Contents

Introduction viii

PART ONE: Before You Get Started

1 Understand What It Means to Be Diagnosed with Type 2 1
2 Get Educated about Diabetes Nutrition 11
3 Reframe and Rebuild: Mindful and Practical Planning for the Month Ahead and for Your Lifestyle 23

PART TWO: The Meal Plan

4 The Four-Week Plan for the Newly Diagnosed 35
5 Beyond Four Weeks 63

PART THREE: The Recipes

6 Breakfasts 71
7 Soups, Salads, and Sandwiches 89
8 Vegetable Side Dishes 119
9 Meatless Main Dishes 131
10 Chicken and Turkey 151
11 Beef, Pork, and Lamb 177
12 Fish and Seafood 191
13 Desserts 219
14 Sauces, Dips, and Dressings 229

The Dirty Dozen and the Clean Fifteen™ 240
Measurement Conversions 241
Resources 242
References 243
Index 252

Introduction

If you have recently been diagnosed with type 2 diabetes and are feeling confused, overwhelmed, and not exactly sure where to start, you are in the right place. Having worked as a registered dietitian and diabetes educator for more than 10 years, I've heard firsthand the frustrations and fears that a diabetes diagnosis can bring. I've listened as clients expressed their anger, disappointment, and sadness. And most importantly, I've given them the tools to empower themselves when they express the desire to change.

While getting a diagnosis of type 2 is no simple matter, please know that you can both manage and control diabetes so that you never have to worry about the negative side effects it could potentially have on your life and health.

The best time to take action is now, when you are newly diagnosed, because you still have time to prevent diabetes-related complications and bring your blood sugar back down to normal (yes, normal) levels. I'll give you everything you need to understand how food affects your blood sugar and exactly what you can do to control it—today. Here are some of the helpful and life-changing tools you will find in this book.

- Four weeks of expertly designed meal plans. These meal plans are both customizable and easy to follow, so they are sure to meet both your nutritional and lifestyle needs.
- More than 100 quick and easy, balanced recipes that taste delicious and have wholesome and nourishing ingredients your entire family will love. There is truly something for everyone.
- My popular Complete the Plate method to balanced eating. Continuing from my first cookbook, this simple graphic, presented alongside each recipe, will give you insight into how to mix and match recipes to create complete meals.
- Education so you can understand exactly what a type 2 diabetes diagnosis is and what it means for you. We'll discuss what's within your control (spoiler alert: There's a lot!) and how food and lifestyle factors can greatly benefit you.
- Science-backed solutions and answers to common questions. Is diabetes reversible? What is the difference between prediabetes, type 1 diabetes, and type 2 diabetes? What specific concerns should I discuss with my doctor? Are there any mental health considerations I need to know about? What about medications? All of these questions and more will be addressed.
- Practical advice for managing diabetes in the real world. Topics include what to order in your favorite restaurants, how to navigate special occasions, stress-free planning and preparing of meals, how to



enjoy social events, what to do when you are on the run, and much more!

Growing up in the South (hey, Nashville!), I learned from a very young age that food should be both nourishing *and* delicious. And if you read my first book, *Eat What You Love Diabetes Cookbook*, you already know that I wholeheartedly believe everyone should enjoy and savor their food, and it's quite possible to do this *while* improving your health. As a registered dietitian, I firmly attest to the power of food, especially when it comes to managing type 2 diabetes. And you don't have to give up flavor when you are putting your health first. In developing the recipes for this book, I focused on flavor, variety, comfort, and consistency. These meals should be seen as tasty solutions rather than bland inconveniences.

This book will equip you with the confidence and information you need to thrive with diabetes for the rest of your life. You will learn how to take control of the decisions you make every day while being empowered with the resources to know what's best for your body. Research has proven that early intervention improves long-term health outcomes when it comes to type 2 diabetes, so congratulations on starting your journey!



Part One

BEFORE YOU GET STARTED



BEFORE WE DIVE TOO DEEPLY into the details of the specific strategies to implement to get your blood sugar levels on track, it's important to cover the basics. In this section I will help you understand what type 2 diabetes is and what it means for you, as well as the diabetes nutrition and lifestyle factors that will help you succeed as you shift to a targeted, healthier lifestyle. I've found that too often, people simply focus on what to eat without the basic understanding needed to empower them to make individualized decisions that work best for their own life. Let's be real—every day is different and brings its own challenges. You'll need an accurate, science-based understanding of what is going on in your body as you start to reframe your daily decisions and consider the impact each one will have on your health. You are about to embark on a life-changing four-week plan to control your diabetes and prevent complications related to type 2, and establishing the science-based framework will give you all the advantages you need. With that said, let's explore what you need to know as you organize your kitchen and pantry strategically, create a better relationship with food, and learn diabetes and nutrition basics that will ultimately set you up for long-term, lasting health and success.