

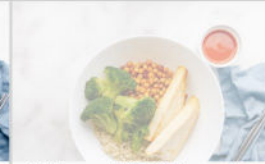


MASTERING
DIABETES

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	 Falafel Breakfast Patties	 BlueBana Breakfast Smoothie	 Falafel Breakfast Patties	 Mango Banana Millet Porridge	 Falafel Breakfast Patties	 Mango Banana Millet Porridge	 BlueBana Breakfast Smoothie
Lunch	 Lemony Quinoa & Bean Salad	 Lemon Dijon Chickpea Brussels Salad	 Lemony Quinoa & Bean Salad	 Lemon Dijon Chickpea Brussels Salad	 Deconstructed Black Bean Burrito	 Cauliflower & Lentil Curry w Couscous	 Deconstructed Black Bean Burrito
Dinner	 Creamy Tomato & Mushroom Chickpea Pasta	 Sweet Potato Black Bean Veggie Burgers	 Creamy Tomato & Mushroom Chickpea Pasta	 Sweet Potato Black Bean Veggie Burgers	 Cauliflower & Lentil Curry w Couscous	 Chickpea, Tofu & Broccoli Quinoa Bowl	 Chickpea, Tofu & Broccoli Quinoa Bowl

Fruits

- ☐ 1/2 cup Avocado (1 medium)
- ☐ 1/2 cup Banana (1 large)
- ☐ 2 1/2 cups Blueberries
- ☐ 1/2 cup Lemon Juice (3 Lemons)
- ☐ 1/2 tsp Lemon Zest
- ☐ 1/3 cup Lime Juice (2 Limes)
- ☐ 1/2 cup Mango (1 medium)

Seeds, Nuts & Spices

- ☐ 1 1/2 tps Black Pepper
- ☐ 2 tbsps Chia Seeds
- ☐ 1/8 tsp Chili Flakes
- ☐ 1 1/8 tbsps Cumin
- ☐ 1 1/2 tps Garlic Powder
- ☐ 1/3 cup Ground Flax Seed
- ☐ 1/4 tsp Ground Ginger
- ☐ 3 1/3 tbsps Hemp Seeds
- ☐ 2 tbsps Nutritional Yeast
- ☐ 1/4 tsp Onion Powder
- ☐ 1 tsp Sesame Seeds
- ☐ 1 1/3 tbsps Taco Seasoning
- ☐ 2 tps Vanilla Extract

Frozen

- ☐ 2 cups Frozen Banana
- ☐ 1 cup Frozen Cauliflower

Vegetables

- ☐ 4 cups Baby Spinach
- ☐ 2 tbsps Basil Leaves
- ☐ 6 cups Broccoli (1 bunch)
- ☐ 4 cups Brussels Sprouts
- ☐ 2 cups Cauliflower (1 head)
- ☐ 1 cup Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 2 cups Cremini Mushrooms
- ☐ 2/3 cup Cucumber (1 medium)
- ☐ 13 Garlic (2 bulbs)
- ☐ 1 1/3 tbsps Ginger
- ☐ 3/4 cup Green Onion (3 stalks)
- ☐ 2 cups Kale Leaves
- ☐ 3 tbsps Mint Leaves
- ☐ 6 cups Mixed Greens
- ☐ 1/3 cup Parsley
- ☐ 1/3 cup Red Onion (1 small)
- ☐ 6 cups Romaine
- ☐ 2 2/3 cups Sweet Potato (4 large)
- ☐ 2 cups Yellow Onion (2 medium)

Boxed & Canned

- ☐ 2 1/3 cups Black Beans
- ☐ 1/2 cup Brown Rice
- ☐ 1/3 cup Chickpea Flour
- ☐ 8 ozs Chickpea Pasta
- ☐ 5 2/3 cups Chickpeas
- ☐ 1/2 cup Dry Red Lentils
- ☐ 1/2 cup Green Lentils
- ☐ 1/2 cup Lite Coconut Milk
- ☐ 2/3 cup Marinara Sauce
- ☐ 1/2 cup Millet
- ☐ 1 cup Quinoa
- ☐ 3 1/3 cups Vegetable Broth, Low Sodium
- ☐ 1 cup White Navy Beans
- ☐ 1/4 cup Whole Wheat Couscous

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1/3 cup Coconut Aminos
- ☐ 2 tbsps Date Syrup
- ☐ 1 tsp Dijon Mustard
- ☐ 1/4 cup Green Curry Paste
- ☐ 2 tbsps Maple Syrup
- ☐ 2 tbsps Rice Vinegar
- ☐ 1 tsp Sriracha

Cold

- ☐ 4 ozs Tofu
- ☐ 1 1/8 cups Unsweetened Almond Milk

Other

- ☐ 2 cups Coconut Water
- ☐ 1/2 cup Water



Falafel Breakfast Patties

3 servings

40 minutes

Ingredients

3 cups Chickpeas (drained and rinsed)
1 cup Yellow Onion (diced)
3 Garlic (cloves, minced)
1/3 cup Chickpea Flour
3 tbsps Ground Flax Seed
3 tbsps Lemon Juice
1/3 cup Parsley
3 tbsps Mint Leaves
1 1/2 tsps Cumin
3/4 tsp Black Pepper

Nutrition

Amount per serving	
Calories	392
Fat	8g
Carbs	63g
Fiber	17g
Protein	20g

Directions

- 1 Line a baking sheet with parchment and preheat the oven to 350 degrees F.
- 2 Add all of the ingredients to a food processor. Blend on high, adding water or vegetable broth, a Tbsp at a time, as needed to make a smooth, thick batter. Keep the added liquid to a strict minimum for best results.
- 3 With wet hands (to help prevent sticking), form the batter into 3-inch diameter patties, approximately 3/4-inch thick. Lay them, evenly spaced, on the prepared baking sheet.
- 4 Bake the patties for 15 minutes on each side (30 minutes total, flipping once half way through), or until browned and starting to crisp. Serve and enjoy!

Notes

More Flavor: Add fresh or dried dill.

Leftovers: Refrigerate in an airtight container for up to 5 days. Freeze for up to 3 months.



BlueBana Breakfast Smoothie

1 serving

5 minutes

Ingredients

1 cup Frozen Banana (sliced)
1 1/4 cups Blueberries
1 tbsp Hemp Seeds
1/2 cup Frozen Cauliflower
2 cups Baby Spinach
1 cup Coconut Water
1/2 tsp Vanilla Extract (optional)

Directions

1 Combine all the ingredients in a blender and blend until smooth.

Notes

Leftovers: Best served immediately.

Nutrition

Amount per serving	
Calories	376
Fat	6g
Carbs	78g
Fiber	12g
Protein	10g



Mango Banana Millet Porridge

2 servings
1 hour 15 minutes

Ingredients

1/2 cup Millet (dry)
2 tbsps Chia Seeds
2 tbsps Maple Syrup
1/2 cup Banana (sliced, divided)
1/2 cup Mango (peeled and chopped, divided)
1 cup Unsweetened Almond Milk
1 tsp Vanilla Extract

Nutrition

Amount per serving	
Calories	376
Fat	7g
Carbs	70g
Fiber	10g
Protein	9g

Directions

- 1 Cook the millet according to package directions. Allow to cool for 5 minutes.
- 2 In a mixing bowl, combine the cooked millet, chia seeds, maple syrup, half the banana, half the mango, the almond milk, and vanilla extract. Stir until fully mixed.
- 3 Divide into sealable jars or containers and refrigerate for at least one hour, or overnight.
- 4 Top with the remaining fruit. Enjoy!

Notes

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



Lemony Quinoa & Bean Salad

2 servings

35 minutes

Ingredients

1/2 cup Quinoa (dry)
2/3 cup Sweet Potato (cubed)
1/4 cup Vegetable Broth, Low Sodium
2 tbsps Lemon Juice
1 1/3 tbsps Date Syrup
1/2 tsp Lemon Zest
1/2 tsp Garlic Powder
1/4 tsp Black Pepper
1/4 cup Cilantro (minced)
1 cup White Navy Beans (from the can, rinsed)
6 cups Mixed Greens
2/3 cup Cucumber (chopped)
1 1/3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	466
Fat	7g
Carbs	85g
Fiber	17g
Protein	20g

Directions

- 1 Preheat the oven to 400°F. Line a baking sheet with parchment paper.
- 2 Spread the sweet potato in a single layer (no overlapping) over the baking sheet and cook for 30 minutes, flipping halfway, or until the sweet potato is turning crispy on the edges.
- 3 Cook the quinoa according to the package instructions.
- 4 Mix the vegetable broth, lemon juice, date syrup, lemon zest, garlic powder, black pepper, and cilantro with the beans.
- 5 Place the mixed greens in a bowl. Spoon the cooked quinoa, roasted sweet potato, dressed beans, cucumber, and hemp seeds on top of the greens. Drizzle any remaining lemon juice mixture over the dish. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to 4 days. Add the mixed greens only just before serving.



Lemon Dijon Chickpea Brussels Salad

2 servings

35 minutes

Ingredients

2 tbsps Lemon Juice
2 tbsps Apple Cider Vinegar
2 tps Date Syrup
1 tsp Dijon Mustard
1/2 tsp Garlic Powder
1/4 tsp Onion Powder
1/4 tsp Black Pepper (to taste)
4 cups Brussels Sprouts (shaved)
2 cups Chickpeas (cooked, rinsed)
1/2 cup Green Lentils (cooked, rinsed
in cold water)

Directions

- 1 In a large bowl, whisk together the lemon juice, apple cider vinegar, date syrup, Dijon mustard, garlic powder, onion powder, and black pepper.
- 2 To the same bowl, add the Brussels sprouts, chickpeas, and lentils. Mix well to combine with the dressing. If you have time, let the salad stand and marinate for 30 minutes before serving. Enjoy!

Notes

Leftovers: Best enjoyed after sitting for at least 30 minutes to overnight. Refrigerate in an airtight container for up to 4 days.

Nutrition

Amount per serving	
Calories	433
Fat	5g
Carbs	77g
Fiber	23g
Protein	25g



Deconstructed Black Bean Burrito

2 servings

35 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 1/4 cup Vegetable Broth, Low Sodium
- 1/3 cup Red Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 1/3 tbsps Taco Seasoning
- 1 1/3 cups Black Beans (cooked, rinsed)
- 1/4 cup Water
- 1/4 cup Lime Juice (juice, divided)
- 6 cups Romaine (chopped)
- 1 cup Cherry Tomatoes (quartered)
- 1/4 cup Avocado (diced)

Nutrition

Amount per serving	
Calories	434
Fat	5g
Carbs	83g
Fiber	18g
Protein	18g

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, heat a few Tbsp of vegetable broth in a pot over medium-high heat. Add the onion and cook for 3 to 5 minutes, or until the onion has softened. Add the garlic and taco seasoning, and cook for another minute.
- 3 Add the black beans and water and stir to combine. Bring the mixture to a simmer and continue to cook for 3 to 5 minutes, or until the liquid begins to thicken and beans are warmed through. Remove the pot from the heat and stir in half of the lime juice. Mash the black beans with a potato masher or a fork until just a few whole beans remain.
- 4 To serve, lay a bed of romaine on a plate, then add the rice, beans, and cherry tomatoes. Top with the diced avocado, then drizzle with the remaining lime juice. Enjoy!

Notes

Additional Toppings: Salsa, hot sauce, cilantro, or green onion.

No Brown Rice: Use cauliflower rice or quinoa instead.

No Romaine Lettuce: Use baby spinach, mixed greens, or iceberg lettuce instead.

Leftovers: Refrigerate in an airtight container for up to 4 days. Store components separately until ready to serve.



Creamy Tomato & Mushroom Chickpea Pasta

2 servings

15 minutes

Ingredients

8 ozs Chickpea Pasta (uncooked)
1/3 cup Vegetable Broth, Low Sodium
2 cups Cremini Mushrooms (sliced)
1/4 tsp Black Pepper (or to taste)
2/3 cup Marinara Sauce
2 tbsps Unsweetened Almond Milk
2 tbsps Nutritional Yeast
1/8 tsp Chili Flakes (optional)
2 tbsps Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	472
Fat	10g
Carbs	72g
Fiber	19g
Protein	36g

Directions

- 1 Cook the pasta according to the package instructions. Drain and set aside.
- 2 Meanwhile, add the vegetable broth to a large skillet over medium-high heat. Once warm, add the mushrooms and cook until softened and the water has released. Season with black pepper.
- 3 Reduce the heat to low and add the cooked pasta to the skillet with the mushrooms. Add the sauce, almond milk, and nutritional yeast. Stir until well combined. Add the chili flakes (if using), and basil.
- 4 Transfer to a bowl and season with more black pepper, if needed. Serve and enjoy!

Notes

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



Sweet Potato Black Bean Veggie Burgers

2 servings

1 hour

Ingredients

- 2 cups Sweet Potato (cut into cubes)
- 1 cup Black Beans (cooked, rinsed)
- 2 cups Kale Leaves (finely chopped)
- 2 tbsps Ground Flax Seed
- 1/4 cup Green Onion (chopped)
- 4 Garlic (clove, minced)
- 2 tsps Cumin
- 1/4 cup Avocado (diced or mashed)

Nutrition

Amount per serving	
Calories	435
Fat	6g
Carbs	82g
Fiber	20g
Protein	15g

Directions

- 1 Bring a pot of water to a boil. Place the cubed sweet potato in a steamer basket over the boiling water and cover for about 10 minutes or until tender. Transfer to a large mixing bowl and mash the potatoes. Leave to cool slightly.
- 2 Preheat the oven to 350°F and line a baking sheet with parchment paper.
- 3 In a food processor, add the black beans, kale, flaxseed, green onion, garlic, and cumin. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 4 Add the bean mixture into the mashed sweet potato and mix until combined. Scoop out roughly 1/4 cup of the mixture at a time and form into thin patties. Place on the prepared baking sheet.
- 5 Bake for 30 minutes, carefully flipping halfway through.
- 6 Divide between plates and top with avocado, if using. Enjoy!

Notes

More Flavor: Add chili powder, smoked paprika, red pepper flakes or hot sauce.

Serve it With: On top of a salad or in a lettuce wrap with your favorite toppings.

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



Cauliflower & Lentil Curry w Couscous

2 servings

30 minutes

Ingredients

1/4 cup Whole Wheat Couscous
1/4 cup Water
1 cup Yellow Onion (chopped)
4 Garlic (cloves, minced)
1 1/3 tbsps Ginger (peeled, minced)
1/4 cup Green Curry Paste
2 1/2 cups Vegetable Broth, Low Sodium
1/2 cup Lite Coconut Milk
1/2 cup Dry Red Lentils (rinsed)
2 cups Cauliflower (cut into florets)
1 tbsp Coconut Aminos
1 tbsp Lime Juice
1/4 cup Cilantro (chopped, optional for serving)

Nutrition

Amount per serving	
Calories	460
Fat	8g
Carbs	79g
Fiber	15g
Protein	20g

Directions

- 1 Cook the whole wheat couscous according to package instructions. Set aside.
- 2 Heat the water in a sauté pan over medium heat. Add onions and cook for about 3 minutes, then add the garlic and ginger and stir for 2 minutes more, until fragrant and the onions begin to soften. Stir in the curry paste and continue to cook for another minute. Stir in the vegetable broth and coconut milk and bring to a simmer.
- 3 Stir in the lentils and cook for about 10 minutes or until the lentils are tender. Add more broth as needed, and stir often to prevent sticking to the bottom of the pan.
- 4 Add the cauliflower to the pot and continue to cook for 7 to 8 minutes, or until the cauliflower florets are tender. Stir in the coconut aminos and lime juice.
- 5 Transfer the cooked couscous to a bowl, then top with the curry, and garnish with the cilantro. Serve and enjoy!

Notes

Curry Paste: This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

No Cauliflower: Use broccoli instead.

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



Chickpea, Tofu & Broccoli Quinoa Bowl

2 servings

30 minutes

Ingredients

1/2 cup Quinoa (dry)
6 cups Broccoli (chopped into florets)
2/3 cup Chickpeas (cooked)
4 ozs Tofu (cut into triangles)
1/4 cup Coconut Aminos (divided)
2 tbsps Rice Vinegar
1/2 tsp Garlic Powder
1/4 tsp Ground Ginger
1 tsp Sriracha
1 tsp Sesame Seeds
1/2 cup Green Onion (sliced)

Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	70g
Fiber	15g
Protein	25g

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F. Line a baking sheet with parchment paper. Place the broccoli, chickpeas, and tofu on the baking sheet.
- 3 Mix together 3/4 of the coconut aminos, rice vinegar, garlic powder, and ginger. Brush the tofu with the marinade and pour the rest onto the broccoli and chickpeas, being sure to coat them well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 4 Meanwhile mix the remaining coconut aminos, sriracha, and sesame seeds together to create a sauce.
- 5 Spoon the quinoa into a bowl, and top with the broccoli, tofu, and chickpeas. Garnish with the sliced green onion. Serve with the sriracha sauce. Enjoy!

Notes

No Coconut Aminos: Use soy sauce or tamari.

Leftovers: Refrigerate in an airtight container for up to 4 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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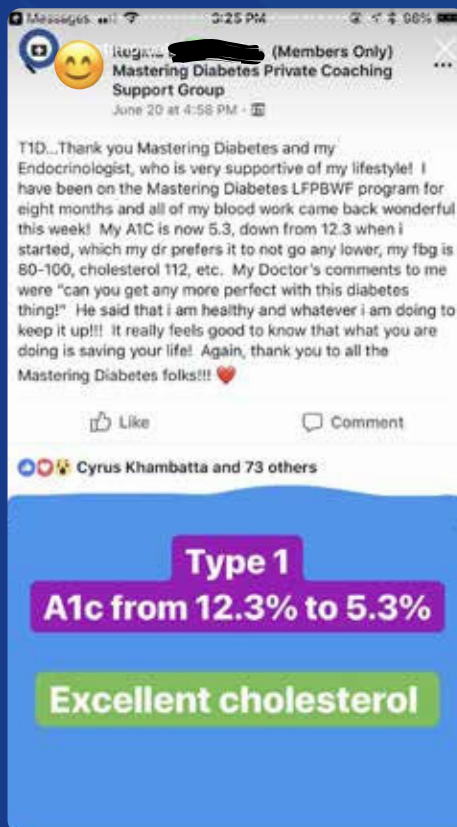
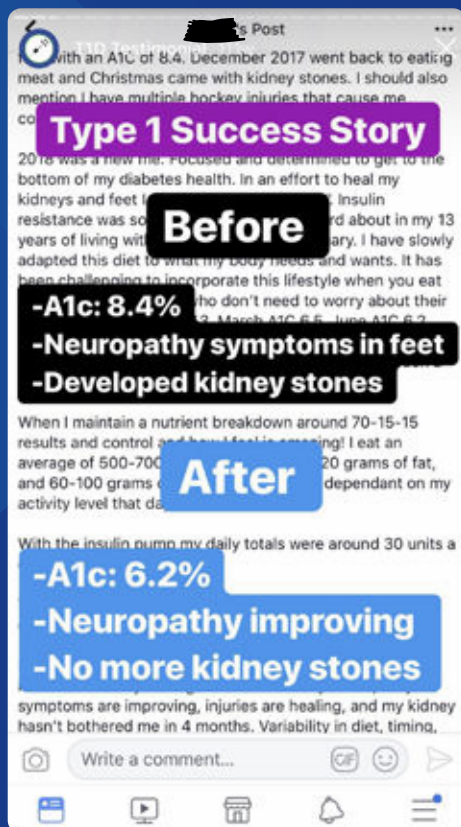
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Questions? mealplan@masteringdiabetes.org

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