

7-Day Low Glycemic Meal Plan

Day 1:

- **Breakfast:** Scrambled eggs with spinach and cherry tomatoes, served with whole grain toast
- **Lunch:** Grilled chicken salad with mixed greens, cucumber, bell peppers, and vinaigrette dressing
- **Snack:** Carrot sticks with hummus
- **Dinner:** Baked salmon with roasted asparagus and brown rice

Day 2:

- **Breakfast:** Overnight oats made with rolled oats, unsweetened almond milk, chia seeds, and topped with sliced strawberries
- **Lunch:** Lentil soup with a side of whole grain or almond flour crackers and a mixed green salad
- **Snack:** Apple slices with almond butter
- **Dinner:** Burrito with high fiber tortilla, lean ground turkey or beef, shredded lettuce, salsa, and avocado.

Day 3:

- **Breakfast:** Whole grain or sourdough toast with mashed avocado and poached eggs.
- **Lunch:** Quinoa salad with grilled vegetables, chickpeas, and a lemon-tahini dressing.
- **Snack:** Bell pepper slices and guacamole
- **Dinner:** Baked chicken breast with roasted Brussels sprouts and sweet potato wedges.

Day 4:

- **Breakfast:** Greek yogurt parfait with layers of yogurt, sliced peaches, and a sprinkle of low sugar granola.
- **Lunch:** Spinach and feta stuffed bell peppers (recipe below)
- **Snack:** Mixed nuts and low sugar dried fruit
- **Dinner:** Turkey chili with kidney beans, served with a green salad

Day 5:

- **Breakfast:** Smoothie made with unsweetened almond milk, spinach, ½ frozen banana, and protein powder.
- **Lunch:** Turkey and avocado wrap with high fiber tortilla, lettuce, tomato, and mustard.

- **Snack:** Cottage cheese with sliced cucumber.
- **Dinner:** Chicken stir-fry with broccoli, bell peppers, and snap peas, served over brown rice

Day 6:

- **Breakfast:** Whole grain pancakes topped with Greek yogurt and mixed berries.
- **Lunch:** Caprese salad with grilled chicken
- **Snack:** Hard-boiled egg with cucumber slices
- **Dinner:** Baked cod with roasted cauliflower and carrots

Day 7:

- **Breakfast:** Veggie omelet with mushrooms, onions, bell peppers, and a side of thin-sliced, whole grain toast
- **Lunch:** Mediterranean-style tuna salad with mixed greens, olives, tomatoes, and vinaigrette dressing
- **Snack:** Low Fat Greek yogurt with a sprinkle of cinnamon
- **Dinner:** Shrimp bowl with sautéed shrimp, mixed greens, avocado slices, and quinoa

Simple Vinaigrette Recipe:

Ingredients:

- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

Instructions:

1. In a small bowl, whisk together olive oil, balsamic vinegar, and Dijon mustard until well combined.
2. Season with salt and pepper to taste.
3. Drizzle over salads or use as a marinade for grilled vegetables or meats.

Simple Salmon Recipe:

- Preheat oven to 400°F (200°C).
- Place salmon fillets on a baking sheet lined with parchment paper.
- Drizzle with olive oil and season with salt, pepper, and your favorite herbs (such as dill or lemon zest).
- Bake for 12-15 minutes, or until salmon is cooked through and flakes easily with a fork.

Spinach and Feta Stuffed Bell Pepper Recipe:

Ingredients:

- 4 large bell peppers (any color)
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 4 cups fresh spinach leaves, chopped
- 1 cup cooked quinoa or rice
- ½ cup crumbled feta cheese
- ¼ cup grated Parmesan cheese
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Optional: Crushed red pepper flakes for added spice
- Fresh parsley or basil leaves for garnish

Instructions:

1. Preheat your oven to 375°F (190°C). Grease a baking dish with cooking spray and set aside.
2. Cut the tops off the bell peppers and remove the seeds and membranes. Rinse the peppers under cold water and pat dry with paper towels. Place the hollowed-out peppers upright in the prepared baking dish and set aside.
3. In a large skillet, heat the olive oil over medium heat. Add the chopped onion and cook until softened, about 3-4 minutes.
4. Add the minced garlic to the skillet and cook for an additional 1-2 minutes, until fragrant.
5. Stir in the chopped spinach leaves and cook until wilted, about 2-3 minutes.

6. Remove the skillet from the heat and stir in the cooked quinoa or rice, crumbled feta cheese, grated Parmesan cheese, dried oregano, salt, pepper, and optional crushed red pepper flakes. Mix until well combined.
7. Spoon the spinach and feta mixture evenly into the hollowed-out bell peppers, pressing down gently to pack the filling.
8. Place the stuffed bell peppers in the preheated oven and bake for 25-30 minutes, or until the peppers are tender and the filling is heated through.
9. Remove the stuffed bell peppers from the oven and let them cool for a few minutes before serving.
10. Garnish the stuffed bell peppers with fresh parsley or basil leaves before serving, if desired.