



20 Meals to Manage Blood Sugar

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Shrimp Asparagus Pesto Pasta

2 servings

30 minutes

Ingredients

402 grams Asparagus (chopped into 1 inch pieces)
340 grams Shrimp (uncooked, shells on)
30 milliliters Extra Virgin Olive Oil
750 milligrams Sea Salt (or more to taste)
1 Lemon (sliced into rounds)
113 grams Chickpea Pasta
32 grams Pesto

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus: Use green beans or zucchini instead.

Vegan: Swap out the shrimp for tofu.

More Greens: Top with microgreens.



Lemon Kale Salad with Chickpeas & Avocado

2 servings

20 minutes

Ingredients

84 grams Kale Leaves (stem removed, thinly sliced)
30 milliliters Extra Virgin Olive Oil
15 milliliters Lemon Juice
2 grams Sea Salt
287 grams Chickpeas (cooked)
1 Avocado (cubed)
288 milligrams Smoked Paprika
16 grams Pumpkin Seeds

Directions

- 1 Add the kale leaves to a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 3 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavor: Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

Additional Toppings: Add sliced onion, peppers or roasted vegetables such as sweet potato.



Burrito Bowl with Quinoa Tofu Taco Filling

4 servings

35 minutes

Ingredients

85 grams Quinoa (uncooked)
227 grams Tofu (extra firm, crumbled)
30 milliliters Extra Virgin Olive Oil
7 grams Chili Powder
3 grams Cumin
1 gram Oregano
3 grams Garlic Powder
3 grams Sea Salt
260 grams Salsa (divided)
15 milliliters Lime Juice
3 grams Nutritional Yeast
2 Red Bell Pepper (sliced)
1/2 head Romaine Hearts (chopped)
172 grams Black Beans (cooked)
2 Avocado (diced)

Directions

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings: Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.



Slow Cooker Black Bean Soup

6 servings

4 hours

Ingredients

30 milliliters Extra Virgin Olive Oil
1 Yellow Onion (finely diced)
2 stalks Celery (diced)
1 Carrot (large, chopped)
6 Garlic (cloves, minced)
6 grams Cumin
900 milligrams Cayenne Pepper
1 kilogram Black Beans (cooked, drained and rinsed)
726 grams Diced Tomatoes
474 milliliters Water
2 Lime (juiced)

Directions

- 1 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 2 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

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

Serving Size: One serving equals approximately 1.5 cups.

Toppings: Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top: If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 170 grams Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Chickpea & Potato Curry

3 servings

20 minutes

Ingredients

119 milliliters Water
1 Yellow Onion (medium, chopped)
3 Garlic (cloves, minced)
6 grams Ginger (fresh, grated or minced)
6 grams Curry Powder
7 grams Garam Masala
4 grams Chili Powder
3 grams Sea Salt
328 grams Chickpeas (cooked, rinsed)
1 Yellow Potato (medium, peeled, diced)
364 milliliters Canned Coconut Milk
60 grams Baby Spinach

Directions

- 1 Heat the water in a pot over medium heat. Add onions, garlic, and ginger and cook for three to five minutes or until the onions begin to soften. Add the curry powder, garam masala, chili powder, and salt and continue to cook for another minute until fragrant.
- 2 Add the chickpeas and the potato to the pot and stir to combine. Add the coconut milk and cook for 10 to 12 minutes, stirring often to prevent sticking, until the potatoes are tender. If the potato is diced larger, it will take longer to cook.
- 3 Stir in the spinach until wilted and season with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with additional water or vegetable broth to thin if necessary.

Serving Size: One serving is approximately one cup of curry.

More Flavor: For a sweeter curry, add maple syrup or honey to taste. For a spicier curry, add red pepper flakes or cayenne pepper to taste. Use vegetable broth instead of water.

Additional Toppings: Fresh cilantro or lime wedges.

No Chickpeas: Use cooked lentils instead.



Eggplant & Zucchini Pasta

4 servings
25 minutes

Ingredients

1 Eggplant (stem removed, cubed)
1 Zucchini (cut into matchsticks)
298 grams Cherry Tomatoes (halved)
6 Garlic (cloves, chopped)
3 grams Sea Salt (divided)
30 milliliters Lemon Juice (divided)
283 grams Chickpea Pasta (dry)
30 milliliters Water (reserved from cooking pasta)
1 gram Chili Flakes
14 grams Basil Leaves (finely chopped)

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the eggplant, zucchini, tomatoes, and garlic with half the salt and then add to the baking sheet. Place in the oven and cook for 18 to 20 minutes.
- 3 Remove the veggies from the oven and toss with half of the lemon juice. Place back in the oven for eight to ten minutes or until cooked through and brown around the edges.
- 4 Meanwhile, cook the pasta according to the directions on the package.
- 5 Once cooked, strain the pasta, reserving the indicated amount of pasta water. Add the pasta water back to the pot with the chili flakes, roasted veggies, and cooked pasta. Add the remaining lemon juice and salt. Stir to combine.
- 6 Divide the pasta onto plates and top with basil. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.

Serving Size: One serving is equal to approximately 1 1/3 cup.

Additional Toppings: Top with nutritional yeast, olives, and/or black pepper.

No Basil: Omit, or use parsley.



Warm Lentil & Sweet Potato Salad

2 servings

15 minutes

Ingredients

1 Sweet Potato (medium, peeled and cut into small cubes)
158 milliliters Vegetable Broth (divided)
80 grams Red Onion (chopped)
3 Garlic (cloves, minced)
2 grams Sea Salt
60 grams Baby Spinach
396 grams Lentils (cooked, rinsed)
30 milliliters Balsamic Vinegar
15 grams Parsley (chopped, optional)

Directions

- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

Serving Size: One serving is equal to approximately 1 1/2 cups of salad.

No Sweet Potato: Use cubed butternut squash instead.



Lemony White Bean & Quinoa Bowl

2 servings

25 minutes

Ingredients

113 grams Quinoa (dry)
480 grams Cannellini Beans (drained, rinsed)
1/2 Red Bell Pepper (chopped)
40 grams Red Onion (finely chopped)
60 milliliters Lemon Juice
1/2 Garlic (clove, minced)
533 milligrams Dried Parsley
2 grams Sea Salt
1/2 Cucumber (sliced)
149 grams Cherry Tomatoes (chopped)

Directions

- 1 Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
- 2 Meanwhile, add the beans, red pepper and onion to a mixing bowl. Stir to combine.
- 3 In a jar or small bowl combine the lemon juice, garlic, parsley, and salt. Pour the dressing over the bean mixture and stir to combine. Season with additional salt or lemon juice if needed.
- 4 To serve, divide the quinoa and bean mixture between bowls along with the cucumber and tomatoes. Enjoy!

Notes

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

Additional Toppings: More lemon juice, fresh herbs, salad greens, olives, capers, or crumbled feta cheese.

No Cannellini Beans: Use another white bean or chickpeas instead.

No Quinoa: Use brown rice or cauliflower rice instead.

More Fat: Add extra virgin olive oil to the dressing.



Falafel Tahini Salad

4 servings

30 minutes

Ingredients

528 grams Green Lentils (cooked, drained and rinsed)
90 grams Tahini (divided)
8 grams Cilantro (finely chopped)
2 grams Cumin
15 milliliters Apple Cider Vinegar
6 grams Sea Salt (divided)
56 grams Unsweetened Coconut Yogurt
59 milliliters Water
226 grams Mixed Greens
142 grams Sauerkraut

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
- 3 Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
- 4 Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
- 5 Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

Notes

Leftovers: Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

Serving Size: One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

Additional Toppings: Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

No Sauerkraut: Use pickled cabbage instead.



Turkey Taco Lettuce Wraps

4 servings
25 minutes

Ingredients

15 milliliters Avocado Oil
1 Yellow Onion (diced)
454 grams Extra Lean Ground Turkey
16 grams Chili Powder
6 grams Cumin
5 grams Smoked Paprika
3 grams Garlic Powder
6 grams Sea Salt
900 milligrams Red Pepper Flakes
1 Lime (juiced)
3 Tomato (finely chopped and divided)
1 Jalapeno Pepper (seeds removed and chopped)
1 head Iceberg Lettuce (leaves pulled apart and washed)
2 Avocado (diced)

Directions

- 1 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 2 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 3 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 4 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Leftovers: Refrigerate the ingredients separately in airtight containers for up to three days.

Serving Size: One serving is approximately three tacos.

Optional Toppings: Salsa, cheese, cilantro, black beans, sour cream or guacamole.

No Iceberg Lettuce: Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians: Omit the ground meat and use cooked lentils instead.



Deconstructed Sushi Bowl

2 servings

20 minutes

Ingredients

5 milliliters Avocado Oil
388 grams Cauliflower Rice
10 milliliters Coconut Aminos
1/2 Cucumber (sliced into sticks)
1 Avocado (peeled and chopped)
4 Nori Sheets (snack size, torn into pieces)
225 grams Smoked Salmon
6 grams Sesame Seeds
28 grams Mayonnaise
225 milligrams Cayenne Pepper (optional)

Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 2 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 3 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

Notes

Leftovers: This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

No Coconut Aminos: Use tamari or soy sauce instead.



Rainbow Chopped Salad Jars

3 servings

15 minutes

Ingredients

75 grams Tahini
2 Lemon (juiced)
3 grams Sea Salt
30 milliliters Water
492 grams Chickpeas (cooked, from the can)
149 grams Cherry Tomatoes
127 grams Matchstick Carrots
1 Yellow Bell Pepper (chopped)
267 grams Purple Cabbage (chopped)

Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage: Keeps well in the fridge for up to 4 days.

No Tahini: Use a nut butter or sunflower seed butter instead.



Avocado Breakfast Toast

2 servings

25 minutes

Ingredients

- 1 Avocado (small, mashed)
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (small, sliced)
- 2 Egg (hard-boiled, peeled and sliced)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

Notes

How to Hard-Boil Eggs: Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

Gluten-Free: Use gluten-free bread.

No Hard-Boiled Eggs: Use fried, scrambled or poached eggs instead.

Likes it Spicy: Add a pinch of chili flakes or hot sauce to the mashed avocado.



Chocolate Almond Hemp Seed Porridge

1 serving

10 minutes

Ingredients

121 milliliters Canned Coconut Milk (full fat)
119 milliliters Water
8 grams Monk Fruit Sweetener
4 grams Cocoa Powder
1 milliliter Vanilla Extract
30 grams Hemp Seeds
10 grams Ground Flax Seed
12 grams Chia Seeds
16 grams Almond Butter
2 grams Unsweetened Shredded Coconut
3 grams Cacao Nibs
36 grams Strawberries

Directions

- 1 Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
- 2 Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
- 3 Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop with additional coconut milk until warmed through. This recipe can also be served chilled.

Serving Size: One serving is approximately 1 1/2 cups of porridge.

Nut-Free: Use sunflower seed or pumpkin seed butter instead of almond butter.

More Flavor: Add ground cinnamon.

Additional Toppings: Top with seeds, chopped nuts or berries.

No Coconut Milk: Use unsweetened almond milk instead.



Warm Peas with Eggs

2 servings
15 minutes

Ingredients

1/2 White Onion (diced)
44 milliliters Water
480 grams Frozen Peas
2 grams Sea Salt
4 Egg

Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

Notes

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

Serving Size: One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor: Use broth or oil instead of water.

Additional Toppings: Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



Chorizo & Squash Breakfast Hash

2 servings

30 minutes

Ingredients

- 227 grams Chorizo (casing removed)
- 140 grams Butternut Squash (chopped into small cubes)
- 2 grams Sea Salt
- 2 Egg
- 4 grams Cilantro (roughly chopped)
- 1 Avocado (sliced)

Directions

- 1 In a large cast iron skillet over medium heat, add the chorizo and break it apart with the back of a spoon until crumbled. Cook for about 5 to 7 minutes, until cooked through. Remove with a slotted spoon and set aside, leaving the fat in the pan.
- 2 Add the butternut squash and salt to the same pan. Cook for about 18 to 20 minutes, stirring every few minutes, until cooked through and crispy. Move to the sides of the pan, and crack the eggs. Cook until the whites are set and the yolks are done to your liking.
- 3 Add the chorizo back to the pan to heat it up slightly. Divide the hash between plates and top with the eggs. Add cilantro and avocado over top and enjoy!

Notes

Leftovers: Refrigerate the squash and chorizo in an airtight container for up to four days. The eggs are best enjoyed the same day.

More Flavor: Add sliced onion or garlic to the chorizo while cooking.

Meal Prep Option: Hard boil the eggs. Cook the butternut squash and chorizo ahead of time and store in airtight containers for an easy on-the-go meal.



Coconut Yogurt Chia Pudding

1 serving
30 minutes

Ingredients

113 grams Unsweetened Coconut Yogurt
36 grams Chia Seeds
60 milliliters Unsweetened Almond Milk
111 grams Frozen Strawberries
23 grams Almond Butter

Directions

- 1 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 2 Place in the fridge for 25 to 30 minutes, until thickened.
- 3 Remove from the fridge and stir in the almond butter. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to about 1 cup of chia pudding.

Nut-Free: Use tahini and coconut milk instead of almond butter and almond milk.

More Flavor: Add a pinch of cinnamon or vanilla.

Likes it Sweeter: Add a drizzle of honey or maple syrup.

No Coconut Yogurt: Use regular yogurt or Greek yogurt.



Lentil Salsa with Toast

1 serving
10 minutes

Ingredients

149 grams Green Lentils (cooked, drained and rinsed)
195 grams Salsa
1 gram Cilantro (chopped, optional)
1 slice Gluten-Free Bread (toasted)

Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

Notes

Leftovers: Refrigerate the lentil salsa in an airtight container for up to four days.

Serving Size: One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

More Flavor: Add cayenne or your choice of spices and herbs.

Additional Toppings: Avocado or plain yogurt.

No Lentils: Use chickpeas or black beans instead.



Eggs & Grapefruit Breakfast Box

1 serving
10 minutes

Ingredients

- 3 Egg
- 2 grams Butter
- 1 Grapefruit (peeled, cut into sections)
- 1/2 Avocado (medium, halved)

Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet or non-stick pan over medium-low heat and melt the butter. Add the eggs and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your liking.
- 3 Arrange the scrambled eggs, grapefruit, and avocado to a container. Enjoy!

Notes

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

More Flavor: Add paprika, salt, pepper, or your choice of herbs/spices to the scrambled eggs and avocado. Drizzle honey over top the grapefruit.

Dairy-Free: Use olive oil, coconut oil or avocado oil instead of butter.