



Glucose-Friendly Meal Ideas

Balanced meals
for steadier glucose



1. NOT-SWEET BREAKFAST IDEAS

EGGS + VEGETABLES

- Eggs (boiled, fried, or baked as “egg muffins”)
- Vegetables: spinach, tomatoes, zucchini, mushrooms
- Seasoning: **salt + pepper**
- Optional: 1 tsp olive oil

Tip: Egg muffins = whisk eggs + chopped veggies → bake 15–20 min.

AVOCADO + EGG

- ½ avocado
- 1–2 eggs (any style)
- Seasoning: **salt + pepper**, lemon juice optional

Why it works: Healthy fats + protein = stable morning glucose.

GREEK YOGURT BOWL

- Greek yogurt (unsweetened)
- Nuts: almonds, walnuts, pecans
- Seeds: chia, flax, pumpkin
- Optional: a few berries (avoid banana or sweet fruit)

Tip: Keep it crunchy, not sweet.

COTTAGE CHEESE BOWL

- Cottage cheese
- Small handful of berries
- Nuts or seeds

Why: High protein = steady energy.

TOFU SCRAMBLE

- Crumbled tofu
- Spinach, peppers, onions
- Seasoning: turmeric, salt, pepper

Tip: Cook like scrambled eggs.

CHIA PUDDING (SIMPLE RECIPE)

- 3 tbsp chia seeds
- ½ cup unsweetened almond milk
- Mix + leave 10 min
- Add nuts or seeds on top

Avoid: fruit puree, honey, banana.

2. BALANCED LUNCH IDEAS (WITH SAUCES + SAFE SWAPS)

CHICKEN + VEGGIES + SLOW CARBS

- Protein: chicken breast or thighs
- Veggies: roasted or steamed
- Slow carbs: **quinoa, lentils, beans, brown rice, whole grains, or protein pasta**
- Sauce: **olive oil + lemon + salt** OR **Greek yogurt + herbs**

Avoid: ketchup, sweet chili, honey mustard.

SALMON + GREENS + POTATOES

- Salmon (baked or pan-seared)
- Greens: spinach, kale, arugula
- Carbs: potatoes (boiled or roasted)
- Sauce: **olive oil + dill + lemon**

TOFU BOWL + VEGGIES + SLOW CARBS

- Tofu (pan-fried or baked)
- Veggies: broccoli, carrots, cabbage
- Carbs: **brown rice, quinoa, or protein pasta**
- Sauce: **low-sodium soy sauce + sesame oil**

LENTIL SOUP + SIDE SALAD

- Lentil soup (lentils + veggies)
- Salad with olive oil + vinegar

Why: High fiber = fewer spikes.

TURKEY WRAP (WITH SAFE SAUCE)

- Whole-grain wrap
- Turkey slices
- Veggies: lettuce, cucumber, tomato
- Sauce: **hummus** or **Greek yogurt + herbs**

Avoid: mayo, ketchup, sweet sauces.

CHICKPEA SALAD BOWL

- Chickpeas
- Veggies: cucumber, tomato, peppers
- Sauce: **olive oil + lemon + salt**

3. GLUCOSE-FRIENDLY SNACKS

Nuts

- 1 small handful
- Almonds, walnuts, pecans

Mini veggies sticks

- Carrots
- Cucumber
- Cherry tomato

Greek Yogurt

- Unsweetened
- Add nuts or seeds

Hummus + Veggies

- Carrots, cucumber, peppers

Cheese + Apple Slices

- 1 small apple
- Cheese for protein balance

Boiled Egg

- Add salt + pepper

Chia Pudding

- Same recipe as breakfast

Berries (with low Glycemic load)

- Strawberries
- Blackberries
- Raspberries

4. SWEETS (HOW TO EAT THEM SAFELY)

Always **after meals**, never alone.

Examples:

- dark chocolate + nuts
- berries + yogurt
- fruit + nuts

Tip: Pair sweets with protein or fat to reduce spikes.

5. QUICK PLATE FORMULA (WITH EXAMPLES)

Protein + Vegetables + Slow Carbs + Healthy Fats

Examples:

- Chicken + broccoli + quinoa + olive oil
- Salmon + greens + potatoes + lemon
- Tofu + veggies + brown rice + sesame oil