30g)
- ¼ cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

WHAT YOU NEED TO DO

In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.

Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.

A close-up photograph of a white ceramic bowl filled with a smooth, light-colored hummus. The hummus is garnished with several drizzles of golden olive oil, a sprinkle of red spices (likely paprika or cayenne), and two fresh lime slices on the right side. The bowl is placed on a dark grey cloth on a light-colored surface.

**BLACK BEAN
HUMMUS**

BLACK BEAN HUMMUS



Serves: 8
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
91 kcal
4g Fats
9g Carbs
4g Protein



WHAT YOU NEED

- 4 cups (250g) black beans, keep the water separately
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper

WHAT YOU NEED TO DO

In a food processor, blend 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices, until smooth.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.

Store in a sealed container in the fridge for up to 1 week.

TOM YUM SOUP WITH SHRIMPS



TOM YUM SOUP WITH SHRIMPS



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving: 106
kcal 5g Fats
4g Carbs
13g Protein



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WHAT YOU NEED

- 4 cups (1) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant $\frac{1}{2}$ cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- $\frac{3}{4}$ cup (200g) shrimps
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- coriander, to garnish
- chili, to garnish

WHAT YOU NEED TO DO

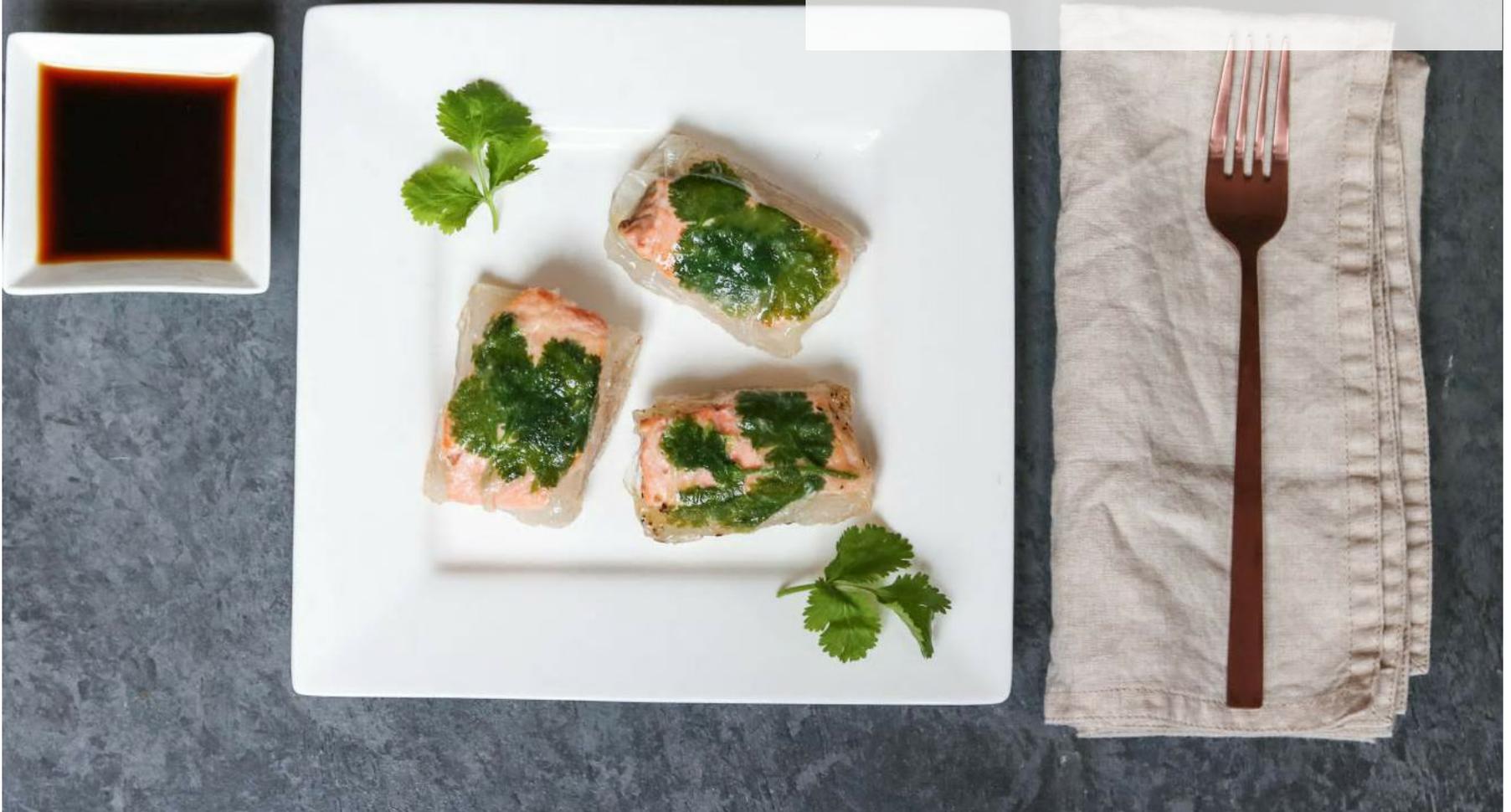
Pour stock into a pot, add the tom yum paste and bring to a boil.

Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes.

Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lime juice.

Garnish with fresh coriander and chili to serve.

SALMON SPRING ROLLS



SALMON SPRING ROLLS



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving: 154
kcal 10g
Fats 4g
Carbs 13g
Protein



WHAT YOU NEED

- 4 sheets rice paper
- fresh coriander
- 7 oz. (200g) salmon, cut into 4 pieces
- 1tbsp. coconut oil
- soy sauce or tamari (GF), to serve

WHAT YOU NEED TO DO

Boil a little bit of the water in a pan, remove from heat, and dip in the rice paper one after the other, leave to soak for 30 seconds. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2 - 25 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.

CHICKEN THIGHS WITH HOISIN RICE



CHICKEN THIGHS WITH HOISIN RICE



Serves: 8
Prep: 5 mins
Cook: 50 mins



Nutrition per
serving:
336 kcal
15g Fats
16g Carbs
29g Protein



WHAT YOU NEED

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 heaped cups (500ml) chicken stock
- 4 tbsp. dried cranberries

For the sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter
- 1 tsp. of chili flakes
- 1 tsp. of honey
- 1 tsp. of sesame oil

WHAT YOU NEED TO DO

Heat the oven to 375F (190C). Heat the oil in a large pan.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1tbsp in the pan.

Add into the pan the peeled and sliced garlic and the spring onion, fry for 1minute.

Add uncooked rice and fry again for about 1minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.

Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.

Transfer the rice into an over-proof dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.

Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.

SMOKED AUBERGINE GOULASH



SMOKED AUBERGINE GOULASH



Serves: 4
Prep: 20-30 mins
Cook: 35 mins



Nutrition per
serving: 181
kcal 10g
Fats
26g Carbs
5g Protein



WHAT YOU NEED

- 2 eggplants
- 2 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree

WHAT YOU NEED TO DO

Wash the aubergine and cut them into ¼ inch slices. Season on both sides with salt and put aside for about 20 - 30 minutes, until the eggplant collects water.

In a large pot heat 1tbsp. of oil and fry the onion for 2 mins, then add the minced garlic and cook together for another 1-2 mins.

Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.

Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1tbsp of oil. Fry for approx. 10 minutes, in the meantime mix now and then.

During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).

Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.

Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.

At the end, add the chopped parsley and check the seasoning for salt.

Serve with rice or pasta.



**CHINESE PORK STIR-FRY
WITH PINEAPPLE**

CHINESE PORK STIR-FRY WITH PINEAPPLE



Serves: 4
Prep: 20 mins
Cook: 10 mins



Nutrition per
serving: 303
kcal 11g Fats
22g Carbs
28g Protein



WHAT YOU NEED

- 14 oz. (400g) pork tenderloin
- 1 tbsp. potato starch
- scant ½ cup (100g) white rice
- 2/3 cup (135ml) pineapple chucks, in juice (keep the juice)
- 1 red bell pepper, sliced
- ½ onion, sliced
- 2 garlic cloves
- ½ chili pepper
- 1-inch fresh ginger, grated
- 2 tbsp. coconut oil
- 2 spring onions, chopped, to serve

For the sauce:

- 1/3 cup (80 ml) pineapple juice from can
- 5 tbsp. soy sauce
- 3 tbsp. rice vinegar

WHAT YOU NEED TO DO

Wash the meat, dry it, and cut them into the thinnest slices possible. Season with salt and pepper, and coat in potato flour.

Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and cut the onion into feathers. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all sauce ingredients in a bowl.

In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chili, ginger) over high heat for about 3 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto the plate.

Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.

Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens, in the meantime mix now and then.

Sprinkle with chopped spring onions and serve with rice.



TROPICAL SMOOTHIE

TROPICAL SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving: 240
kcal 3g Fats
55g Carbs
4g Protein



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WHAT YOU NEED

- 3 passion fruits
- 1 banana, chopped
- 1 small mango, peeled, chopped
- 1-1/4 cup (300ml) coconut water
- 1 tbsp. chia seeds
- ice cubes, to serve

WHAT YOU NEED TO DO

Scoop the pulp of the passion fruits into a high-speed blender, add the banana, mango, coconut water, and chia seeds. Purée until smooth and serve immediately, topped with ice cubes.

A top-down view of a white ceramic bowl with black speckles, filled with several round, golden-brown almond energy balls coated in shredded coconut. The bowl sits on a light-colored wooden surface. A semi-transparent white rectangular box is centered over the bowl, containing the text 'FIT ALMOND ENERGY BALLS' in bold, black, uppercase letters.

**FIT ALMOND
ENERGY BALLS**

FIT ALMOND ENERGY BALLS



Makes: 6
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving: 178
kcal 14g
Fats 8g
Carbs 6g
Protein



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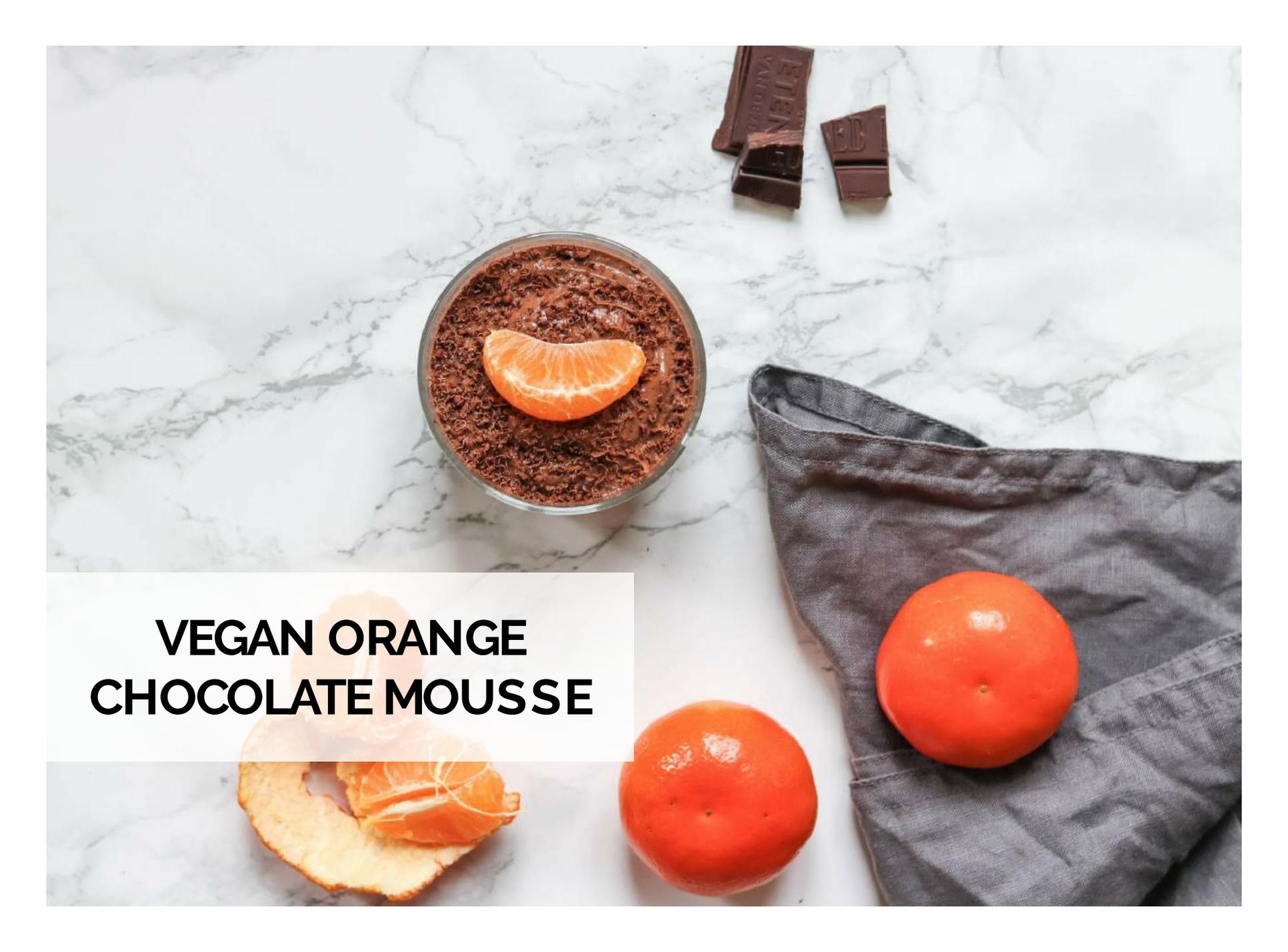
WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

WHAT YOU NEED TO DO

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.



**VEGAN ORANGE
CHOCOLATE MOUSSE**

VEGAN ORANGE CHOCOLATE MOUSSE



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving: 354
kcal 17g
Fats
39g Carbs
13g Protein



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WHAT YOU NEED

- 1 cup sweet potato, peeled and cooked (225g / 0.5 lb sweet potato)
- ½ cup (125g) smooth peanut butter
- ½ cup (50g) natural cocoa powder
- 6 tbsp. maple syrup
- 1 tsp. orange zest
- ½ cup (120ml) chickpea brine
- ½ tsp. lemon juice

WHAT YOU NEED TO DO

Place cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cacao powder, maple syrup, and orange zest, blend again until smooth.

Place chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3-6 mins) – you should be able to invert the bowl, and the whipped brine should not move an inch.

Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.