

MASTERING
DIABETES

Recipes to Turbocharge Your Immunity



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The collection of recipes in this guide is designed to help you use your food as medicine to dramatically improve your “innate” immunity. Think of your innate immunity as your general “immunity” – it’s the type of immunity that protects you against many types of environmental pathogens, whether viral, bacterial, or chemical.

We created this recipe guide to give you simple, affordable recipes that you can prepare at home effortlessly, using ingredients that you can easily buy at most grocery stores.

The truth is that researchers haven’t identified all the nutrients in food that increase your immune function (and certainly don’t fully understand the complex interaction between these nutrients), however scientists do have a good understanding of which specific foods have been shown to boost immune function in the research.

The immune boosting foods that we highlight in this recipe guide include garlic, onions, scallions, and cruciferous vegetables, including cauliflower, broccoli, and cabbage.

In addition to the immune boosting properties of the foods in these recipes, these low-fat, plant-based, whole food recipes are also very effective at maximizing your insulin sensitivity, help you reach your ideal body weight, reduce your cholesterol level, reduce your blood pressure, and keep you satisfied.

We hope you enjoy these recipes and share them with your loved ones!

Sincerely,
The Mastering Diabetes Team!

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Split Pea Soup

By Chef AJ



This is a delicious, nutritious, and easy recipe! The herbs and spices take the flavor to the next level.

INGREDIENTS:

- 8 cups boiling water
- 1 lb split beans (1 cup each, green and yellow)
- 1 lb carrots sliced
- 1 large onion chopped
- 1 bunch celery sliced
- 4 cloves garlic minced
- 1 tsp each basil, oregano, celery seed, smoked paprika
- 4 tsp parsley flakes
- 1 bay leaf

(To pack in even more veggies, add 4 finely chopped Roma tomatoes and a bag of dried mushrooms. Increase each of the spices (except the bay leaf) by ½ tsp.)

INSTRUCTIONS:

- Add all ingredients to an electric pressure cooker, like the Instant Pot.
- Add water to the maximum level and bring to pressure for 6-7 minutes with a natural release.
- Ladle the soup over raw greens, like kale, collards, or spinach. The heat of the soup cooks the greens to perfection!

NUTRITION INFORMATION:

Entire recipe:

754 kcal

41 g protein

85 g carbohydrates

4 g fat

Spicy Sweet Potato Lentil Dahl

By Nina Gelbke, BHSc



True comfort food for the body and soul. A warming and flavour-packed Dahl that makes for a satisfying and wholesome lunch or dinner for any time of the year, not just the colder months!

Serves 4

INGREDIENTS:

- 3 cloves garlic, finely chopped
- 1 onion, chopped
- 1 cup dry red lentils
- 1 cup dry yellow split peas
- 1 tbsp ground cumin
- 2 tsp ground coriander
- 1 tsp ground ginger
- 2 tbsp curry powder
- 1 tsp turmeric
- 1 tsp chili powder
- 2 carrots, peeled and chopped
- 2 medium sweet potatoes, chopped
- 2 tbsp lemon juice
- 1 cup frozen peas
- Handful fresh coriander
- Salt and pepper, to taste
- Fresh greens and 1 avocado, to serve

INSTRUCTIONS:

- Sauté garlic, onion and spices in a pan until fragrant and onion is just soft.
- Add in chopped carrot, sweet potato, lentils and 4 cups water (or low-sodium veggie stock!), then allow to simmer for 30-40 minutes or until the lentils are soft and creamy. You may need to add some more water while cooking if it absorbs before lentils and potatoes are soft!
- Stir in the lemon juice, peas and fresh coriander, season with salt and pepper, then serve with a big green salad and some avocado.

NUTRITION INFORMATION:

Entire recipe:
1836 kcal
103 g protein
255 g carbohydrates
9 g fat

Fiber Dinner Bowl

By Reversing T2D



Chickpeas are at the center of this meal and will keep you satisfied for hours. Say goodbye to evening cravings!

INGREDIENTS:

- 2 cups arugula
- 1 cup spinach
- 1 cup cooked chickpeas
- 10 cherry tomatoes
- ½ cup chopped onions
- Chopped cilantro
- Lime juice
- Black pepper

INSTRUCTIONS:

- Place all ingredients in a large bowl
- Add lime juice and black pepper to taste.
- Mix and enjoy

NUTRITION INFORMATION:

Entire recipe:
340 kcal
19 g protein
43 g carbohydrates
5 g fat

Cabbage Stir Fry

By Reversing T2D



This recipe has the perfect combination of green-light carbohydrate rich foods and a small amount of yellow-light nuts to satisfy your cravings!

INGREDIENTS:

- 1 medium cabbage, thinly sliced
- 1 cup cooked brown rice
- ½ onion, cut julienne
- 1 carrot, cut julienne
- 1 bell pepper, cut julienne
- ¼ cup cashews
- 1 tbsp garlic powder
- Black pepper to taste
- 3 tbsp coconut aminos

INSTRUCTIONS:

- Prepare all your veggies. Cut the onion, carrot, and bell pepper into thin julienne slices. Set aside.
- Cut the green cabbage into very thin slices. Set aside.
- Heat a large skillet on the stovetop and then add onion, carrot, and bell pepper. Sauté for 5 minutes, stir frequently. (If the vegetables start to stick, add 1 Tablespoon of water).
- Add the cabbage and cashews and sauté for 7-10 minutes, stirring frequently.
- Add all the remaining ingredients and sauté until the cabbage is tender to your liking.
- Test the flavors, add another seasoning as desired. Serve with brown rice.

NUTRITION INFORMATION:

Entire recipe:
677 kcal 116 g carbohydrates
22 g protein 8 g fat

Mango Orange Salad

By Robby Barbaro, MPH



This is one of my go-to salads year round. It's very simple, hydrating and filling.

INGREDIENTS:

- 2 medium mangos
- 2 large oranges
- 2 cups romaine lettuce
- 1 cup arugula
- ½ cup scallions
- 2 cups tomatoes

INSTRUCTIONS:

- Place all ingredients in a bowl.
- Mix well. The liquid from the mangos, oranges and tomatoes will lead you to believe a dressing has been added, even though you did not add one!
- With that said, feel free to add a dressing of your choice.

It's so simple and so delicious, it's outrageous!

NUTRITION INFORMATION:

Entire recipe:
595 kcal
12 g protein
145 g carbohydrates
4 g fat

Red Lentil Chili

By Chef AJ



This is a simple recipe that will quickly become a household favorite!

INGREDIENTS:

- One pound of red lentils
- 7 cups of water
- 2 14.5 ounce cans of salt-free tomatoes, fire-roasted preferred
- 1 6 ounce can of salt-free tomato paste
- 10 ounces of chopped onion (approximately one large)
- One pound of red bell pepper, (approximately 2 large) VERY finely chopped
- 3 ounces of dates (approximately 12 Deglet Noor)
- 8 cloves of garlic, finely minced
- 4 Tablespoons Apple Cider Vinegar
- 1.5 Tablespoons Parsley Flakes
- 1.5 Tablespoons Oregano
- 1.5 Tablespoons Salt-free Chili Powder
- 2 teaspoons smoked paprika
- ½ teaspoon chipotle powder (or more to taste)
- ¼ teaspoon crushed red pepper flakes (or more to taste)

INSTRUCTIONS:

- Blend the dates, tomatoes, red bell peppers and garlic in a blender and blend until smooth.
- Place all remaining ingredients in an electric pressure cooker and cook on high for 10 minutes. Alternatively, place all ingredients in a slow cooker and cook on low for 8 hours.

NUTRITION INFORMATION:

Entire recipe:

882 kcal 207 g carbohydrates
32 g protein 7 g fat

Savory Self-Love Bowl

By Tara Kemp



This recipe could change your life. You'll learn the simple trick of putting an entire squash in the oven rather than trying to cut it when it's hard as a rock! Enjoy!

INGREDIENTS:

- 1 sweet potato
- 1 kabocha squash
- 1 14 oz. can kidney beans
- 1 zucchini, diced
- 1 cup mushrooms
- 2 cups bok choy
- 1 cup cherry tomatoes
- Ginger
- Curry powder

INSTRUCTIONS:

- Place the whole sweet potato and whole kabocha squash in the oven. Bake at 375°F for 90 minutes.
- Remove both the potato and the squash from oven and let cool. Cut the squash in half and then into slices. Cut the potato down the center to open it up.
- Use the whole potato and ¼ of the squash. Save the rest of the squash in your fridge for a different meal!
- Place the zucchini, mushrooms, bok choy, tomatoes and minced ginger into a pot or pan with a little water and cook until the veggies are the consistency you prefer.
- Compile the beans, potato, squash and cooked vegetables into a bowl.
- Add curry powder for extra flavor.

NUTRITION INFORMATION:

Entire recipe:
1027 kcal
53 g protein
205 g carbohydrates
6 g fat

Power Bowl

By Adam Sud



If want more energy and power in your life, this recipe is for you!

INGREDIENTS:

- 1 can of lentils
- ½ lbs. of cauliflower
- Kabocha squash
- White mushrooms
- 1 clove of garlic
- ¼ red onion
- Turmeric powder to taste

INSTRUCTIONS:

- Bake the kabocha squash for 35min at 400degrees then chop into squares.
- Steam the cauliflower. Heat up the lentils and put them into a bowl with the steamed cauliflower and and the squash
- Water sauté the garlic, mushrooms, and onions and add them to the bowl. Mix in some turmeric powder.

*Depending upon your oven you may have to bake the squash longer.

NUTRITION INFORMATION:

Entire recipe:
638 kcal
36 g protein
131 g carbohydrates
2 g fat

Quinoa-Kale Bowl

By Cathy Fisher



This is a delicious and filling entrée salad with south-of-the-border flavors.

INGREDIENTS:

- 1 cup water
- ½ cup dry/uncooked quinoa (any color)
- 2 cups packed, coarsely chopped kale (any type)
- 1½ cups cooked black or pinto beans (or 1 15-ounce can, drained/rinsed)
- 1 cup corn kernels (cooked or raw)
- 2 cups chopped romaine lettuce
- 1 cup chopped tomatoes
- ¼ cup chopped red onion

INSTRUCTIONS:

- Place the water and quinoa into a small pot, and bring to a boil. Once boiling, reduce the heat to the lowest setting, and simmer for 20 minutes with a snug-fitting lid.
- Place all of the dressing ingredients into a blender (smaller blenders work best since this is a small amount of dressing, about ½ cup) and set aside while the quinoa is cooking, or about 15 minutes (so the cashews can soften).
- Place the chopped kale into a sauce pan, and boil or steam in a small amount of water for 1 to 2 minutes on high with the lid on. Drain and set aside.
- In a medium bowl, toss together the beans, corn, lettuce, tomatoes, red onion, and the cooked quinoa and kale. (The beans, corn, quinoa and/or kale can be eaten warm or cold). Divide the salad between two to four salad bowls or plates. OR place the romaine lettuce on the bottom of each bowl (a bed of lettuce), then create rows of the remaining ingredients (beans, corn, tomatoes, red onion, quinoa and kale).
- Blend the dressing ingredients on high until very smooth, adding a little water as needed to reach a slightly thick but pour-able consistency.

NUTRITION INFORMATION:

Entire recipe:

1194 kcal

56 g protein

221 g carbohydrates

14 g fat

Mushroom Risotto

By Cathy Fisher



This classic Italian rice dish is creamy and hearty, getting its big flavor from a variety of mushrooms, as well as garlic, balsamic vinegar, and tarragon.

INGREDIENTS:

- 7 cups water
- 1 cup chopped shallots, leeks, or yellow or white onion
- 6 medium shiitake mushrooms, sliced (about 2¼ cups)
- 1 medium portabella mushroom, sliced into small pieces (about 2 cups)
- 1 tablespoon finely chopped garlic (4 or 5 medium cloves)
- 1½ cups dry/uncooked Arborio rice
- ¼ cup balsamic vinegar (use ⅛ cup if you prefer a milder flavor)
- 1 teaspoon granulated onion
- 2 tablespoons finely chopped fresh tarragon, plus a little more for garnish
- 1 teaspoon lemon zest (optional)
- 1 ounce raw, unsalted cashews, ground

INSTRUCTIONS:

- Bring the 7 cups of water to a low boil in a medium saucepan over medium heat. Reduce the heat so the water is steaming but not boiling. Leave it on the stovetop.
- On a separate burner, heat 1 tablespoon of water in a 4- to 5-quart, heavy-duty saucepan over medium-high heat. When the water starts to sputter, add the shallots (or leeks or onions), and cook while stirring for 3 to 5 minutes until soft, adding a little water, as needed, to prevent sticking.
- Add all of the mushrooms and garlic, and continue stirring for about 3 minutes, adding water as needed. Add the rice and stir until the edges of the rice are translucent, about 3 minutes. Add the balsamic vinegar and granulated onion, and stir until you can no longer see any vinegar in the bottom of the pot.
- Pour in 1 cup of the hot water, stirring until it has been almost completely absorbed (2 to 3 minutes). Continue to add 1 cup of water at a time, stirring nearly continuously. This gradual technique is the key to getting the rice to release its starch, thereby making the dish creamy. This process takes 30 to 40 minutes and uses 6 to 7 cups of the hot water. The risotto is ready when the rice is soft but still has a bit of chew to it.

- Stir in the tarragon and lemon zest (if using). If desired, garnish with chopped tarragon and/or cashews (grind nuts with a rotary cheese grater, which gives the effect of parmesan cheese). When reheating leftovers, stir in a little water or unsweetened nondairy milk, as the risotto will have thickened considerably.

NUTRITION INFORMATION:

Entire recipe:

1222 kcal

36 g protein

245 g carbohydrates

16 g fat

Apple Berry Salad

By Robby Barbaro, MPH



Apples are a fantastic fruit to include in a dinner meal when you are less active and don't need as much fuel. They are the center of this meal and provide ample quantities of pectin which can improve your digestive health.

INGREDIENTS:

- 2 large apples (any variety!)
- 1 carton blackberries (340 grams)
- 1 carton strawberries (454 grams)
- 1 small mango
- 2 cups tomatoes
- ½ cup scallions

INSTRUCTIONS:

- Place all ingredients in a bowl. Mix well. The liquid from the apples, berries, tomatoes and mango will lead you to believe a dressing has been added, even though you did not add one!
- With that said, feel free to add a dressing of your choice.

It's so simple and so delicious, it's outrageous!

NUTRITION INFORMATION:

Entire recipe:
640 kcal
13 g protein
155 g carbohydrates
5 g fat

Mango Black Bean Buddha Bowl

By Jessica Stidham



INGREDIENTS:

Salad:

- 1 cup mango
- 1 cup black beans
- 1 cup collard greens
- 4 tbsp onions
- ½ medium orange
- ½ medium red bell pepper
- ½ cup cucumber
- ½ cup carrots

Dressing:

- Fresh squeezed orange and lime juice
- Balsamic Vinegar

INSTRUCTIONS:

- Combine all food ingredients into a bowl and toss.
- For the dressing, combine the fresh squeezed orange, lime juice, and balsamic vinegar then pour on top and enjoy!

NUTRITION INFORMATION:

Entire recipe:

509 kcal

21 g protein

109 g carbohydrates

3 g fat

Beet Berry Blast

By Jessica Stidham



INGREDIENTS:

Salad:

- 1 cup cabbage
- 1 cups strawberries
- 3 beat, boiled beets
- 1 cup frozen peas
- ½ cup raspberries
- ½ cup blackberries
- 1 cup arugula
- ¼ cup red onion

Dressing:

- 1 tbs fresh ginger root
- 2 tbs lime juice
- ½ cup raspberries

INSTRUCTIONS:

- Combine all food ingredients into a bowl and toss.
- For the dressing, combine the fresh ginger root, lime juice, and raspberries then pour on top and enjoy!

NUTRITION INFORMATION:

For Salad:

385 kcal
17 g protein
82 g carbohydrates
3 g fat

For dressing

47 kcal
1 g protein
12 g carbohydrates
0.5 g fat

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