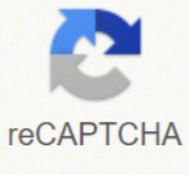




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Next

What Foods You Can and Can't Eat on a Sugar Busters Diet

ABOUT LOW CARB FOODS

Alcohol & caffeine:
Dry red wine (1 glass)
Caffeinated beverages (2-3 cups)

Forbidden carbs:
Sugar & added sugars
White bread
White flour
White rice
Most jams & jellies
Some fruit (bananas, pineapple, raisins)
Most root veggies (beets, parsnips, potatoes)
Corn

Meats, Fish, Eggs:
Lean beef
Lean lamb
Lean pork
Skinless poultry
All fish & seafood
Whole eggs

Carbohydrates:
Legumes
Low-fat dairy products
Most fruits & vegetables
Whole grain products

Fats:
Unsaturated fats emphasized
Butter in moderation
Cheese

Menu in a box MEAL PLANNING		Healthy & Budget Friendly		7 DAY MEAL PLAN				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BEFORE BREAKFAST	1/2 before you have breakfast drink 1 glass water	1/2 before you have breakfast drink 1 glass water	1/2 before you have breakfast drink 1 glass water	1/2 before you have breakfast drink 1 glass water	1/2 before you have breakfast drink 1 glass water	1/2 before you have breakfast drink 1 glass water	1/2 before you have breakfast drink 1 glass water	
BREAKFAST	Oatmeal topped with cinnamon, sulfonias & grated apple 1 cup green tea	1/2 cup oatmeal topped with 1/2 cup frozen berries 1 cup green tea	Oatmeal topped with cinnamon, sulfonias & grated apple 1 cup green tea	1/2 cup homemade oatmeal topped with 1/2 cup frozen berries 1 cup green tea	Oatmeal topped with cinnamon, sulfonias & grated apple 1 cup green tea	1/2 cup homemade oatmeal topped with 1/2 cup frozen berries 1 cup green tea	Oatmeal topped with cinnamon, sulfonias & grated apple 1 cup green tea	
SNACK	Raw vegetables served with low fat hummus dip 2 glasses water	Raw vegetables served with taba dip	Raw vegetables served with low fat hummus dip 2 glasses water	Raw vegetables served with taba dip 2 glasses water	Raw vegetables served with low fat hummus dip 2 glasses water	Raw vegetables served with taba dip 2 glasses water	Raw vegetables served with low fat hummus dip 2 glasses water	
LUNCH	English spinach, carrot & small tin of tuna 1 cup green tea 2 glasses water	Indonesian Rice 1 cup green tea 2 glasses water	Sliced chicken, cucumber & sliced tomato with balsamic vinegar 1 cup green tea 2 glasses water	English spinach, carrot & small tin of tuna 1 cup green tea 2 glasses water	Boiled egg, sliced tomato & English spinach 1 cup green tea 2 glasses water	Sliced chicken, cucumber & sliced tomato with balsamic vinegar 1 cup green tea 2 glasses water	English spinach, cucumber, tomato & chicken wrap with vegan mayonaisse 1 cup green tea 2 glasses water	
SNACK	Rice crackers, sliced tomato with cottage cheese & black pepper 1 piece of fruit 1 cup green tea 2 glasses water	1/2 cup plain yogurt & small banana 1 cup green tea 2 glasses water	Rice crackers, sliced tomato with cottage cheese & black pepper 1 piece of fruit 1 cup green tea 2 glasses water	1/2 cup plain yogurt & small banana 1 cup green tea 2 glasses water	Rice crackers, sliced tomato with cottage cheese & black pepper 1 piece of fruit 1 cup green tea 2 glasses water	1/2 cup plain yogurt & small banana 1 cup green tea 2 glasses water	Rice crackers, sliced tomato with cottage cheese & black pepper 1 piece of fruit 1 cup green tea 2 glasses water	
DINNER	*Indonesian Rice (see some aside for lunch) (make aside & freeze)	*Roast Chicken served with steam broccoli, carrot & corn on the cob (see some aside for lunch)	*Honey Lime Salmon served with steam broccoli, carrot & corn on the cob	*Oregano & Honey Chicken served with steamed snowpeas & pepper	*Indonesian Rice (take out the freezer)	* Beef & Olive Burgers	* Juicy Slice & Salad	
BEVERAGES	English Spinach - apples - avocado - tomatoes - basil - bananas - broccoli - cabbage - carrots - celery - corn on the cob - cucumber	English Spinach - in season fruit - tomatoes - bell peppers - snowpeas - avocado SNACK RICE - sulfonias - small tin of tuna - parmesan cheese - unsalted peanuts	DIET RICE - bobwhite / rolled oats - nutmeal - wholemeal burger buns - avocado - self raising flour DRINKS - green tea	DIET RICE - black pepper - balsamic vinegar - cinnamon - dijon mustard - dried oregano - honey - lime juice - minced garlic - olive oil - soy sauce - sweet chili sauce	COLD RICE - hummus dip - salsa dip - cottage cheese - plain non fat yogurt - eggs - frozen berries - BBQ Chicken - chicken thighs - ground beef - bacon rashers - sandwich ham - salmon	OTHER DRINKS	OTHER DRINKS	OTHER DRINKS

7 DAY MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 Egg, 1 Banana, 1/2 cup oatmeal, 1/2 cup water	2 Egg, 1 Banana, 1/2 cup oatmeal, 1/2 cup water	2 Egg, 1 Banana, 1/2 cup oatmeal, 1/2 cup water	2 Egg, 1 Banana, 1/2 cup oatmeal, 1/2 cup water	2 Egg, 1 Banana, 1/2 cup oatmeal, 1/2 cup water	2 Egg, 1 Banana, 1/2 cup oatmeal, 1/2 cup water	2 Egg, 1 Banana, 1/2 cup oatmeal, 1/2 cup water
Lunch	1/2 cup plain yogurt, 1/2 cup frozen berries, 1 cup green tea	1/2 cup plain yogurt, 1/2 cup frozen berries, 1 cup green tea	1/2 cup plain yogurt, 1/2 cup frozen berries, 1 cup green tea	1/2 cup plain yogurt, 1/2 cup frozen berries, 1 cup green tea	1/2 cup plain yogurt, 1/2 cup frozen berries, 1 cup green tea	1/2 cup plain yogurt, 1/2 cup frozen berries, 1 cup green tea	1/2 cup plain yogurt, 1/2 cup frozen berries, 1 cup green tea
Dinner	Roast Chicken, steam broccoli, carrot, corn on the cob	Roast Chicken, steam broccoli, carrot, corn on the cob	Honey Lime Salmon, steam broccoli, carrot, corn on the cob	Oregano & Honey Chicken, steamed snowpeas, pepper	Indonesian Rice	Beef & Olive Burgers	Juicy Slice & Salad

monthly meal planner

+ ORGANIZED GROCERY LIST

BIKINI BODY MEAL PLAN

Breakfast: 3/4 cup egg whites, 1/2 cup oatmeal made w water only, fruit

Mid-Morning: 5 oz. lean protein, 6 oz carb or 3/4 c. brown rice, 1 c. veggie

Lunch: 5 oz. lean protein, 6 oz carb or 3/4 c. brown rice, 1 c. veggie

Mid-Afternoon : 5 oz. lean protein, 6 oz carb or 3/4 c. brown rice, 1 c. veggie

Dinner: Protein shake w water only; or 3/4 c. egg white omelet w veggies

BONNYWEREHEALTHY

Photo Courtesy: @eatright/Twitter According to the American Diabetes Association, about 34 million people in the United States both adults and children live with diabetes, and a million additional people are diagnosed each year. In addition to the problem of about 88 million Americans have predisposed, a condition that often develops in type 2 diabetes if specific life changes are not made; 1287 t has done to stop the progression of the disease. Establishing a healthy lifestyle with a lot of physical exercise and a healthy diet is one of the most important components in controlling diabetes and preventing the predisposition from turning into type 2 diabetes. If you have diabetes, the key to an optimal health without complications is to keep your blood glucose level within the target range, and this starts with healthy eating habits. Food planning is an essential tool when you or someone in your family lives with diabetes. Organizing a plan and following helps to maintain control of your food choices and simplifies the preparation of meals every day. It is much easier to slip into old habits and make bad food decisions when you don't have a plan and find themselves struggling with food ideas that can be done quickly. Fortunately, many resources are available to help you put together the right plan to make meals designed to help manage your blood sugar and diabetes without sacrificing taste. Various health care and diabetes websites, such as Diabetes Food Bank sponsored by the American Diabetes Association, offer the main diabetes meal programs and recipes that make it convenient to put together your weekly menu without spending tons of time looking for ideas on your own. eMeals Planning App If you are interested in optimizing the meal planning process for precious time every week, eMeals offers breakfast, lunch and planning dinner menus created by chefs and dieticians. You can choose meals specifically designed for those with diabetes, diabetes, lean meat and fresh vegetables to help you achieve glycemic control. In addition to meal planning and recipe

assistance, the app automatically creates a shopping list based on your meal choices, you coordinate with different shopping pickup services, or you can do all your shopping yourself. emeals also offers a free process for fourteen days, so you can see if it is a good form, and has 24-hour support via live chat online or by phone. american diabetes association the diabetes food hub on the american diabetes associations 126.s (ada) website offers assistance and recipes for free meal planning. the information found on the ADAS226 website; is valuable in a multitude of ways for anyone living with diabetes. when it comes to cooking, the food hub is a practically one-stop-shop to find delicious healthy recipes that are low in carbs and saturated fats. the site is slender and easy to go to help you make the most of your time. It flows on a recipe that looks good to you automatically ticks a box with service size, calories, carbohydrates, fats and proteins for that particular recipe. If you decide to want to try it, you can store it in your recipe box on the ada site to locate it easily for a future or future. superfood and diabetes, although the term "-s" has more to do with the marketing of an official classification fda, it is not wrong to say that foods packed with heavy doses of vitamins, minerals and antioxidants deserve to be called "super".   when it comes to providing these basic nutrients and controlling blood sugar, surely won.t hurts to add some nutrient-rich supercibes to your diet. when choosing supercibes you want to eat every day, make sure you pay attention to the different values of carbohydrates and proteins infood. The beans, for example, are a little high in carbohydrates, but are worthy of occasional inclusion, thanks to the protein they provide without all the saturated fat. Also citrus fruits are higher in but they provide vitamin C, potassium, folate and fiber much needed. Despite the name, sweet potatoes are a good alternative to regular potatoes because of their vitamin A content. Dark green vegetables provide some iron, which can be important if you eat red meat. Other superfoods to be incorporated "still", with a closed eye on the carbohydrate bill include whole cereals, milk and yoghurt, berries, nuts, tomatoes and high-fat fish in omega-3 fatty acids. '160' Example of a Daily Meal PlanIf you226; I'm just learning the ropes and sands226; It is certain that a daily menu should look like for someone with diabetes, should consist of healthy fats, lean proteins and complex carbohydrates (not amides). Food choices and recipes should avoid refined carbohydrates, sugars and saturated fats. In general, does not contain content; What? it barely contains the obvious foods that go with any poor diet, such as bread meat and fries and sweets such as candy and cookies. On the contrary, a sample breakfast could consist of Greek yogurt and blueberries, followed by turkey and cheese on an entire grain pita and a mixed salad of vegetables for lunch. Dinner could be brown rice, roasted brussels sprouts and grilled pork chops. Snack could consist of fresh berries or a handful of nuts or pistachios. Meal Planning Your Way to a Healthy LifeWhen it comes to creating meals designed to help you manage your diabetes, it is generally a good idea to forget all the latest trends and fad diets and get back to the healthy food base. Whether you have diabetes or any other health condition in which your diet is important, a healthy diet plan always has some things in common. It should concentrate strongly on lean proteins (or plant proteins), non-starch vegetables, fruit, and sugar and salt At the very least. Above all, it is important to maintain blood glucose levels within the target range when you live with diabetes, and planning meals helps to do it with less space for dangerous errors. Life is complicated, but a wide range of resources can help you organize the right plan for you and your family.

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