



WEEK 9: DIABETIC MEAL PLAN

There are nearly one million Australians over the age of 25 with diabetes, that's approximately 7.5% of the Australian population. In the last 20 years the number of Australian adults with diabetes has trebled. Incredibly, nearly 1 in 4 Australian adults has either diabetes or impaired glucose metabolism.

My opinion is that modern day Western living is mainly to blame. As recently as 80 years ago we didn't eat processed, packaged food – it was fresh, locally grown and in season. The amount of hidden sugar in our current diet is astounding with the average Australian consuming almost 20 teaspoons every single day.

Start by reading all food labels and go by my number 1 rule – if sugar, or any other word that means sugar is in the first three ingredients then don't eat it! Sugar is also called honey, sucrose, glucose, fructose, lactose, golden syrup, dextrose, fruit-juice concentrate, malt, malt extract, maltose, treacle, corn syrup, molasses, and palm sugar.

This week's menu plan will focus on healthy low glycemic index foods, plenty of fibre, low sugar, steady protein and the right type of complex carbs.

Monday	
Breakfast	1 cup Bircher muesli with berries, 2 tbsp natural yoghurt and 1 tsp chia seeds
Lunch	Zucchini frittata with a green salad
Dinner	120gr grilled lamb with quinoa tabouli
Snacks	2 ryvitas with ricotta and sprinkle cinnamon
Drinks	Hot water with lemon
Health notes	Chia seeds contain a high level of water soluble fibre which slows the rate of glucose entering the bloodstream

Tuesday	
Breakfast	1 cup untoasted muesli with berries, 1 tsp chia seeds and almond milk
Lunch	Salad of rocket, grilled pumpkin, goats cheese and toasted walnuts
Dinner	120gr grilled chicken with steamed asparagus and snow peas
Snacks	Small handful of pumpkin seeds & 8 almonds
Drinks	1 cup miso soup
Health notes	Never eat toasted muesli as it is generally loaded with sugar. I use a combination of coconut oil and stevia to coat my home made muesli and then bake it on low

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Wednesday	
Breakfast	Smoked salmon and avocado on 1 piece rye toast
Lunch	Wrap with 95gr canned tuna, lettuce, cucumber and fresh herbs
Dinner	Bean & pumpkin casserole with ½ cup brown or wild rice
Snacks	Air popped pop corn
Drinks	Lemongrass tea
Health notes	Add fresh herbs as much as you can to your foods as they are packed full of energy giving B vitamins

Thursday	
Breakfast	2 poached eggs with sautéed spinach and mushrooms
Lunch	Salad of cos lettuce, grated carrot, grated beetroot, cucumbers and 100gr canned 3 bean mix
Dinner	150gr grilled snapper with mushrooms, carrots & broccoli sprinkled with cayenne pepper
Snacks	Celery with 1 tbsp ABC spread
Drinks	200ml warm almond milk with a pinch of cinnamon
Health notes	ABC spread is a nutrient dense combination of almonds, brazils and cashews. It is high in protein and fibre

Friday	
Breakfast	1 cup seasonal fruit with 2 tbsp natural yoghurt mixed with 1 teaspoon chia seeds
Lunch	3 rice paper rolls with salmon, vegetables and rice noodles
Dinner	2 organic lamb sausages with steamed vegetables and sweet potato mash
Snacks	1 apple with 10 cashews
Drinks	Green tea
Health notes	Green tea has less caffeine and more antioxidants than coffee

Saturday	
Breakfast	2 egg omelette with tomato and parsley
Lunch	Smoothie with 1 cup almond milk, 1 tbsp natural yoghurt, 1 tsp chia seeds, ¼ tsp cinnamon, 1 banana
Dinner	Vegetable stir fry with tofu marinated in tamari & fresh ginger
Snacks	¼ avocado and 2 corn thins
Drinks	150ml carrot, celery, mint, parsley juice
Health notes	Recent research has shown that Cinnamon improves blood sugar control

Sunday	
Breakfast	½ cup cinnamon stewed fruit with quinoa puffs and almond milk
Lunch	Homemade pizza on whole meal pita bread with broccoli, sun dried tomatoes, cheese, zucchini & garlic
Dinner	2 cups of chicken & vegetable soup
Snacks	5 brazil nuts and 1 orange

Drinks	Licorice tea – naturally sweet and tasty
Health notes	Quinoa has more protein than wheat and is a much healthier alternative