














MASTERING
DIABETES

Weekly Meal Plan

Your Weekly Meal Plan Overview

Below is an overview of your weekly meal plan. It includes amazing breakfast, lunch, and dinner recipes for Monday through Sunday. You'll notice that some pictures are full-color and others appear transparent. The full-color recipes should be eaten and prepared fresh. Transparent pictures are designed as leftovers. All of these recipes are designed to follow the Mastering Diabetes Method and help you get your best A1c ever!

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Tahini Green Smoothie	 Asparagus Orange Breakfast Salad	 Tahini Green Smoothie	 Berry & Nut Breakfast Bowl	 Asparagus Orange Breakfast Salad	 Tahini Green Smoothie	 Berry & Nut Breakfast Bowl
Lunch	 Potato with Black Bean Hummus	 Simple Salad	 Potato with Black Bean Hummus	 Simple Salad	 Roasted Mini Potato & Kale Salad	 Cream of Celery Soup	 Miso Baked Tofu & Rice
Dinner	 Thai Cauliflower & Sweet Potato Curry	 Roasted Veggies with Cranberries & Orange	 Thai Cauliflower & Sweet Potato Curry	 Roasted Veggies with Cranberries & Orange	 Miso Baked Tofu & Rice	 Roasted Mini Potato & Kale Salad	 Cream of Celery Soup

Fruits

- 6 cups Banana (6 large)
- 6 cups Blackberries
- 1/4 cup Lemon Juice (2 Lemons)
- 1/4 cup Lime Juice (2 Limes)
- 1 cup Mango (1 medium)
- 2 cups Navel Orange (4 medium)
- 1 cup Orange Juice (3 Oranges)
- 6 cups Strawberries

Seeds, Nuts & Spices

- 2 tsps Almonds
- 3 tsps Chia Seeds
- 1 tsp Chili Powder
- 2 tsps Cinnamon
- 1 1/3 tsps Garlic Powder
- 1 tsp Hemp Seeds
- 1 tsp Paprika
- 1 tsp Pumpkin Seeds
- 2 tsps Sesame Seeds
- 2 tsps Walnuts

Frozen

- 2 cups Frozen Corn
- 1/4 cup Frozen Cranberries
- 1 cup Frozen Peas

Vegetables

- 2 cups Arugula
- 2 cups Asparagus
- 8 cups Baby Spinach
- 2 cups Brussels Sprouts
- 2 cups Carrot (3 large)
- 4 cups Cauliflower (1 head)
- 16 cups Celery (64 ribs)
- 1/2 cup Cilantro
- 2 cups Cucumber (1 large)
- 2 cups Fennel (2 bulbs)
- 2 tsps Fresh Dill
- 4 Garlic (1 bulb)
- 2 1/3 tsps Ginger
- 4 cups Kale Leaves
- 3 cups Mini Potatoes
- 3 cups Red Onion (3 medium)
- 4 cups Romaine
- 5 1/3 cups Russet Potato (8 medium)
- 3 cups Sweet Potato (3 medium)
- 2 tsps Thyme
- 2 1/2 cups Tomato
- 3 cups White Onion (3 medium)
- 2 cups Yellow Onion (2 medium)
- 4 cups Yellow Potato (3 medium)
- 2 3/4 cups Zucchini (3 medium)

Boxed & Canned

- 2 cups Black Beans
- 2/3 cup Brown Rice
- 1 1/2 cups Chickpeas
- 1/4 cup Date Syrup
- 1/3 cup Dry Red Lentils
- 1/2 cup Lite Coconut Milk
- 1 cup Salsa
- 10 1/2 cups Vegetable Broth

Condiments & Oils

- 1 1/3 tsps Miso Paste
- 3 1/2 tsps Tahini
- 1 1/3 tsps Tamari
- 1/4 cup Thai Red Curry Paste

Cold

- 8 ozs Tofu
- 1/2 cup Unsweetened Almond Milk

Other

- 10 2/3 cups Water



Tahini Green Smoothie

1 serving
10 minutes

Ingredients

- 1 cup Water
- 2 cups Baby Spinach
- 1/4 cup Zucchini (diced, frozen)
- 2 cups Banana (frozen)
- 1 1/2 tps Tahini
- 1 tsp Ginger (fresh)
- 1 tbsp Chia Seeds

Nutrition

Amount per serving	
Calories	363
Fat	8g
Carbs	64g
Fiber	5g
Protein	5g

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Frozen Zucchini: Use fresh zucchini.

No Fresh Ginger: Use a pinch of dried ginger instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.



Asparagus Orange Breakfast Salad

1 serving
15 minutes

Ingredients

- 1 cup Asparagus
- 1 cup Navel Orange
- 1/2 cup Frozen Corn
- 1 cup Zucchini
- 1 cup Carrot
- 2 cups Romaine
- 1/2 cup Red Onion
- 1/4 cup Chickpeas
- 1/4 cup Orange Juice
- 1 tsp Fresh Dill
- 1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	481
Fat	3g
Carbs	107g
Fiber	10g
Protein	11g

Directions

- 1 Place asparagus, orange, corn, squash, carrot, lettuce, red onion, and chickpeas in a bowl.
- 2 Make the dressing by whisking together the orange juice, dill and sesame seeds.
- 3 Pour the dressing over the salad, mix well, and serve.

Notes

No Chickpeas: Use any bean of preference.

Leftovers: Store pre-made salad with the dressing on the side. When ready to eat, pour dressing over salad.



Berry & Nut Breakfast Bowl

1 serving
10 minutes

Ingredients

- 3 cups Strawberries (chopped)
- 3 cups Blackberries (cut in half)
- 1 tsp Walnuts (chopped)
- 1 tsp Almonds (chopped)
- 1/2 tsp Pumpkin Seeds
- 1/2 tsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk
- 1 tsp Cinnamon (optional)

Nutrition

Amount per serving	
Calories	387
Fat	9g
Carbs	78g
Fiber	34g
Protein	11g

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top, top with cinnamon if preferred, and enjoy!

Notes

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.



Potato with Black Bean Hummus

2 servings

1 hour

Ingredients

- 2 cups Black Beans
- 1/4 cup Lime Juice
- 5 1/3 cups Russet Potato
- 1 cup Salsa

Nutrition

Amount per serving	
Calories	431
Fat	1g
Carbs	88g
Fiber	18g
Protein	17g

Directions

- 1 Preheat oven to 450°F. Bake the potatoes for about an hour, or until tender when pierced with a fork.
- 2 While the potatoes roast, blend black beans with lime juice or water to create a hummus/pureed consistency.
- 3 Serve over baked potato with your salsa of choice.



Simple Salad

2 servings
10 minutes

Ingredients

- 1 cup Frozen Peas
- 1 cup Frozen Corn
- 1 cup Mango
- 2 1/2 cups Tomato
- 2 cups Cucumber
- 1 cup Chickpeas
- 2 cups Baby Spinach
- 2 cups Arugula

Nutrition

Amount per serving	
Calories	396
Fat	3g
Carbs	81g
Fiber	13g
Protein	15g

Directions

- 1 Put all ingredients together in a bowl, layering as you like.
;
- 2 Toss well to coat flavors across all vegetables.
;
- 3 Enjoy!



Roasted Mini Potato & Kale Salad

2 servings
35 minutes

Ingredients

- 3 cups Mini Potatoes (halved)
- 2 cups Red Onion (sliced)
- 1 tsp Paprika
- 1 tsp Chili Powder
- 2 tsp Garlic Powder
- 2 tbsps Tahini
- 1/4 cup Lemon Juice (divided)
- 1 tbsp Date Syrup
- 1/3 cup Water
- 4 cups Kale Leaves (washed, chopped)

Nutrition

Amount per serving	
Calories	391
Fat	9g
Carbs	72g
Fiber	12g
Protein	11g

Directions

- 1 Preheat the oven to 425°F. Line a baking sheet with parchment paper.
- 2 In a large bowl, add the potatoes, red onion, paprika, chili powder, and garlic powder. Toss to coat and add them to the baking sheet. Cook for 20 minutes, remove, flip the potatoes and bake for 10 minutes more.
- 3 In a blender or a bowl, whisk together the tahini, half the lemon juice, date syrup, and water.
- 4 In a salad bowl, massage the kale with the remaining lemon juice.
- 5 Top with the potatoes and drizzle the tahini dressing on top. Serve and enjoy!

Notes

Leftovers: For best results, store the salad and dressing separately. Refrigerate the salad in an airtight container for up to two days. Refrigerate the dressing for up to seven days.



Cream of Celery Soup

2 servings
25 minutes

Ingredients

6 cups Vegetable Broth (low sodium)
6 cups Water
3 cups White Onion (diced)
4 cups Yellow Potato (diced)
16 cups Celery (diced, leaves reserved)
2 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	392
Fat	0g
Carbs	76g
Fiber	0g
Protein	2g

Directions

- 1 In a large pot over medium heat, add a small splash of the vegetable broth. Sauté the onions until soft and brown, stirring frequently and adding more broth as needed to prevent the onions from sticking to the pot.
- 2 Add the potato, diced celery stalk, remaining broth, water, and garlic powder. Bring to a simmer and cook for 10 minutes or until the potatoes and celery are tender.
- 3 Use a handheld blender to purée to your desired consistency. Divide into bowls or containers. Top with celery leaves and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.



Thai Cauliflower & Sweet Potato Curry

2 servings

35 minutes

Ingredients

- 2 cups Yellow Onion (chopped)
- 4 Garlic (clove, minced)
- 1 1/3 tbsps Ginger (fresh, grated or minced)
- 1/4 cup Water
- 1/4 cup Thai Red Curry Paste
- 4 cups Vegetable Broth
- 1/2 cup Lite Coconut Milk
- 1/3 cup Dry Red Lentils
- 4 cups Cauliflower (chopped into florets)
- 1 cup Sweet Potato (peeled and cut into cubes)
- 1/4 cup Cilantro (chopped, optional for garnish)

Nutrition

Amount per serving	
Calories	466
Fat	6g
Carbs	86g
Fiber	6g
Protein	13g

Directions

- 1 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 2 Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 3 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 4 Divide between bowls. Top with cilantro, if using, and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

Serve it With: Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.



Roasted Veggies with Cranberries & Orange

2 servings
35 minutes

Ingredients

- 2 cups Sweet Potato (peeled, cubed)
- 2 cups Fennel (cored, sliced)
- 2 cups Brussels Sprouts (trimmed, halved)
- 1/4 cup Frozen Cranberries
- 1/2 cup Vegetable Broth (low sodium)
- 1/2 cup Orange Juice (freshly squeezed)
- 2 tsps Thyme
- 2 tbsps Date Syrup

Nutrition

Amount per serving	
Calories	457
Fat	0g
Carbs	107g
Fiber	4g
Protein	4g

Directions

- 1 Preheat the oven to 350°F and line a baking sheet with parchment paper.
- 2 Arrange the sweet potato, fennel, brussels sprouts, and cranberries on the baking sheet. Drizzle the vegetable broth. Toss to evenly coat everything.
- 3 Bake in the oven for 30 to 35 minutes or until very tender, stirring once halfway through.
- 4 In a small mixing bowl combine the orange juice, thyme, and date syrup. Drizzle over top of the roasted veggies.
- 5 Divide between plates and enjoy!

Notes

- No Fresh Thyme:** Use another fresh herb like parsley instead.
Leftovers: Refrigerate in an airtight container for up to five days.



Miso Baked Tofu & Rice

2 servings
40 minutes

Ingredients

- 1 1/3 tbsps Miso Paste
- 1 1/3 tbsps Tamari
- 1 tbsp Date Syrup
- 8 ozs Tofu (extra firm, drained and cubed)
- 2/3 cup Brown Rice
- 1 cup Water
- 2 2/3 tbsps Cilantro (roughly chopped)

Nutrition

Amount per serving	
Calories	374
Fat	9g
Carbs	58g
Fiber	4g
Protein	19g

Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the miso paste, tamari, and date syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 3 Meanwhile, combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 4 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 5 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

Notes

Miso Paste: This recipe was developed and tested using white miso.

No Brown Rice: Use jasmine rice, white rice or cauliflower rice instead.

Leftovers: Refrigerate in an airtight container for up to five days.

Green Light Snacks

Fruits



Apples



Pears



Bananas



Peaches



Grapes



Blackberries



Strawberries



Plums



Nectarines



Raspberries

Plantains, Persimmons,
Jujubes, Figs, Kumquats,
Cherries, Oranges, Longans,
Blueberries, Tangerines,
Apricots

Chips



Pumpkins



Potatoes



Plantains



Kale



Beets



Yams

Simple Snacks



Baked
Chickpeas



Green
Peas



Cauliflower



Carrots



Celery



Cherry
Tomatoes

Frozen Treats



Grapes



Raspberries



Lentil



Mediterranean



Black Bean



Roasted
Red Pepper

Hummus by Oasis — Low-Fat

"My blood pressure has definitely lowered with using Amla green once a day."

Elaine M. My blood pressure has definitely lowered with using Amla Green once a day. I also do my best to eat a plant based diet and also walk 2-3 miles a day. I have lost about 5 lbs so I believe the combos of all of this is helping with lowering my blood pressure and also my cholesterol

#testimonial

Allison Just now While I haven't been following the diet perfectly, I have been taking the Amla and it is working. When I eat a salad most nights and use the Amla in the dressing (1 scoop with some organic apple cider vinegar) my blood sugar is way down, one morning it was 78. If I don't include the Amla with my dinner, it is a little higher, 103-117. I'm a believer!

Lower fasting blood glucose numbers thanks to using Amla!

Curb the glucose spike

Hey everyone, I'm new here. Is it ok to drink this tea 2-3 times a day? I've found if I drink it right after a meal it keeps my blood glucose levels from going up to high and they drop faster.

#testimonial #amlagreentea

Lower blood pressure Lower blood glucose

Wenjie Shuang Yes my husband and I have both seen results on 1 scoop a day. Lower BP & lower BS. We've been on it now for 5 months. Love this product.

#testimonial #amlagreentea

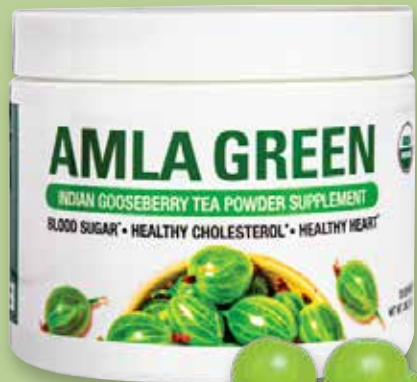
Add the World's Most Powerful Antioxidant-Rich Tea to Your Diet Today

Scientifically proven to:

- ✓ Support blood glucose control
- ✓ Support healthy blood pressure
- ✓ Support healthy cholesterol levels

Use code **masteringdiabetes20**

to receive **20% off**



www.amlagreen.com

Click here to save 20%



MASTERING
DIABETES.

Need Help and Accountability?

Learn How to Lower Your A1c by 2.0% and Lose 20 Pounds Using the Mastering Diabetes Method

Your results are guaranteed.

www.masteringdiabetes.org/coaching

Learn More

THE INSTANT BESTSELLER

PUBLISHERS WEEKLY *The New York Times* USA TODAY audible

Order your copy today!

Click on your favorite bookseller's logo to get your copy

amazon

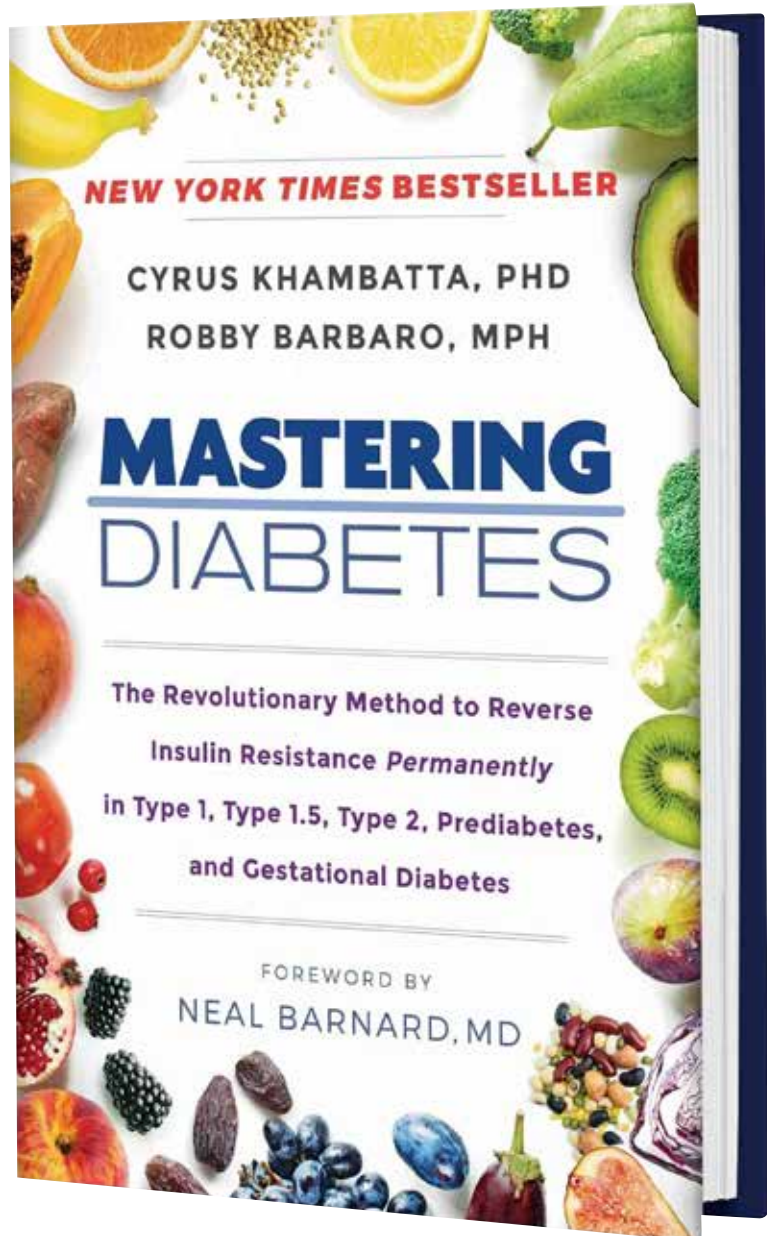
INDIEBOUND

BARNES & NOBLE

BAM!
BOOKS-A-MILLION
shop online at booksamillion.com

Book
Depository

audible



The information in this meal plan is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. The information in this document is for informational purposes only and is not intended to diagnose, treat, or cure any type of disease or condition.

Reviews and testimonials of specific diets and approaches to health represent individual experiences, and Mastering Diabetes does not guarantee any results for your specific situation.

In support of our mission, we may share resources offered by trusted partners.

Questions? mealplan@masteringdiabetes.org

www.masteringdiabetes.org