

Precision Natural Medicine

Borderline Diabetic/Hypoglycemic Menu Plan

Day 1

Breakfast

Multi-grain cereal w/ almond or oat milk or water,
Hand full of seeds and nuts over cereal; Vitamins;
Clean Water

10:00am Snack

Nut Butter and whole grain crackers

Lunch

Turkey meat* in pita pocket w/ any vegetable topping
(lettuce, tomato, etc.) w/ mustard, hummus (we use
this in place of mayo sometimes) & topped with
leftover grilled peppers & onions; Hand full of raw
carrots;

Quinoa salad or soup;

Apple (organic if possible); Vitamins; Clean Water

*Make sure turkey meat has no antibiotics, steroids
or preservatives used.

2:00pm Snack

Hand full of raw carrots

4:00 pm Snack

Hand full of raw nuts and seeds

Dinner

Broiled Salmon (see recipe);

Baked potato w/ Salsa or Earth Balance Spread;

Steamed corn w/ diced red & green peppers;

Vitamins; Clean Water

8:00pm Snack

Hummus and carrot sticks

Day 2

Breakfast

Oatmeal; Hand full of seeds and nuts;

Vitamins; Clean Water

10:00am Snack

Hand full of broccoli w/ dressing

Lunch

Peanut Butter (or Almond or Cashew Butter) &
Honey (this is the better option instead of jelly
because honey has a lower carbohydrate content) on
whole grain bread; Imagine Foods Tomato Soup;

Hand full of raw veggies;

Vitamins; Clean Water

2:00pm Snack

Hand Full of Seeds and Nuts

4:00pm Snack

Hummus and Whole Grain Crackers

Dinner

Chicken-Mushroom Soup (see recipe);

Small side salad (greens; bean sprouts; broccoli;
sweet red pepper; pine nuts w/ apple cider vinegar,
sea salt and pepper)

Pineapple; Clean Water; Vitamins

8:00pm Snack

Small bowl of leftover soup

Day 3

Breakfast

Same as Day 1; Vitamins; Clean Water

10:00am Snack

Instant Cup of Soup (see Brands We Use)

Lunch

Big salad from grocery store salad bar (make sure
you get enough protein by adding seeds and nuts,
eggs or some other form of protein).

Top with Annie's Natural's Goddess Dressing;

Hummus and Crackers; Vitamins; Clean Water

2:00pm Snack

Betty Lou Smacker

4:00pm Snack

Hand Full of Seeds and Nuts

Dinner

Turkey Burgers (see recipe)

Mashed potatoes; Raw carrots, broccoli, and celery
w/ dressing dip of your choice;

Grapes, Pineapple, and Kiwi fruit cup;

Clean Water; Vitamins

8:00pm Snack

Hummus and Veggie Sticks

Day 4

Breakfast

Same as Day 2; Vitamins; Clean Water

10:00am Snack

Hand full of seeds and nuts

Lunch

Leftover soup from Day 2; Hummus and Crackers;
Vitamins; Clean Water

2:00pm Snack

Avocado and Applesauce (combine in a food
processor or mini chopper and make a "pudding")

4:00pm Snack

Betty Lou Smacker

Dinner

Whole Baked Chicken w/ Annie's Bar-B-Q Sauce;
Green Bean Casserole (see recipe);

Raw broccoli; Clean Water; Vitamins

8:00pm Snack

A few bites of leftover chicken

Day 5

Breakfast

Whole grain toast w/ Peanut Butter (or other nut butter); Vitamins; Clean Water

10:00am Snack

Hummus and crackers

Lunch

Chicken Salad (see recipe) made with leftover chicken from a previous meal on whole grain bread or with whole grain crackers;
Raw veggies; mixed fruit (I like to make a big bowl of this to keep in refrigerator for a quick dessert);
Vitamins; Clean Water

2:00pm Snack

Betty Lou Smacker

4:00pm Snack

Few bites of leftover chicken salad

Dinner

Grilled Tuna (grill approx. five minutes on each side or until fish starts to flake);

Fantastic Foods Rice Pilaf; Asparagus sautéed
Bragg's Liquid Aminos (Spray with Bragg's Liquid Aminos and sauté for approx. 10–15mins).

Raw Carrots; Clean Water; Vitamins

8:00pm Snack

White Beans (see Brands We Use)

Day 6

Breakfast

Same as Day 1
Vitamins; Clean Water

10:00am Snack

Betty Lou Smacker

Lunch

Veggie burger or grilled portabella mushroom (try topping with the hummus like on "Day 1"); Spud pups by Cascadian Farms; Raw veggies; Vitamins; Clean Water

2:00pm Snack

Apple Slices and peanut butter

4:00pm Snack

Hand full of baby carrots and dressing

Dinner

Roll-ups (see recipe)
Small side salad (greens; bean sprouts; broccoli; pistachios); Clean Water; Vitamins

8:00pm Snack

Leftover Roll-ups

Day 7

Breakfast

Scrambled Eggs; Chicken Sausage;
Whole Grain Toast; Serving of fruit; Vitamins; Clean Water

10:00am Snack

Betty Lou Smacker

Lunch

Garbage Soup

Take all of your leftover vegetables or meat and add 2 cartons of chicken broth, 3 – 4 cups of tomato base (this can be a jar spaghetti sauce or stewed tomatoes or tomatoes put in a blender and pureed (my choice), 1–2 tbs. Spike all purpose seasoning, 1tbs. cumin, ½ tsp. thyme, 1 bay leaf, ½ tsp. garlic powder, 3 tbs. onion flakes. Throw it in the crock pot. Cook on low all day or on high for 3 – 4 hours or put it in a stew pot and cook for at least 30 minutes.

Hummus and Crackers or veggie sticks
Vitamins; Clean Water

2:00pm Snack

Leftover soup

4:00pm Snack

Hummus and veggie sticks

Dinner

Avocado Sandwiches (whole grain bread, spread of hummus, sliced avocado, tomatoes, cucumbers, sprouts);

Baked sweet potato or white potato (brush the skins with olive oil to keep them moist and edible);
Fruit; Vitamins; Clean Water

8:00pm Snack

Betty Lou Smacker

We purposefully did not put serving sizes on this list. Don't worry about fat grams or calories. Just eat the right KINDS of foods. Eat until you are content but not "over-stuffed".

During Snack time...you do not have to eat a lot, just a few bites to keep y our glucose levels optimal and take stress off of your body.

Remember to keep yourself to one serving of fruit per day. This may change as your body gets healthier and can handle the glucose properly.