

Suggested Meal Plan to keep blood sugar stabilized

(Stabilized blood sugar helps reduce sugar and carb cravings. To read more about this go to the article <http://ahicatlanta.com/mediterranean-type-diet.html>)

Bkfst	Snack	Lunch	Snack	Dinner	Snack
Eggs scrambled with cottage cheese and spinach	Guacamole w/ blue corn chips	Chicken on a mixed greens salad (Whole Foods)	Honeydew wrapped in thin sliced ham and cheese	Chili	Shredded broccoli w/ ginger dressing
Turkey and cheddar rolls	Boiled eggs	Beef and veggie burrito bowl (Chipotle has organic meat-beans, guac, veggies, meat, cheese)	Apple w/ almond butter	Thin slice veggie pizza (make on Ezekial tortilla)	Carrots and celery w/ garlic + dill yogurt dip
Yogurt w/ vanilla stevia and almonds	Avocado + tomato salad w/ fresh mozzarella	Field greens salad w/ salmon (Whole Foods)	Melted cheddar, black bean, and salsa dip w/ blue corn chips	Grilled veggie kabobs (mushrooms, new potatoes, onion, green pepper, zucchini)	Strawberries topped w/ vanilla stevia sweetened yogurt sauce
Egg salad on celery	Hummus w/ carrots and celery	Chicken salad in an Ezekial tortilla	Tzatziki salad (yogurt, sliced cucumber, garlic, lemon, salt stirred together)	Black bean soup and a salad	Cottage cheese w/ strawberries and almonds
Yogurt with toffee stevia and walnuts	Deviled eggs (Whole Foods)	Grilled vegetable quesadilla in an Ezekial tortilla	Cantaloupe w/ cottage cheese	Eggplant mock lasagne (pre-grilled eggplant layered with tomato sauce and mozzarella)	Tuna salad on celery
Mini veggie quiches (cook in advance in a muffin tin)	Jalapeno havarti wrapped w/ Applegate farms turkey (Whole Foods)	Chicken fajitas	Hummus w/ lightly fried pita wedges	Veggie 'fries' (brush sliced zucchini, eggplant, portobellos, and sweet potato with oil, and bake in oven)	Yogurt with Ezekial cereal, berries, and vanilla stevia stirred in
Grilled bison burger topped w/ cottage cheese (Harry's)	Smoked salmon (Whole Foods)	Tuna melt wrap (Tuna salad and cheddar grilled in an Ezekial tortilla)	Cheddar cubes	Minestrone (Whole Foods)	Blueberries w/ vanilla ricemilk