



MASTERING
DIABETES

Weekly Meal Plan

Your Weekly Meal Plan Overview

Below is an overview of your weekly meal plan. It includes amazing breakfast, lunch, and dinner recipes for Monday through Sunday. You'll notice that some pictures are full-color and others appear transparent. The full-color recipes should be eaten and prepared fresh. Transparent pictures are designed as leftovers. All of these recipes are designed to follow the Mastering Diabetes Method and help you get your best A1c ever!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Tropical Buddha Bowl with Beans and Steamed...	 Apple Cinnamon Breakfast Oats	 Tropical Buddha Bowl with Beans and Steamed...	 Mangos Dates and Cacao	 Tropical Buddha Bowl with Beans and Steamed...	 Apple Cinnamon Breakfast Oats	 Mangos Dates and Cacao
Lunch	 Squash, Potatoes, and Lentils	 Basmati Rice & Beans	 Squash, Potatoes, and Lentils	 Creamy Potato & Dill Soup	 Fresh & Fruity Salad	 Slow Cooker Moroccan Lentils with Cashew Cream	 Corn and Tomato Heaven
Dinner	 Basmati Rice & Beans	 Creamy Potato & Dill Soup	 Corn and Tomato Heaven	 Nourishing Potatoes and Beans	 Slow Cooker Moroccan Lentils with Cashew Cream	 Fresh & Fruity Salad	 Nourishing Potatoes and Beans

Fruits

- ☐ 1 cup Apple (1 large)
- ☐ 2 cups Banana (2 large)
- ☐ 1 cup Blueberries
- ☐ 7 cups Mango (4 Mangoes)
- ☐ 1 cup Navel Orange (1 medium)
- ☐ 3 cups Papaya (2 medium)
- ☐ 2 cups Peach (2 medium)
- ☐ 2 cups Persimmon (2 medium)
- ☐ 1/2 cup Pitted Dates (4 Dates)
- ☐ 2 2/3 cups Plantain (2 large)
- ☐ 3 tbsps Raisins
- ☐ 3 cups Strawberries

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 2 tbsps Cashews
- ☐ 1/8 tsp Cayenne Pepper
- ☐ 1/4 cup Chia Seeds
- ☐ 2 tbsps Cinnamon
- ☐ 2 tbsps Cumin
- ☐ 1/4 tsp Ground Allspice
- ☐ 1 1/2 tbsps Ground Flax Seed
- ☐ 2 tbsps Nutritional Yeast
- ☐ 2 tbsps Oregano
- ☐ 2 tbsps Paprika
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 2 tbsps Sesame Seeds
- ☐ 1 tsp Vanilla Extract

Frozen

- ☐ 2 cups Frozen Corn

Vegetables

- ☐ 4 cups Acorn Squash (2 medium)
- ☐ 6 cups Arugula
- ☐ 2 cups Baby Spinach
- ☐ 1/2 cup Basil Leaves
- ☐ 2 cups Celery (8 ribs)
- ☐ 5 cups Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 1/4 cup Fresh Dill
- ☐ 2 cups Fresh Peas
- ☐ 5 Garlic (1 bulb)
- ☐ 2 tbsps Green Onion
- ☐ 4 cups Mixed Greens
- ☐ 1/2 cup Parsley
- ☐ 2 cups Purple Cabbage
- ☐ 3 cups Romaine
- ☐ 2 1/2 cups Russet Potato (2 medium)
- ☐ 3 1/2 cups Sweet Potato (4 large)
- ☐ 1 1/2 tbsps Thyme
- ☐ 1 cup Tomato
- ☐ 3/4 cup Yellow Onion (1 medium)
- ☐ 8 cups Yellow Potato (4 medium)

Boxed & Canned

- ☐ 3/4 cup Basmati Rice
- ☐ 2 tbsps Cacao Powder
- ☐ 3/4 cup Chickpeas
- ☐ 1 cup Dry Green Lentils
- ☐ 1 cup Lentils
- ☐ 1 cup Red Kidney Beans
- ☐ 1 cup Steel Cut Oats
- ☐ 1 cup Unsweetened Almond Milk
- ☐ 10 cups Vegetable Broth
- ☐ 2 cups White Navy Beans

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar

Other

- ☐ 5 1/8 cups Water



Tropical Buddha Bowl with Beans and Steamed Plantains

1 serving
10 minutes

Ingredients

- 1 cup Plantain (steamed)
- 1 cups Romaine
- 1 cup Mango
- 1 cup Papaya
- 1/4 cup Chickpeas (drained)
- 1 1/2 tsps Ground Flax Seed

Nutrition

Amount per serving	
Calories	476
Fat	5g
Carbs	108g
Fiber	23g
Protein	13g

Directions

- 1 Without peeling them, cut the plantains into 1 inch coins as shown in the picture above.
- 2 Steam the plantains for 3-6 minutes until they become soft.
- 3 Place the romaine into a medium sized bowl.
- 4 When cooled, peel the skin off of the plantain coins and place on the romaine.
- 5 Cut each side off of the mango and peel it. Chop into bite sized pieces and place into the bowl.
- 6 Cut the papaya in half lengthwise and remove the seeds. Carve the papaya into strips, being careful not to pierce through the skin, then carve the opposite way forming a grid in each part of the papaya, this will form bite sized pieces. Scoop the flesh out into the bowl.
- 7 Drain the chickpeas and add them to the bowl. Toss everything together well, until the juices from the fruit have coated the romaine.
- 8 Sprinkle the ground flax seed on top and enjoy!

Notes

No Mango: Use grapes, berries, or pineapple in place of mango for this recipe.

No Papaya: Use bananas, apples, or nectarines in place of papaya for this recipe.



Apple Cinnamon Breakfast Oats

1 serving
35 minutes

Ingredients

1/2 cup Steel Cut Oats
2 cups Water
1/2 cup Apple
1 tsp Cinnamon
1/2 tsp Vanilla Extract
1 tbsp Chia Seeds
1 tbsp Raisins
1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	489
Fat	8g
Carbs	86g
Fiber	13g
Protein	11g

Directions

- 1 Bring water to a boil in a covered saucepan.
- 2 Slowly stir in steel cut oats.
- 3 When the oatmeal starts to thicken, reduce heat and simmer for 15 minutes stirring occasionally.
- 4 Once cooked stir in apple chunks, cinnamon, vanilla, chia seeds, and raisins. Serve with milk.

Notes

No Steel Cut Oats: Use quinoa instead!

No Apple: Any combination of fresh or frozen fruit would go well with this oat dish. Try mango and blueberries or strawberries and banana.



Mangos Dates and Cacao

1 serving

15 minutes

Ingredients

- 1 cup Mango
- 1 cup Persimmon
- 2 tbsps Pitted Dates
- 1 cup Banana
- 1 tbsp Cacao Powder
- 1 tbsp Chia Seeds (freshly ground)

Nutrition

Amount per serving	
Calories	523
Fat	6g
Carbs	117g
Fiber	6g
Protein	4g

Directions

- 1 Wash the mangoes and persimmons. Cut the persimmons by removing the stem portion at the top by cutting horizontally across the top and then dice. Dice the mangos - wash and cut the fleshy parts on both sides of the seed first, then peel and cut into desired size.
- 2 Chop the dates, remove the pits if there are any.
- 3 Peel and chop the bananas.
- 4 Place all fruits in a bowl and sprinkle cacao powder and chia seeds on top, and enjoy.

Notes

No Mango: Use apples, pineapple, or peaches in place of mango for this recipe.

No Persimmons: Use pears, plums, or nectarines in place of persimmons for this recipe.



Squash, Potatoes, and Lentils

2 servings

40 minutes

Ingredients

4 cups Acorn Squash (pressure-cooked or steamed)
4 cups Yellow Potato (pressure-cooked or steamed)
1 cup Lentils (pressure-cooked or canned)
2 cups Baby Spinach (raw)
2 cups Arugula (raw)
2 cups Cherry Tomatoes (sliced)
1/2 tsp Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	426
Fat	1g
Carbs	95g
Fiber	11g
Protein	12g

Directions

- 1 Wash and cut the squash and potatoes into 1-inch chunks. Remove the skin from the acorn squash using a peeler.
- 2 If using dry lentils, see the notes for cooking instructions or follow the instructions given on the lentil container.
- 3 Wash the baby spinach and arugula, spin dry or pat dry.
- 4 Place the spinach and arugula in a serving bowl.
- 5 When the squash, potatoes, and lentils are done, remove from heat and drain the water.
- 6 Add the squash, potatoes, and lentils to the bowl with the greens.
- 7 Slice the cherry tomatoes in half and add them to the bowl. Add black pepper and enjoy your bowl!

Notes

Batch Prep Lentils: To cook dried lentils, use a 3:1 liquid to lentil ratio. So for example, if you are cooking 1/2 cup of dried lentils, you would use 1 1/2 cups of water. Lentils get mushy if overcooked with too much water, so be sure to follow this ratio closely. Lentils cook on the stovetop in about 15-20 minutes so watch them closely.



Fresh & Fruity Salad

1 serving

20 minutes

Ingredients

2 cups Mixed Greens
1 cup Purple Cabbage
1/2 cup Strawberries
1/2 cup Navel Orange
2 tbsps Pitted Dates
1/4 cup Basil Leaves
1 tbsp Sesame Seeds
1/2 cup Blueberries
1 cup Fresh Peas
1 tsp Oregano (dried)

Nutrition

Amount per serving	
Calories	401
Fat	6g
Carbs	81g
Fiber	17g
Protein	14g

Directions

- 1 Wash and spin or pat dry the mixed greens. Wash all produce.
- 2 Shred the cabbage. Slice the strawberries (take the stem/leaves off the top by making a "v" cut into the strawberries with a small paring knife). Peel the oranges and cut them into bite-size pieces.
- 3 Take the pits out of the dates if necessary, and chop the basil.
- 4 Make the dressing: Use 1/3 of the oranges and blend with the dates and sesame seeds. Set aside.
- 5 Combine the berries, spring mix lettuce, shredded cabbage, remaining oranges, and peas in a bowl.
- 6 Toss the salad with dressing (use a little bit at a time and taste test and add more to taste), and garnish with chopped basil and dried oregano. Enjoy!



Corn and Tomato Heaven

1 serving
15 minutes

Ingredients

- 1 cup Frozen Corn
- 1 cup Strawberries
- 1 cup Peach
- 1 cup Mango
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	401
Fat	2g
Carbs	96g
Fiber	9g
Protein	7g

Directions

- 1 Thaw frozen corn and layer on the bottom of a large bowl.
- 2 Wash strawberries, peaches, mangoes, and cherry tomatoes.
- 3 Remove the green stem from the strawberries and cut in half. To prepare the mangos, cut the fleshy parts on both sides of the seed first, then peel and cut into bite sizes. Cut the peach and remove the pit, chop into bite sizes. Slice the cherry tomatoes in half. Wash, dry pat the cilantro and chop.
- 4 Combine all the fruit in a bowl and top with cilantro.

Notes

No Peaches: Use oranges, pomegranate, or grapefruit in place of peaches for this recipe.

No Mango: Use pineapple, pears, or apples in place of mango for this recipe.



Basmati Rice & Beans

2 servings

15 minutes

Ingredients

3/4 cup Basmati Rice
1/4 cup Yellow Onion
2 tbsps Green Onion (chopped)
1 Garlic (cloves, minced)
1 cup Water
1/4 tsp Ground Allspice
1/8 tsp Cayenne Pepper (optional)
1 1/2 tps Thyme
1 cup Red Kidney Beans (from the can, not drained)
1 tbsp Raisins

Nutrition

Amount per serving	
Calories	394
Fat	0g
Carbs	84g
Fiber	10g
Protein	14g

Directions

- 1 Rinse the basmati rice in a fine-mesh strainer until the water runs clear.
- 2 Using a saucepan over medium heat add a small amount of water and sauté the yellow onion until translucent, about 5 minutes. Then add in, the green onion and garlic. Stir until well combined.
- 3 Add the rice, water, allspice, and cayenne. Stir to combine.
- 4 Then add the thyme and kidney beans and bring to a boil.
- 5 Add the raisins, reduce heat to a simmer and cook covered for 15 minutes until the moisture is absorbed and the rice is soft. Fluff the rice, serve and enjoy!

Notes

Less Spicy: Omit the cayenne.

Leftovers: Refrigerate in an airtight container for up to four days.



Creamy Potato & Dill Soup

2 servings
30 minutes

Ingredients

6 cups Vegetable Broth
3 1/2 cups Sweet Potato
2 1/2 cups Russet Potato
2 cups Celery (diced)
1/4 cup Fresh Dill (stems removed, chopped)
2 tbsps Apple Cider Vinegar
2 tbsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	398
Fat	1g
Carbs	87g
Fiber	11g
Protein	13g

Directions

- 1 Heat the vegetable broth in a pot and bring to a simmer while you prepare the remaining ingredients.
- 2 Add the sweet potato, russet potato, and celery. Cook until the potatoes are fork tender, about 15 minutes.
- 3 Stir in the dill, apple cider vinegar, and nutritional yeast. Cook for an additional 10 minutes.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.



Nourishing Potatoes and Beans

2 servings

30 minutes

Ingredients

- 4 cups Yellow Potato
- 2 cups White Navy Beans
- 1 cup Cherry Tomatoes
- 4 cups Arugula (or mixed lettuce leaves)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	473
Fat	8g
Carbs	81g
Fiber	23g
Protein	20g

Directions

- 1 In a large pot enough to hold the potatoes, bring water to boil (enough to cover the potatoes).
- 2 While you wait for the water to boil, wash the potatoes with a veggie brush and chop into medium sized pieces. Once the water boils, place the potatoes and boil until a fork goes through easily.
- 3 Drain and rinse the beans. Wash and slice the tomatoes in half. Wash and spin dry the arugula. Cut into smaller pieces if needed.
- 4 Add the arugula to a bowl. Then place your tomatoes, cubed potatoes, and beans on top.
- 5 Sprinkle pumpkin seeds on top and enjoy!



Slow Cooker Moroccan Lentils with Cashew Cream

2 servings

8 hours

Ingredients

- 1 cup Dry Green Lentils (uncooked)
- 1 cup Tomato (diced)
- 1/2 cup Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 1/2 cup Parsley (chopped and divided)
- 2 tsps Cumin
- 2 tsps Paprika
- 4 cups Vegetable Broth (low sodium)
- 2 tbsps Cashews
- 1/4 cup Water

Nutrition

Amount per serving	
Calories	472
Fat	6g
Carbs	81g
Fiber	12g
Protein	28g

Directions

- 1 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, and vegetable broth in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 2 Meanwhile, make the cashew cream blend the cashews and water together until smooth.
- 3 Garnish the lentils with cashew cream and with the remaining parsley, enjoy!

Notes

No Slow Cooker/Less Time: Place a small amount of vegetable broth in a large saucepan or pot and heat the onions and garlic for 3 minutes over medium heat. Add the rest of the ingredients and cook covered for 35 minutes or until the lentils are soft but not mushy.

Serve it With: Brown rice, quinoa, groats, or farro.

Leftovers: Refrigerate in an airtight container up to 5 days.

Green Light Snacks

Fruits



Apples



Pears



Bananas



Peaches



Grapes



Blackberries



Strawberries



Plums



Nectarines



Raspberries

Plantains, Persimmons,
Jujubes, Figs, Kumquats,
Cherries, Oranges, Longans,
Blueberries, Tangerines,
Apricots

Chips



Pumpkins



Potatoes



Plantains



Kale



Beets



Yams

Simple Snacks



Baked
Chickpeas



Green
Peas



Cauliflower



Carrots



Celery



Cherry
Tomatoes

Frozen Treats



Grapes



Raspberries



Lentil



Mediterranean



Black Bean



Roasted
Red Pepper



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