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The Four-Week Plan for the Newly Diagnosed

This meal plan is full of delicious, nourishing foods that will begin to improve your health from the inside out. Plan and prepare as much as you can to help set yourself up for success and get yourself on the right track. And remember, this isn't about calorie counting; it's about creating the balance of nutrients your body needs—vegetables, healthy fats, energizing proteins, and high-fiber complex carbohydrates.

You'll notice that the plan includes a snack after every meal. As I point out in my diabetes management program, For the Love of Diabetes, snacks should be eaten about 2 to 3 hours after your main meals. If you are hungry less than 2 hours after a meal, you will likely need to evaluate whether you are eating balanced, satisfying meals. If it has been between 2 and 3 hours since your last meal, focus on snacks that are low in carbs: nonstarchy veggies, proteins, and healthy fats. If it has been more than 3 to 4 hours since your last meal, include at least 1 serving of carbs (15 grams of carbs) in addition to a veggie, protein, and/or healthy fat.

Having a snack after dinner can be helpful if eaten at least an hour or more before you go to sleep. Since it is recommended to avoid going more than 10 hours without eating, a bedtime snack containing 15 to 20 grams of carbs, combined with a protein, prevents the liver from releasing stored glucose in the bloodstream and assists in the management of fasting blood sugars the next morning.

Week 1

The first day and week of anything new can feel challenging. During this first week, I encourage you to draw inspiration from the results that will soon follow.

This week you will begin to retrain your taste buds to crave less sugar and less salt. As you begin to cook more balanced meals at home and increase the quality of the foods you are eating, you will resensitize your taste buds and foods will start to taste sweeter. Your taste buds regenerate approximately every 10 to 12 days, so after this week you will be more than halfway there!

WEEK 1 SHOPPING LIST

Before you head to the grocery store, be sure to check that you also have the pantry staples listed in chapter 3. You'll need them for every week, and they do not appear in this shopping list.

CANNED AND BOTTLED ITEMS

- Almond milk, unsweetened, plain (1 pint)
- Applesauce, unsweetened (8 ounces)
- Artichoke hearts (1 [14-ounce] can)
- Black beans, low-sodium (2 [15-ounce] cans)
- Coconut milk, unsweetened, plain (1 pint)
- Chicken broth, low-sodium (1 quart)
- Enchilada sauce (1 [10-ounce] can)
- Sundried tomatoes (½ ounce)
- Thai red curry paste (1 [4-ounce] jar)
- Tomatoes, whole (1 [28-ounce] can)
- Vegetable broth, low-sodium (1 quart)

DAIRY AND EGGS

- Cheese, cheddar, shredded (3 ounces)
- Cheese, mozzarella, shredded (1 ounce)
- Cheese, string (5 pieces)
- Cottage cheese, low-fat (1 pint)
- Eggs (18)
- Goat cheese, crumbled (5 ounces)
- Greek yogurt, plain, nonfat (1 quart plus 6 ounces)
- Yogurt, unsweetened, vanilla, nonfat (6 ounces)

FROZEN FOODS

- Cauliflower (16 ounces)

MEAT AND FISH

- Canadian bacon (2 ounces)
- Chicken breasts, boneless, skinless (2)
- Chicken legs (6)
- Salmon fillet (1 pound)
- Shrimp (8 ounces)
- Trout, whole, cleaned, deboned (2)

Fresh produce

- Apples (2)
- Arugula (1 ounce)
- Avocados (3)
- Beet (1)
- Bell pepper, green (1)
- Bell peppers, red (4)
- Berries, mixed (2 pints)
- Blueberries (1 pint)
- Brussels sprouts (1 pound)
- Carrots (1 bunch)
- Cauliflower (1 head)
- Cilantro, fresh (1 bunch)
- Cucumber (1)
- Dill, fresh (1 bunch)
- Garlic (2 heads)
- Kale (1 bunch)
- Lemons (5)
- Lettuce, leaf (1 head)
- Limes (2)
- Microgreens (1 ounce)
- Mint, fresh (1 bunch)
- Mushrooms, brown (12 ounces)
- Mushrooms, shiitake (2 or 3)
- Onion, red (1)
- Onions, yellow (5)
- Parsley, fresh (1 bunch)
- Peaches (2)
- Pepper, jalapeño (1)
- Pepper, poblano (1)
- Rosemary, fresh (1 bunch)
- Scallions (1 bunch)
- Spinach (5 ounces)
- Squash, spaghetti (1)
- Thyme, fresh (1 bunch)
- Tomato, roma (1)
- Tomatoes, cherry (1 pint)
- Vegetables for roasting such as broccoli, asparagus, bell peppers, onions, cauliflower (4 cups)
- Vegetables for snacking such as cauliflower, radishes, cucumbers, bell peppers (5 cups)
- Zucchini, small (8)

OTHER ITEMS

- Bread, whole-wheat, thin-sliced (1 loaf)
- Chocolate, dark, at least 70 percent cocoa (1 small bar)
- Chocolate chips, dark, at least 70 percent cocoa (1 ½ ounces)
- Corn tortillas, 6-inch (4)
- Hummus (8 ounces)
- Pistachios, unsalted, in-shell (16-ounce bag)
- Pita bread, whole-grain (2)
- Wine, red, dry

PREP FOR WEEK 1

These are time-saving strategies to set you up for success for the week ahead. Prepare these foods on the weekend so you will have grab-and-go options throughout the week.

- Make Breakfast Egg Bites (page 80)
- Make Chocolate-Zucchini Muffins (page 76)
- Make Chicken Tortilla Soup (page 97)
- Make Oat and Walnut Granola (page 75)—one batch will be enough for the whole month

Calorie and Carb Add-Ins

These calorie and carb add-ins are a way for you to customize your meal plan to meet your specific needs and preferences. If you feel you need more food without the carbs, choose the add-ins with fewer than 5 grams of carbs. If more carbs are okay in your personal daily meals, feel free to choose the add-ins with 10 to 20 grams of carbs. You can use this list for all four weeks of your meal plan.

100 TO 150 CALORIES WITH 10 TO 20 GRAMS OF CARBS

- ½ cup cooked quinoa
- 6 ounces plain nonfat Greek yogurt
- ½ cup shelled edamame
- ¼ cup hummus
- ½ cup black beans
- 1 ounce dark chocolate (½ ounce equals 1 to 2 squares)
- 1 cup cooked winter squash
- ¾ cup cooked green peas
- ¾ cup cooked oatmeal
- 1½ cups raspberries

100 TO 150 CALORIES WITH FEWER THAN 5 GRAMS OF CARBS

- 1 tablespoon natural nut butter
- 2 tablespoons unsalted nuts
- 2 hardboiled eggs
- 2 cups nonstarchy vegetables
- 1 to 2 ounces natural cheese
- 1 tablespoon olive or coconut oil
- ½ avocado
- ½ cup tofu
- ½ cup cottage cheese
- 3 ounces grilled chicken

MONDAY	
Breakfast	Chocolate-Zucchini Muffin (page 76) Greek Yogurt Sundae (page 73)
Snack	¼ cup walnuts, 1 piece string cheese, and ½ apple
Lunch	Chicken Tortilla Soup (page 97) Cucumber, Tomato, and Avocado Salad (page 101)
Snack	½ apple with 1 tablespoon almond butter
Dinner	Black Bean Enchilada Skillet Casserole (page 135) topped with ¼ sliced avocado Spicy Roasted Cauliflower with Lime (page 124)
Snack	Chocolate-Zucchini Muffin and 2 tablespoons walnuts

TUESDAY	
Breakfast	2 Breakfast Egg Bites (page 80) Chocolate-Zucchini Muffin, ½ cup plain nonfat Greek yogurt
Snack	½ cup blueberries and 1 piece string cheese
Lunch	Leftover Cucumber, Tomato, and Avocado Salad Leftover Black Bean Enchilada Skillet Casserole
Snack	¼ cup walnuts and 1 cup favorite nonstarchy veggies with 2 tablespoons hummus
Dinner	Easy Chicken Cacciatore (page 160) Mozzarella and Artichoke Stuffed Spaghetti Squash Bowls (page 142)
Snack	1 ounce pistachios (49 nuts)

WEDNESDAY	
Breakfast	1 serving Oat and Walnut Granola (page 75) 1 cup plain nonfat Greek yogurt
Snack	Chocolate-Zucchini Muffin and 1 piece string cheese
Lunch	Leftover Chicken Tortilla Soup topped with ¼ sliced avocado ⅓ cup black beans, Leftover Spicy Roasted Cauliflower with Lime
Snack	2 cups favorite nonstarchy vegetables with ¼ cup hummus
Dinner	Roasted Salmon with Honey-Mustard Sauce (page 194) 2 cups favorite roasted vegetables (cook alongside the salmon) ½ cup cooked quinoa
Snack	½ ounce dark chocolate and 2 tablespoons favorite nuts

THURSDAY	
Breakfast	2 Breakfast Egg Bites Chocolate-Zucchini Muffin ½ cup plain nonfat Greek yogurt
Snack	¼ cup walnuts and ½ cup favorite berries
Lunch	Leftover Black Bean Enchilada Skillet Casserole topped with ¼ sliced avocado Leftover Spicy Roasted Cauliflower with Lime
Snack	1 small apple with 1 tablespoon almond butter
Dinner	Leftover Easy Chicken Cacciatore Leftover Mozzarella and Artichoke Stuffed Spaghetti Squash Bowls
Snack	1 ounce pistachios (49 nuts)

FRIDAY	
Breakfast	Coconut-Berry Sunrise Smoothie (page 72) 2 Breakfast Egg Bites
Snack	½ cup blueberries and 1 piece string cheese
Lunch	Leftover Chicken Tortilla Soup topped with ¼ sliced avocado ⅓ cup black beans Simple green salad with Ranch Vegetable Dip and Dressing (page 239) or other healthy dressing
Snack	Chocolate-Zucchini Muffin and ¼ cup walnuts
Dinner	Leftover Roasted Salmon with Honey-Mustard Sauce 2 cups favorite roasted vegetables, ½ cup cooked quinoa
Dessert (optional)	Grilled Peach and Coconut Yogurt Bowl (page 221)

SATURDAY	
Breakfast	Brussels Sprout Hash and Eggs (page 84) 1 cup favorite berries
Snack	Chocolate-Zucchini Muffin and 1 piece string cheese
Lunch	Thai Peanut, Carrot, and Shrimp Soup (page 95) Red Pepper, Goat Cheese, and Arugula Open-Faced Grilled Sandwich (page 113)
Snack	Leftover Coconut-Berry Sunrise Smoothie
Dinner	Beet, Goat Cheese, and Walnut Pesto with Zoodles (page 132)
Dessert (optional):	Leftover Grilled Peach and Coconut Yogurt Bowl

SUNDAY	
Breakfast	Crispy Breakfast Pita with Egg and Canadian Bacon (page 82) topped with ¼ sliced avocado ½ cup favorite berries
Snack	Leftover Brussels Sprout Hash and Eggs
Lunch	Leftover Thai Peanut, Carrot, and Shrimp Soup Red Pepper, Goat Cheese, and Arugula Open-Faced Grilled Sandwich (page 113)
Snack	½ pita bread and 2 cups favorite nonstarchy vegetables with 2 tablespoons Ranch Vegetable Dip and Dressing
Dinner	Whole Veggie-Stuffed Trout (page 201)
Snack	½ cup plain nonfat Greek yogurt with 2 tablespoons crushed walnuts, 1 teaspoon ground cinnamon, and 2 tablespoons favorite berries