



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	 Masala Chai Overnight Oats	 Blackberry Pineapple Smoothie	 Masala Chai Overnight Oats	 Blackberry Pineapple Smoothie	 Masala Chai Overnight Oats	 Sunflower Seed Apple Porridge	 Sunflower Seed Apple Porridge
Lunch	 Mediterranean Buddha Bowl	 Herb & Garlic Roasted Vegetables	 Mediterranean Buddha Bowl	 Sweet Potato Noodles with Spinach & Corn	 Lemony Lentil Buckwheat	 Vegetable Biryani	 Palak Tofu
Dinner	 Herb & Garlic Roasted Vegetables	 Mediterranean Buddha Bowl	 Sweet Potato Noodles with Spinach & Corn	 Lemony Lentil Buckwheat	 Vegetable Biryani	 Palak Tofu	 Vegetable Biryani

Fruits

- ☐ 2 cups Apple (2 large)
- ☐ 1 cup Banana (1 large)
- ☐ 1/3 cup Lemon Juice (2 Leons)
- ☐ 1/2 tsp Lemon Zest
- ☐ 2 tbsps Lime Juice
- ☐ 1/4 cup Orange Juice (1 medium)

Seeds, Nuts & Spices

- ☐ 1 tsp Arrowroot Powder
- ☐ 3/4 tsp Black Pepper
- ☐ 3 tbsps Chia Seeds
- ☐ 1 1/4 tps Chili Powder
- ☐ 2/3 tsp Cinnamon
- ☐ 1/2 tsp Coriander
- ☐ 1/2 tsp Cumin
- ☐ 1 tbsps Curry Powder
- ☐ 1 tsp Dried Basil
- ☐ 1 tsp Dried Parsley
- ☐ 1 3/4 tps Garam Masala
- ☐ 2 1/4 tps Garlic Powder
- ☐ 1 tbsps Ground Flax Seed
- ☐ 1/3 tsp Ground Ginger
- ☐ 2 tbsps Hemp Seeds
- ☐ 1/3 tsp Italian Seasoning
- ☐ 1 1/2 tps Masala Chai Spice
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 1 1/2 tbsps Sliced Almonds
- ☐ 2 1/2 tps Vanilla Extract

Frozen

- ☐ 1 cup Frozen Banana
- ☐ 1 cup Frozen Blackberries
- ☐ 1 1/2 cups Frozen Cauliflower
- ☐ 1/2 cup Frozen Cherries
- ☐ 1 cup Frozen Corn
- ☐ 1 1/2 cups Frozen Green Beans
- ☐ 1 cup Frozen Peas
- ☐ 2 cups Frozen Pineapple

Vegetables

- ☐ 22 cups Baby Spinach
- ☐ 2 cups Beet (4 medium)
- ☐ 2 cups Broccoli (1 bunch)
- ☐ 2 cups Butternut Squash (1 medium)
- ☐ 1 1/2 cups Carrot (2 large)
- ☐ 4 cups Cauliflower (1 head)
- ☐ 1/3 cup Cilantro
- ☐ 3 cups Cucumber (2 medium)
- ☐ 5 Garlic (1 bulb)
- ☐ 2 tps Ginger
- ☐ 1/4 cup Jalapeno Pepper
- ☐ 2 cups Mini Potatoes
- ☐ 3 cups Red Bell Pepper (3 large)
- ☐ 1 1/8 cups Red Onion (2 medium)
- ☐ 6 cups Romaine Hearts
- ☐ 2 tbsps Shallot
- ☐ 2 1/2 cups Sweet Potato (3 medium)
- ☐ 1 cup Tomato
- ☐ 1 1/2 cups Yellow Bell Pepper (2 medium)
- ☐ 1 cup Yellow Onion (1 medium)

Boxed & Canned

- ☐ 1 1/4 cups Brown Basmati Rice
- ☐ 1/2 cup Buckwheat Groats
- ☐ 3 cups Chickpeas
- ☐ 3 cups Lentils
- ☐ 1/4 cup Lite Coconut Milk
- ☐ 3/4 cup Quinoa
- ☐ 2 tbsps Raisins
- ☐ 2 1/2 cups Rolled Oats
- ☐ 1 1/2 tbsps Tomato Paste
- ☐ 2 3/4 cups Vegetable Broth, Low Sodium

Condiments & Oils

- ☐ 3 tbsps Apple Cider Vinegar
- ☐ 2 tbsps Date Syrup
- ☐ 1/3 cup Maple Syrup
- ☐ 3 tbsps Pitted Kalamata Olives
- ☐ 1 tbsps Sunflower Seed Butter
- ☐ 1 1/3 tbsps Whole Grain Mustard

Cold

- ☐ 3 tbsps Hummus
- ☐ 8 ozs Tofu
- ☐ 3 cups Unsweetened Almond Milk

Other

- ☐ 3 cups Coconut Water
- ☐ 1 3/4 cups Water



Masala Chai Overnight Oats

3 servings

8 hours

Ingredients

- 1 1/2 cups Rolled Oats
- 1 1/2 cups Unsweetened Almond Milk
- 3 tbsps Chia Seeds
- 3 tbsps Maple Syrup
- 1 1/2 tsps Vanilla Extract
- 1 1/2 tsps Masala Chai Spice
- 1 cup Banana (sliced)
- 1 1/2 tbsps Sliced Almonds
- 1/8 tsp Cinnamon (for garnish)

Directions

- 1 In a bowl, combine the oats, almond milk, chia seeds, maple syrup, vanilla extract and masala chai spice. Mix well to combine. Taste and add more masala chai spice if desired.
- 2 Cover and refrigerate overnight. When ready to eat, top with banana slices, cinnamon, and sliced almonds. Enjoy!

Notes

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

Nutrition

Amount per serving	
Calories	360
Fat	10g
Carbs	60g
Fiber	10g
Protein	9g



Blackberry Pineapple Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Frozen Blackberries
1 cup Frozen Pineapple
1/2 cup Frozen Banana (sliced)
1/4 cup Frozen Cherries
1 1/2 cups Coconut Water
1 tbsp Hemp Seeds
1 1/2 tsps Ground Flax Seed
1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	361
Fat	7g
Carbs	73g
Fiber	10g
Protein	9g

Directions

1

Place all of the ingredients in a blender and blend until smooth. Pour into a glass and enjoy.

Notes

Leftovers: Best enjoyed immediately.



Sunflower Seed Apple Porridge

2 servings

15 minutes

Ingredients

- 1 cup Rolled Oats
- 1 1/2 cups Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 2 cups Apple (diced, divided)
- 2 tbsps Maple Syrup
- 1/2 tsp Cinnamon
- 1 tbsp Sunflower Seed Butter
- 2 tbsps Raisins

Nutrition

Amount per serving	
Calories	380
Fat	9g
Carbs	70g
Fiber	9g
Protein	8g

Directions

- 1 Add the oats, almond milk, vanilla extract, and half the apple to a medium pot. Bring to a gentle boil over medium heat and cook for 8 minutes, or until the porridge is thickened to your liking. Stir frequently.
- 2 Transfer to a bowl and top with maple syrup, cinnamon, sunflower seed butter, raisins, and the remaining apple. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat in the microwave or on the stovetop with a splash of water.



Mediterranean Buddha Bowl

3 servings

10 minutes

Ingredients

3/4 cup Quinoa (dry, uncooked)
1 1/2 cups Water
6 cups Romaine Hearts (chopped)
1 1/2 cups Chickpeas (cooked, from the can)
3 cups Cucumber (chopped)
3 cups Red Bell Pepper (chopped)
1/3 cup Red Onion (finely chopped)
3 tbsps Hummus (oil-free)
3 tbsps Pitted Kalamata Olives
3 tbsps Apple Cider Vinegar
1/3 tsp Italian Seasoning
1/3 tsp Black Pepper
3 tbsps Lemon Juice
2 tbsps Date Syrup

Nutrition

Amount per serving	
Calories	447
Fat	8g
Carbs	78g
Fiber	11g
Protein	15g

Directions

- 1 Cook the quinoa according to package instructions.
- 2 Place the chopped romaine on your serving bowl or plates. Top with quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 In a jar, combine the apple cider vinegar, Italian seasoning, black pepper, lemon juice, and date syrup. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls 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.

Hummus: Oil-free hummus can be hard to find. There are new brands coming out all the time, so take a close look at the label. Oasis is one of our favorite no-oil hummus options. You can double the hummus amount for this recipe when you find oil-free hummus.



Herb & Garlic Roasted Vegetables

2 servings

45 minutes

Ingredients

- 4 cups Cauliflower (cut into florets)
- 2 cups Beet (peeled and chopped)
- 2 cups Broccoli (cut into florets)
- 2 cups Butternut Squash (cut into cubes)
- 2 cups Mini Potatoes (diced)
- 1 tsp Garlic Powder
- 1 tsp Dried Parsley
- 1 tsp Dried Basil
- 1 cup Lentils

Nutrition

Amount per serving	
Calories	443
Fat	2g
Carbs	94g
Fiber	24g
Protein	23g

Directions

- 1 Preheat the oven to 425°F and line a baking sheet with parchment paper.
- 2 Add the cauliflower, beet, broccoli, squash and potatoes to the baking sheet in a single layer, without overlapping the vegetables. Use two baking sheets if necessary. Season with garlic powder.
- 3 Bake for 35 to 40 minutes, flipping once halfway through, or until browned and tender. Lay a bed of lentils on a plate or in a bowl, and top with the roasted vegetables. Season with dried parsley and basil, and add more garlic powder if needed. Enjoy!

Notes

More Flavor: Add other dried herbs and spices to taste.

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



Sweet Potato Noodles with Spinach & Corn

2 servings

15 minutes

Ingredients

- 2 1/2 cups Sweet Potato (peeled or spiralized)
- 1 cup Frozen Corn
- 2 cups Baby Spinach
- 1/4 cup Pumpkin Seeds
- 2 tbsps Vegetable Broth, Low Sodium
- 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	454
Fat	7g
Carbs	90g
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 toast for 2 to 3 minutes. Remove and set aside.
- 2 To the same pan, add the spinach and cook until just wilted (add a splash of water if needed) 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, 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. Transfer to a plate 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.



Lemony Lentil Buckwheat

2 servings

5 minutes

Ingredients

1/2 cup Buckwheat Groats
1 1/3 tbsps Whole Grain Mustard
1 1/3 tbsps Lemon Juice
1/2 tsp Lemon Zest
1 1/3 tbsps Maple Syrup
1/2 tsp Garlic Powder
1/4 cup Water
2 tbsps Shallot (thinly sliced)
2 cups Lentils (cooked)
6 cups Baby Spinach

Nutrition

Amount per serving	
Calories	444
Fat	3g
Carbs	86g
Fiber	22g
Protein	26g

Directions

- 1 Rinse and drain the buckwheat until the rinse water runs clear. Combine water and buckwheat at a 2:1 ratio (twice as much water as buckwheat) in a saucepan and bring to a boil. Reduce the heat to low and simmer, covered, for 8 minutes. Drain the buckwheat through a strainer and rinse it in cool water immediately to remove excess starch and to prevent it from overcooking. Set aside.
- 2 In a salad bowl, whisk together the mustard, lemon juice, lemon zest, maple syrup, garlic powder, and water.
- 3 Gently toss in the shallots, lentils, buckwheat and spinach until well incorporated. Transfer to a plate or enjoy directly from the salad bowl!

Notes

Leftovers: Refrigerate the salad separately from the dressing in airtight containers for up to 3 days.



Vegetable Biryani

3 servings

25 minutes

Ingredients

3/4 cup Brown Basmati Rice
 2 1/4 cups Vegetable Broth, Low Sodium (divided)
 3/4 cup Red Onion (diced)
 1 1/2 tbsps Tomato Paste
 1 tbsp Lemon Juice
 3/4 tsp Garlic Powder
 1 tbsp Curry Powder
 1/3 tsp Ground Ginger
 1/3 tsp Black Pepper
 1 1/2 cups Carrot (peeled and diced)
 1 1/2 cups Yellow Bell Pepper (chopped)
 1 cup Frozen Peas
 1 1/2 cups Frozen Cauliflower
 1 1/2 cups Frozen Green Beans
 1 1/2 cups Chickpeas
 3/4 tsp Garam Masala

Directions

- 1 Soak the rice for a few minutes, and then rinse it well using a fine mesh strainer under cold water until the water runs clear.
- 2 In a saucepan, a few Tablespoons of the vegetable broth, then saute the onion until softening. Add the tomato paste, lemon juice, and all of the spices except the garam masala, then stir until fragrant, about 30 seconds. Add the remaining vegetable broth, the rice, and all of the remaining vegetables. Bring to a boil over high heat then cover and reduce the heat to low and cook for about 25 to 30 minutes or until the liquid has just been absorbed.
- 3 Turn the heat off and allow the rice to sit covered for about five minutes, or until tender. Fluff with a fork, transfer to a dish, garnish with the garam masala, and enjoy!

Notes

No Brown Basmati Rice: Use regular brown rice (and extend the cooking time), or quinoa (and decrease the cooking time).

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

Nutrition

Amount per serving	
Calories	462
Fat	4g
Carbs	93g
Fiber	19g
Protein	18g



Palak Tofu

2 servings

40 minutes

Ingredients

1/2 cup Brown Basmati Rice
 8 ozs Tofu (extra firm, cut into 1-inch cubes)
 1 tsp Arrowroot Powder
 1/3 cup Vegetable Broth, Low Sodium
 1 cup Yellow Onion (diced)
 1/4 cup Jalapeno Pepper (deseeded, minced)
 4 Garlic (cloves, minced)
 2 tsps Ginger (fresh, minced)
 1 tsp Garam Masala
 1/2 tsp Cumin
 1/2 tsp Coriander
 1/4 tsp Chili Powder
 1 cup Tomato (diced)
 12 cups Baby Spinach
 1/4 cup Lite Coconut Milk
 2 tsps Cilantro (leaves)

Nutrition

Amount per serving	
Calories	401
Fat	10g
Carbs	63g
Fiber	10g
Protein	22g

Directions

- 1 Cook the brown basmati rice according to package instructions. Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 Toss the tofu with the arrowroot powder. Spread it out evenly onto the baking sheet and bake for 30 minutes. Once it's done, set it aside.
- 3 In a large pot, heat the vegetable broth over medium-high heat. Add the onion, jalapeño, garlic, and ginger and cook for five minutes. Add the spices and tomatoes and stir to combine. Cook until softened, about five minutes. Add the spinach and cook until just wilted.
- 4 Using a food processor, blender, or immersion blender, process until smooth. Transfer the mixture back to the pot and add most of the coconut milk (reserve some for garnish), and stir in the baked tofu. Heat to warm through. Transfer the cooked rice to a bowl, top with the spinach and tofu, drizzle with the remaining coconut milk, garnish with fresh cilantro leaves, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

Additional Toppings: Top with cilantro and a drizzle of coconut milk for extra flavor.

Serve it With: Serve over rice with naan or a side salad.

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



Add the World's Most Powerful Antioxidant-Rich Tea to Your Diet Today

Scientifically proven to:

- ✓ Support blood glucose control
- ✓ Support healthy blood pressure
- ✓ Support healthy cholesterol levels

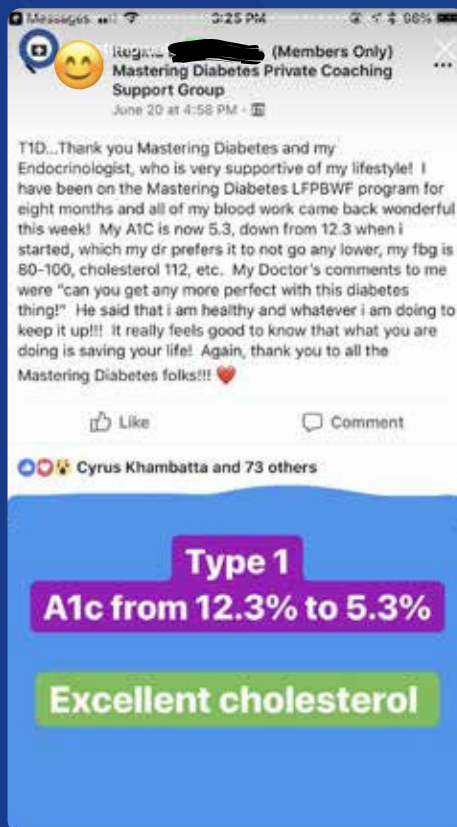
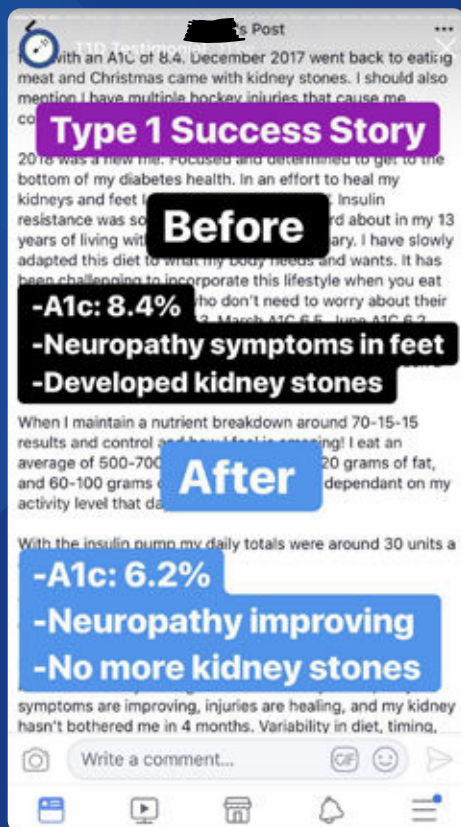
Use code
masteringdiabetes20

to
receive **20% off**



www.amlagreen.com

Click here to save 20%



MASTERING
DIABETES.

Need Help and Accountability?

Learn How to Lower Your A1c by 2.0% and Lose 20 Pounds Using the Mastering Diabetes Method

Your results are guaranteed.

www.masteringdiabetes.org/coaching

Learn More

The information in this meal plan is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. The information in this document is for informational purposes only and is not intended to diagnose, treat, or cure any type of disease or condition.

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

www.masteringdiabetes.org