
























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	 Chickpea Omelette with Asparagus	 Roasted Pepper Potato Bowl	 Chickpea Omelette with Asparagus	 Glowing Green Mango Energy Smoothie	 Roasted Pepper Potato Bowl	 Glowing Green Mango Energy Smoothie	 Chickpea Omelette with Asparagus
Lunch	 Mexican Black Bean Salad	 Strawberry Quinoa Arugula Salad	 Mexican Black Bean Salad	 Sautéed Mushrooms & Bok Choy with Quinoa	 Curried Chickpea Salad	 Sautéed Mushrooms & Bok Choy with Quinoa	 Curried Chickpea Salad
Dinner	 Sweet Potato Noodles with Spinach & Corn	 Quinoa Tofu Tacos	 Sweet Potato Noodles with Spinach & Corn	 Egyptian Lentil Soup with Caramelized Onions	 Quinoa Tofu Tacos	 Egyptian Lentil Soup with Caramelized Onions	 Strawberry Quinoa Arugula Salad

Fruits

- 3 cups Apple (3 large)
- 1 cup Avocado (1 large)
- 1/4 cup Dried Unsweetened Cranberries
- 1 1/2 cups Lemon Juice (8 Lemons)
- 1 1/4 cups Lime Juice (7 Limes)
- 1/4 cup Orange Juice (1 Orange)
- 2 tbsps Raisins
- 2 cups Strawberries

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 2 tbsps Chia Seeds
- 2 1/4 tps Chili Powder
- 1 tsp Cinnamon
- 2 3/4 tps Cumin
- 2 tbsps Curry Powder
- 2 1/2 tps Garlic Powder
- 2 tbsps Hemp Seeds
- 1/2 cup Nutritional Yeast
- 1/4 tsp Oregano
- 1/4 cup Pumpkin Seeds
- 1 tsp Sesame Seeds
- 1 tbsps Sunflower Seeds
- 1 1/2 tps Turmeric

Frozen

- 2 Brown Rice Tortilla
- 1 cup Frozen Corn
- 4 cups Frozen Mango

Vegetables

- 10 cups Arugula
- 3 cups Asparagus
- 6 cups Baby Spinach
- 8 cups Bok Choy
- 1 1/2 cups Celery (6 ribs)
- 1/2 cup Cilantro
- 1 cup Cucumber (1 large)
- 3/4 cup Fresh Dill
- 5 Garlic (1 bulb)
- 2 cups Green Onion (10 stalks)
- 6 cups Mixed Greens
- 8 cups Mushrooms
- 3 cups Red Bell Pepper (3 large)
- 1 1/2 cups Red Onion (1 large)
- 4 cups Romaine Hearts
- 5 cups Sweet Potato (5 medium)
- 1 cup White Onion (1 medium)
- 4 cups Yellow Onion (2 large)

Boxed & Canned

- 2 cups Black Beans
- 3 cups Chickpea Flour
- 2 cups Chickpeas
- 2 tps Date Syrup
- 1 cup Dry Red Lentils
- 2 cups Quinoa
- 1/2 cup Salsa
- 3/4 cup Vegetable Broth

Condiments & Oils

- 1/4 cup Aquafaba
- 2 tbsps Coconut Aminos
- 2 tps Tahini

Cold

- 4 ozs Tofu

Other

- 11 1/8 cups Water



Chickpea Omelette with Asparagus

2 servings

15 minutes

Ingredients

- 2 cups Chickpea Flour
- 2 cups Water
- 1/4 cup Nutritional Yeast
- 1 tsp Turmeric
- 1 tsp Garlic Powder
- 1/4 cup Vegetable Broth
- 2 cups Asparagus (trimmed, chopped)
- 1/2 cup Fresh Dill (chopped)
- 1/4 cup Avocado
- 1 cup Green Onion (chopped)

Nutrition

Amount per serving	
Calories	479
Fat	7g
Carbs	69g
Fiber	17g
Protein	34g

Directions

- 1 In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and garlic powder. Whisk well to combine. Set aside.
- 2 In a skillet over medium heat add the vegetable broth and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
- 3 In the same skillet, add more vegetable broth if necessary. Over medium heat, pour the chickpea omelet mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelet, then fold in half over the filling.
- 4 Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

Notes

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



Roasted Pepper Potato Bowl

2 servings
45 minutes

Ingredients

- 3 cups Sweet Potato
- 1 cup Red Bell Pepper
- 1 cup White Onion
- 6 cups Mixed Greens
- 1 tsp Cinnamon
- 2 tbsps Hemp Seeds
- 2 tbsps Raisins

Nutrition

Amount per serving	
Calories	497
Fat	5g
Carbs	103g
Fiber	3g
Protein	6g

Directions

- 1 Preheat oven to 450°F.
- 2 Wash and chop the sweet potato, red bell pepper, and white onion into small even pieces. Roast in the oven for 45 minutes.
- 3 Meanwhile, place the greens in a large bowl.
- 4 When the sweet potatoes are soft, the vegetables are done roasting. Place them over the bed of greens.
- 5 Sprinkle cinnamon, hemp seeds, and raisins on top of your bowl, and enjoy!

Notes

Leftovers: Refrigerate in an air-tight container for up to 5 days.



Glowing Green Mango Energy Smoothie

1 serving
10 minutes

Ingredients

- 2 cups Baby Spinach
- 1/2 cup Cucumber
- 1/4 cup Lime Juice
- 1/4 cup Lemon Juice
- 1 cup Apple (skin removed and diced)
- 1 tbsp Chia Seeds
- 2 cups Frozen Mango
- 1 cup Water

Nutrition

Amount per serving	
Calories	372
Fat	6g
Carbs	85g
Fiber	10g
Protein	7g

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Enjoy!

Notes

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



Mexican Black Bean Salad

2 servings
15 minutes

Ingredients

2 cups Black Beans (cooked)
2 cups Red Bell Pepper (chopped)
1 cup Red Onion (chopped)
1/4 cup Avocado (diced)
1/4 cup Lime Juice
1/4 tsp Chili Powder
1/4 tsp Cumin

Nutrition

Amount per serving	
Calories	341
Fat	6g
Carbs	57g
Fiber	17g
Protein	16g

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, and cumin to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days without the avocado.
No Black Beans: Use cooked lentils or chickpeas instead.



Strawberry Quinoa Arugula Salad

1 serving
40 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1 tsp Tahini
- 1 tsp Date Syrup
- 1/4 cup Lemon Juice
- 1 tbsp Water (warm)
- 5 cups Arugula
- 1 1/2 tsps Sunflower Seeds
- 1 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	311
Fat	9g
Carbs	53g
Fiber	9g
Protein	11g

Directions

- 1 Cook the quinoa according to package directions. Let cool.
- 2 In a large mixing bowl whisk together the tahini, date syrup, lemon juice, and water.
- 3 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

Notes

Quinoa: If you are using pre-cooked quinoa, in order to determine how much to use, simply multiply the uncooked quantity from the ingredient list above by 3. Quinoa triples in size when cooked.

No Arugula: Use baby spinach instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds or chopped walnuts instead.

Meal Prep: For best results, store all items separately in the fridge and assemble the salad just before serving.



Sautéed Mushrooms & Bok Choy with Quinoa

2 servings

25 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 2 cups Water
- 2 tbsps Vegetable Broth (low sodium)
- 2 tbsps Coconut Aminos
- 8 cups Mushrooms (halved or quartered)
- 8 cups Bok Choy (baby, halved)
- 1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	458
Fat	8g
Carbs	77g
Fiber	13g
Protein	28g

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
- 2 In a large saucepan, heat vegetable broth and coconut aminos over medium-high heat. Add mushrooms and bok choy. Cook for about 5 to 8 minutes or until just tender.
- 3 Divide the quinoa and mushroom/bok choy mix onto plates. Garnish with sesame seeds. Enjoy!

Notes

Quinoa: If you are using pre-cooked quinoa, in order to determine how much to use, simply multiply the uncooked quantity from the ingredient list above by 3. Quinoa triples in size when cooked.

No Bok Choy: Use spinach, arugula, or cabbage in place of bok choy for this recipe.

Storage: Refrigerate in an airtight container up to 3 to 4 days.



Curried Chickpea Salad

2 servings
15 minutes

Ingredients

1/4 cup Aquafab (saved from the chickpea brine)
1 1/3 tbsps Lime Juice
2 tbsps Curry Powder
2 cups Chickpeas (cooked)
1 1/2 cups Celery (finely chopped)
1 cup Apple (finely chopped)
1/2 cup Red Onion (chopped)
1/4 cup Dried Unsweetened Cranberries
1/4 cup Cilantro (chopped)
1 tsp Black Pepper

Nutrition

Amount per serving	
Calories	405
Fat	5g
Carbs	77g
Fiber	18g
Protein	16g

Directions

- 1 In a large mixing bowl, whisk together the aquafab, lime juice, and curry powder.
- 2 Add the chickpeas, celery, apple, onion, cranberries, and cilantro to the mixing bowl with the dressing. Fold everything together. Season with pepper to taste.
- 3 Serve chilled and enjoy!

Notes

Aquafab: This is the name of the liquid that results after chickpeas are cooked, or the liquid that comes in a can of chickpeas. The liquid has a small amount of protein in it from cooking the beans and therefore it can be used for a number of sauces in replacement of oil.

More Flavor: For best flavor, use a tart apple like a Granny Smith or Macintosh.

Serve It With: Enjoy alone or serve over leafy greens like baby spinach, arugula, mixed greens or romaine lettuce.

Leftovers: Refrigerate in an airtight container up to 4 days.



Sweet Potato Noodles with Spinach & Corn

2 servings

15 minutes

Ingredients

- 2 cups Sweet Potato (peeled or spiralized)
- 1 cup Frozen Corn
- 2 cups Baby Spinach
- 1/4 cup Pumpkin Seeds
- 1/4 cup Vegetable Broth (low sodium)
- 1 tbsp Water
- 1 tsp Chili Powder
- 1 Garlic (clove, minced)
- 1/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	398
Fat	7g
Carbs	78g
Fiber	5g
Protein	7g

Directions

- 1 In a pan over medium heat, add the sweet potato noodles and cook for 5 to 7 minutes or until cooked through. Remove and set aside. In the same pan, add the corn and cook for 2 to 3 minutes. Remove and set aside.
- 2 To the same pan, add the spinach and cook until just wilted and then set aside. Next, add the pumpkin seeds and toast them for 2 to 3 minutes.
- 3 In a blender or food processor, add the vegetable broth, water, chili powder, garlic, orange juice, and lime juice. Blend until combined.
- 4 Add the sweet potato noodles, corn and spinach back to the same pan. Add the dressing on top and toss to coat. Divide between plates and top with chopped cilantro. Enjoy!

Notes

No Blender or Food Processor: Whisk the sauce ingredients in a small bowl or shake vigorously in a mason jar.

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



Quinoa Tofu Tacos

2 servings
25 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 cups Water
- 4 ozs Tofu (extra firm, crumbled)
- 1 tsp Chili Powder
- 1/2 tsp Cumin
- 1/4 tsp Oregano
- 1 tsp Garlic Powder
- 1/2 cup Salsa (divided)
- 1/4 cup Lime Juice
- 2 tbsps Nutritional Yeast
- 2 Brown Rice Tortilla (small)
- 1/4 cup Avocado (mashed)
- 4 cups Romaine Hearts (chopped)
- 1/2 cup Green Onion (chopped)

Nutrition

Amount per serving	
Calories	494
Fat	13g
Carbs	74g
Fiber	11g
Protein	21g

Directions

- 1 Cook the quinoa. You will need twice as much water as quinoa. Add quinoa to a pot with a lid. Add water to the pan, cover, and bring to a boil over medium-high heat. Reduce heat to low and simmer for 15-20 minutes or until the water is absorbed and the quinoa is soft.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, for 8 to 10 minutes or until golden brown. Transfer the tofu to a dish and set aside.
- 3 Once your quinoa is cooked, add some water to the pan followed by the cooked quinoa, chili powder, cumin, oregano, and garlic powder. Stir to combine then add a third of the salsa, the lime, nutritional yeast, and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even layer in the pan and let it caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 Warm the tortillas in a skillet over medium-low heat turning occasionally until soft.
- 6 To assemble the tacos, layer the mashed avocado, remaining salsa and quinoa tofu taco meat on top of a warm tortilla followed by the romaine lettuce and green onion. Enjoy!

Notes

Quinoa: If you are using pre-cooked quinoa, in order to determine how much to use, simply multiply the uncooked quantity from the ingredient list above by 3. Quinoa triples in size when cooked.

No Brown Rice Tortillas: Use cassava tortillas or lettuce wraps instead.

Leftovers: Refrigerate in an airtight container for up to five days. Wait to mash the avocado and assemble tacos until just before serving.



Egyptian Lentil Soup with Caramelized Onions

2 servings
30 minutes

Ingredients

- 2 cups Water
- 1 cup Dry Red Lentils (rinsed)
- 4 cups Yellow Onion (peeled and sliced, divided)
- 4 Garlic (cloves, minced)
- 2 tsps Cumin
- 1/2 cup Lemon Juice

Nutrition

Amount per serving	
Calories	500
Fat	2g
Carbs	97g
Fiber	15g
Protein	27g

Directions

- 1 In a large pot, heat the water over high heat while you prepare the remaining ingredients.
- 2 Add the lentils, 2/3 of the onion, garlic, and cumin. Simmer for 20 minutes.
- 3 Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
- 4 Add lemon juice to the soup and adjust to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
- 5 Divide into bowls and top with the caramelized onions. Enjoy!

Notes

More Toppings: Garnish the soup with parsley, cilantro, pomegranate seeds or red pepper flakes.

No Lemon Juice: Use apple cider vinegar instead.

Storage: Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.

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

Hummus by Oasis — Low-Fat

"My blood pressure has definitely lowered with using Amla green once a day."

Elaine [redacted]

My blood pressure has definitely lowered with using Amla Green once a day. I also do my best to eat a plant based diet and also walk 2-3 miles a day. I have lost about 5 lbs so I believe the combos of all of this is helping with lowering my blood pressure and also my cholesterol

#testimonial

Allison [redacted]

While I haven't been following the diet perfectly, I have been taking the Amla and it is working. When I eat a salad most nights and use the Amla in the dressing (1 scoop with some organic apple cider vinegar) my blood sugar is way down, one morning it was 78. If I don't include the Amla with my dinner, it is a little higher, 103-117. I'm a believer!

Lower fasting blood glucose numbers thanks to using Amla!

#testimonial

Curb the glucose spike

Hey everyone, I'm new here. It is ok to drink this tea 2-3 times a day? I've found if I drink it right after a meal it keeps my blood glucose levels from going up to high and they drop faster.

#testimonial
#amlagreentea

Lower blood pressure
Lower blood glucose

Wendy [redacted]

Yes my husband and I have both seen results on 1 scoop a day. Lower BP & lower BS. We've been on it here for 5 months. Love this product.

#testimonial
#amlagreentea

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Reviews and testimonials of specific diets and approaches to health represent individual experiences, and Mastering Diabetes does not guarantee any results for your specific situation.

In support of our mission, we may share resources offered by trusted partners.

Questions? mealplan@masteringdiabetes.org

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