
















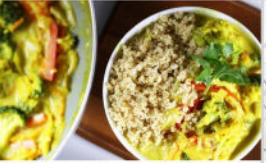

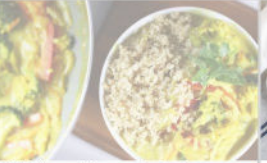





MASTERING
DIABETES

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	 Berry Quinoa Flake Bowl	 Tofu, Bell Peppers & Sweet Potato	 Berry Quinoa Flake Bowl	 Fruity Quinoa Salad	 Peach Strawberry Smoothie	 Fruity Quinoa Salad	 Peach Strawberry Smoothie
Lunch	 Lentil Salad with Maple Roasted Squash	 Black Bean Chili	 Lentil Salad with Maple Roasted Squash	 Tofu, Bell Peppers & Sweet Potato	 White Bean Salad	 Lemon Tahini Bean & Veggie Bowl	 White Bean Salad
Dinner	 Black Bean Chili	 Chickpea Vegetable Curry	 Lemon Tahini Bean & Veggie Bowl	 Chickpea Vegetable Curry	 Spiced Sweet Potato Soup	 Chickpea Vegetable Curry	 Spiced Sweet Potato Soup

Fruits

- ☐ 2/3 cup Blueberries
- ☐ 2/3 cup Kiwi (2 medium)
- ☐ 1/4 cup Lemon Juice (2 Lemons)
- ☐ 1/2 tsp Lemon Zest
- ☐ 2 tsps Lime Juice
- ☐ 2/3 cup Mango (1 medium)
- ☐ 2 1/2 cups Raspberries
- ☐ 2/3 cup Strawberries

Seeds, Nuts & Spices

- ☐ 1 1/4 tsps Black Pepper
- ☐ 1/4 tsp Cinnamon
- ☐ 2 2/3 tsps Curry Powder
- ☐ 1/2 tsp Dried Basil
- ☐ 2 tsps Garlic Powder
- ☐ 1 tbsp Ground Flax Seed
- ☐ 3 tsps Hemp Seeds
- ☐ 1/2 tsp Onion Powder
- ☐ 2 tsps Pine Nuts
- ☐ 3/4 tsp Red Pepper Flakes
- ☐ 1/3 cup Slivered Almonds
- ☐ 1 1/3 tsps Taco Seasoning
- ☐ 2 tsps Vanilla Extract

Frozen

- ☐ 1/2 cup Frozen Cauliflower
- ☐ 3 cups Frozen Peaches
- ☐ 3 cups Frozen Strawberries

Vegetables

- ☐ 6 cups Baby Spinach
- ☐ 3/4 cup Basil Leaves
- ☐ 3 cups Broccoli (1 bunch)
- ☐ 4 cups Butternut Squash (1 medium)
- ☐ 2 1/2 cups Carrot (4 large)
- ☐ 2 cups Cauliflower (1 head)
- ☐ 1 cup Celery (4 ribs)
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1/2 cup Fresh Dill
- ☐ 17 Garlic (2 bulbs)
- ☐ 3 1/3 tsps Ginger
- ☐ 3/4 cup Green Onion (3 stalks)
- ☐ 1/2 cup Jalapeno Pepper
- ☐ 1/4 cup Mint Leaves
- ☐ 1/2 cup Parsley
- ☐ 1 1/2 cups Purple Cabbage
- ☐ 5 1/2 cups Red Bell Pepper (6 large)
- ☐ 1 1/4 cups Red Onion (2 medium)
- ☐ 1 cup Snap Peas
- ☐ 4 cups Sweet Potato (4 medium)
- ☐ 1 cup Tomato
- ☐ 2 cups Yellow Onion (2 medium)

Boxed & Canned

- ☐ 3 1/2 cups Black Beans
- ☐ 1/2 cup Brown Basmati Rice
- ☐ 1 1/2 cups Chickpeas
- ☐ 1 tsp Cocoa Powder
- ☐ 3 cups Coconut Water
- ☐ 2 tsps Date Syrup
- ☐ 1 cup Diced Tomatoes
- ☐ 1/4 cup Dried Unsweetened Cranberries
- ☐ 2/3 cup Green Lentils
- ☐ 1/3 cup Lite Coconut Milk
- ☐ 1 1/2 cups Quinoa
- ☐ 2/3 cup Quinoa Flakes
- ☐ 2 tsps Tomato Paste
- ☐ 9 1/8 cups Vegetable Broth, Low Sodium
- ☐ 2 2/3 cups White Navy Beans

Condiments & Oils

- ☐ 1 1/3 tsps Apple Cider Vinegar
- ☐ 2 2/3 tsps Balsamic Vinegar
- ☐ 2 tsps Coconut Aminos
- ☐ 1/4 cup Maple Syrup
- ☐ 2 tsps Tahini

Cold

- ☐ 1/2 cup Orange Juice
- ☐ 8 ozs Tofu
- ☐ 1 1/3 cups Unsweetened Almond Milk

Other

- ☐ 1/3 cup Water



Berry Quinoa Flake Bowl

2 servings

15 minutes

Ingredients

2 1/2 cups Raspberries (divided)
2 tbsps Water
2 tbsps Maple Syrup
2/3 cup Quinoa Flakes
1 1/3 cups Unsweetened Almond Milk
1 tsp Vanilla Extract
1 tbsp Ground Flax Seed
2 tbsps Slivered Almonds

Nutrition

Amount per serving	
Calories	359
Fat	10g
Carbs	59g
Fiber	15g
Protein	10g

Directions

- 1 In a small saucepan over medium heat, combine 1 cup of the raspberries (reserve the remaining berries to use as a topping), water, and maple syrup. Bring to a simmer, reduce the heat to medium-low and cook uncovered for 7 to 9 minutes, until thickened. Transfer to a bowl and set aside.
- 2 In the same saucepan, over medium heat, combine the quinoa flakes, almond milk, and vanilla.
- 3 Bring to a boil and then reduce the heat to low and simmer for 3 minutes.
- 4 Turn off the heat. Stir in the ground flaxseed.
- 5 Transfer the cooked quinoa flakes to a bowl, and top with raspberry sauce, remaining whole berries, and slivered almonds. Serve and enjoy!

Notes

Nut-Free: Use another type of milk such as oat or coconut, and use sunflower seeds as a topping in place of almonds.

Leftovers: Store in an airtight container in the fridge for up to three days.



Tofu, Bell Peppers & Sweet Potato

2 servings

25 minutes

Ingredients

3/4 cup Vegetable Broth, Low Sodium
2 cups Sweet Potato (cubed small)
2 cups Red Bell Pepper (chopped)
8 ozs Tofu (extra-firm, cut into thin strips)
2 tbsps Coconut Aminos
1 tsp Garlic Powder
6 cups Baby Spinach

Nutrition

Amount per serving	
Calories	408
Fat	7g
Carbs	72g
Fiber	14g
Protein	20g

Directions

- 1 Heat 3-4 Tbsp vegetable broth in a skillet over medium-high heat. Once hot, add the sweet potato and cook for 10 minutes, stirring occasionally, until browned. Add the peppers and continue stirring until the peppers are softened and the sweet potato is fork-tender. Add more vegetable broth as needed to prevent sticking. Remove and set aside.
- 2 Add the remaining 3-4 Tbsp vegetable broth to the same skillet. Once hot, place the tofu in the skillet and cook on each side until browned and crispy, about 4 minutes per side. Add more vegetable broth as needed to prevent sticking. During the last minute, sprinkle with the garlic powder, and then pour in the coconut aminos and toss to combine. Remove the skillet from the heat.
- 3 Lay a bed of baby spinach on your plate, then top with the potatoes & peppers mixture and the seasoned tofu. Enjoy!

Notes

More Flavor: Add fresh garlic, red pepper flakes, or other seasonings to the sweet potato and peppers.

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



Fruity Quinoa Salad

2 servings

20 minutes

Ingredients

2/3 cup Quinoa
2/3 cup Blueberries
2/3 cup Strawberries
2/3 cup Mango
2/3 cup Kiwi
1/2 cup Orange Juice
2 tsps Balsamic Vinegar
2 tsps Lime Juice
1/4 cup Mint Leaves (chopped)
1/4 cup Green Onion (sliced thin)

Nutrition

Amount per serving	
Calories	409
Fat	5g
Carbs	84g
Fiber	12g
Protein	12g

Directions

- 1 Cook the quinoa according to package instructions.
- 2 Meanwhile, prepare and chop the blueberries, strawberries, mango and kiwi into bite-sized pieces if necessary.
- 3 Whisk together the orange juice, balsamic vinegar, and lime juice. Set aside.
- 4 When the quinoa is cooked and has had time to cool, transfer it to a salad bowl. Add the prepared fruit, then drizzle the dressing over top. Toss to coat. Garnish the salad with chopped fresh mint leaves and green onions. Serve and enjoy!

Notes

Leftovers: Store leftover quinoa and fruit separately from the dressing, in an airtight container in the refrigerator for up to 4 days. Dress with the orange balsamic lime dressing only just before serving.



Peach Strawberry Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Frozen Peaches
- 1 1/2 cups Frozen Strawberries
- 1/4 cup Frozen Cauliflower
- 1 1/2 cups Coconut Water
- 1 1/2 tbsps Hemp Seeds
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	370
Fat	8g
Carbs	71g
Fiber	12g
Protein	10g

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Make it Green: Add spinach or kale.

Consistency: Adjust consistency to your liking by adding water to the blender.



Lentil Salad with Maple Roasted Squash

2 servings

30 minutes

Ingredients

4 cups Butternut Squash (chopped into half-inch cubes)
1/3 cup Vegetable Broth, Low Sodium
1 1/3 tbsps Maple Syrup
2/3 cup Green Lentils
1 1/3 tbsps Apple Cider Vinegar
1/4 tsp Cinnamon
1/2 cup Green Onion (chopped)
1/4 cup Dried Unsweetened Cranberries
2 tbsps Parsley (chopped)
1/4 cup Slivered Almonds

Nutrition

Amount per serving	
Calories	398
Fat	10g
Carbs	71g
Fiber	14g
Protein	13g

Directions

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper.
- 2 Arrange butternut squash cubes on the baking sheet in a single layer (not overlapping). Roast in the oven for 20 minutes, then remove from oven and drizzle with maple syrup. Toss to coat. Return to the oven for an additional 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
- 3 While the squash roasts, cook the green lentils according to package instructions.
- 4 In a large mixing bowl, whisk together the vegetable broth, apple cider vinegar, and cinnamon. Fold in the cooked lentils, green onion, cranberries, parsley, and butternut squash. Top with slivered almonds. Enjoy!

Notes

No Maple Syrup: Use date syrup instead.

No Butternut Squash: Use sweet potato or carrots instead.

Save Time: Buy pre-sliced butternut squash.

Leftovers: Store in an airtight container in the fridge for up to 5 days.



White Bean Salad

2 servings

10 minutes

Ingredients

2 cups White Navy Beans (cooked, rinsed well)
1 cup Tomato (diced)
1 cup Red Bell Pepper (diced)
1/2 cup Purple Cabbage
1/4 cup Red Onion (finely chopped)
1/3 cup Parsley (finely chopped, optional)
2 tbsps Balsamic Vinegar
2 tbsps Date Syrup
1/2 tsp Dried Basil
1/2 tsp Garlic Powder
2 tbsps Pine Nuts

Nutrition

Amount per serving	
Calories	435
Fat	7g
Carbs	78g
Fiber	23g
Protein	19g

Directions

- 1 Combine the beans, tomato, bell pepper, purple cabbage, red onion, and parsley (if using) in a dinner bowl.
- 2 In a separate small bowl, whisk together the balsamic vinegar, date syrup, dried basil, and garlic powder.
- 3 Drizzle the dressing over the bean salad and toss to coat. Top with the pine nuts and more fresh parsley, if desired. Serve and enjoy!

Notes

More Flavor: Add fresh garlic or more garlic powder, fresh basil or chives.

No White Navy Beans: Use chickpeas or another white bean like cannellini beans.

No Tomato: Omit or use cherry tomatoes or sundried tomatoes instead.

More Greens: Serve salad over mixed greens, baby spinach, or lettuce leaves.

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



Black Bean Chili

2 servings

35 minutes

Ingredients

- 1 1/2 cups Vegetable Broth, Low Sodium (divided)
- 1 cup Yellow Onion (chopped)
- 1 cup Red Bell Pepper (chopped)
- 1/2 cup Jalapeno Pepper (seeds removed and finely chopped)
- 4 Garlic (large cloves, minced)
- 1 1/3 tbsps Taco Seasoning
- 1 tsp Cocoa Powder
- 1/2 tsp Black Pepper
- 2 tsps Tomato Paste
- 2 1/2 cups Black Beans (cooked, rinsed well)
- 1 cup Diced Tomatoes (from the can)

Nutrition

Amount per serving	
Calories	423
Fat	2g
Carbs	81g
Fiber	26g
Protein	24g

Directions

- 1 Heat 3 Tbsp vegetable broth in a pot over medium-high heat. Add the onions, bell pepper, and jalapeno, and cook for about 5 minutes or until the onion begins to soften. Stir in the garlic, taco seasoning, cocoa powder, and black pepper, and cook for another minute.
- 2 Add the tomato paste and black beans and mix well to combine, then add the diced tomatoes and the remaining vegetable broth.
- 3 Bring the chili to a gentle boil then reduce the heat slightly and simmer for 15 to 20 minutes or until the chili has thickened.
- 4 Season with additional taco seasoning and/or garlic powder, if needed. Scoop into a bowl and enjoy!

Notes

Additional Toppings: Lime wedges and/or hot sauce.

No Taco Seasoning: Use a combination of chili powder and cumin instead.

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



Chickpea Vegetable Curry

3 servings

35 minutes

Ingredients

3/4 cup Quinoa
 3 cups Vegetable Broth, Low Sodium (divided)
 1 cup Red Onion (finely diced)
 9 Garlic (cloves, minced)
 2 tbsps Ginger (peeled and grated)
 3 cups Broccoli (chopped into small florets)
 1 1/2 cups Red Bell Pepper (de-seeded and sliced)
 1 cup Carrot (peeled and sliced)
 1 cup Purple Cabbage (sliced thin)
 2 tbsps Curry Powder
 3/4 tsp Red Pepper Flakes (optional)
 1/3 cup Lite Coconut Milk (canned)
 1 1/2 cups Chickpeas (cooked, drained and rinsed)
 3/4 cup Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	447
Fat	8g
Carbs	80g
Fiber	16g
Protein	18g

Directions

- 1 Cook the quinoa according to package instructions. When done, remove from the heat, fluff with a fork, and cover to keep warm.
- 2 Heat 3 Tbsp of low-sodium vegetable broth in a sauce pan over medium-high heat. Add the onion, garlic, ginger, broccoli, red pepper, carrot and purple cabbage. Sauté for 5 minutes, stirring frequently, or until veggies are slightly softened.
- 3 Stir in curry powder, red pepper flakes, coconut milk, the remaining vegetable broth, and chickpeas. Bring to a boil then reduce to a simmer. Cover and let simmer for 10 minutes, stirring occasionally. Taste and adjust seasoning as needed.
- 4 Serve over quinoa and garnish with basil. Enjoy!

Notes

Leftovers: Store curry separately from the quinoa in airtight containers in the fridge, for up to 4 days. To reheat, combine the curry and quinoa in a saucepan, add a splash of water or vegetable broth, and stir over low heat until warm.



Lemon Tahini Bean & Veggie Bowl

2 servings

20 minutes

Ingredients

1/2 cup Brown Basmati Rice (uncooked)
1 cup Black Beans (cooked, rinsed)
1/2 cup Carrot (shredded or chopped into matchsticks)
1 cup Snap Peas (trimmed)
1/2 cup Cherry Tomatoes (halved)
2 tbsps Tahini
1/4 cup Lemon Juice
1/4 cup Water
2 tsps Maple Syrup
1/2 tsp Lemon Zest
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/4 tsp Black Pepper
1/2 cup Fresh Dill

Directions

- 1 Cook the brown basmati rice according to the directions on the package. While it cooks, prepare the vegetables.
- 2 In a small bowl, combine the tahini, lemon juice, lemon zest, water, maple syrup, garlic powder, onion powder and black pepper. Whisk until smooth.
- 3 Transfer the cooked rice to a bowl. Top with the beans and vegetables. Drizzle with the Lemon Tahini dressing, and top with fresh dill, if using. Serve and enjoy!

Notes

No Basmati Rice: Use regular brown rice, buckwheat, or quinoa.

Leftovers: Refrigerate in an airtight container for up to four days. Store the dressing separately and dress only just before serving.

Nutrition

Amount per serving	
Calories	427
Fat	10g
Carbs	74g
Fiber	13g
Protein	15g



Spiced Sweet Potato Soup

2 servings

50 minutes

Ingredients

3 1/2 cups Vegetable Broth, Low Sodium (divided)
1 cup Yellow Onion (chopped)
4 Garlic (large cloves, minced)
1 1/3 tbsps Ginger (fresh, minced or grated)
1 cup Carrot (peeled and chopped)
1 cup Celery (chopped)
2 tsps Curry Powder
1/2 tsp Black Pepper
2 cups Sweet Potato (cubed)
2 cups Cauliflower (cut into florets)
2/3 cup White Navy Beans

Nutrition

Amount per serving	
Calories	451
Fat	2g
Carbs	99g
Fiber	22g
Protein	14g

Directions

- 1 Heat 3 Tbsp vegetable broth in a large pot over medium-high heat. Add the onion, garlic, and ginger. Cook for 3 to 4 minutes, until the onions begin to soften. Add the carrot and celery, along with the curry powder and black pepper, and stir until softening and the onions begin to caramelize (brown around the edges). Add more vegetable broth, 1 Tbsp at a time, as needed to prevent sticking.
- 2 Add the sweet potato, cauliflower, white beans, and the remaining vegetable broth to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender. Add water as necessary to keep the vegetables covered in liquid.
- 3 Remove the pot from the heat and use an immersion blender to blend until smooth, or transfer the soup to a blender (in batches if necessary) to blend. Ladle the soup into your bowl and enjoy!

Notes

More Flavor: Add more curry powder, garlic powder, other dried herbs and spices.

More Heat: Add a dash of cayenne or red pepper flakes, to taste, when you sauté the aromatics (onion, garlic and ginger).

Leftovers: Refrigerate in an airtight container for up to four 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

Hummus by Oasis — Low-Fat



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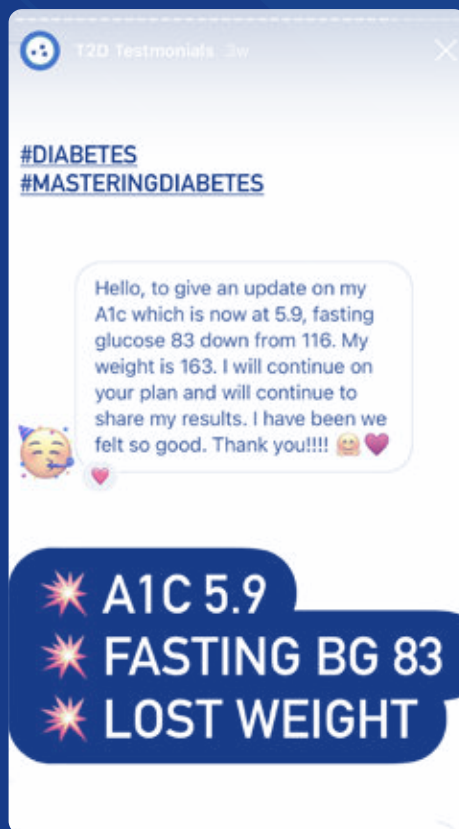
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