



**5 DAY  
DIABETES-FRIENDLY**

**MEAL  
PLAN**

**FOR PEOPLE WHO LIKE REAL  
FOOD**

Brought to you by

**JULIE CUNNINGHAM**  
NUTRITION

# WELCOME

I am honored and excited that you are trusting me to be a part of your health journey.

This guide is meant to help you simplify meal planning and take away that miserable feeling that you're failing one of life's most basic functions — eating!

The Five-Day Diabetes-Friendly Meal Plan is a simple menu plus recipes and a grocery list. Meal planning will change the way you eat, the way you feel, and the way you see yourself...if you stick with it.

I encourage you to commit to planning for good health, until this process has brought you to the point that you think twice before eating something that's just not worth it. I think by then you will realize these simple steps can drive transformation in your health and in your life.

I can't wait to see your confidence grow!

*Julie*

Julie Cunningham  
Registered Dietitian and Certified  
Diabetes Care and Education  
Specialist





# THE PLAN

STEP 1: PLAN FOR SUCCESS

STEP 2: PREP WORK

STEP 3: TRY SOMETHING NEW

STEP 4: ENJOY YOUR FOOD

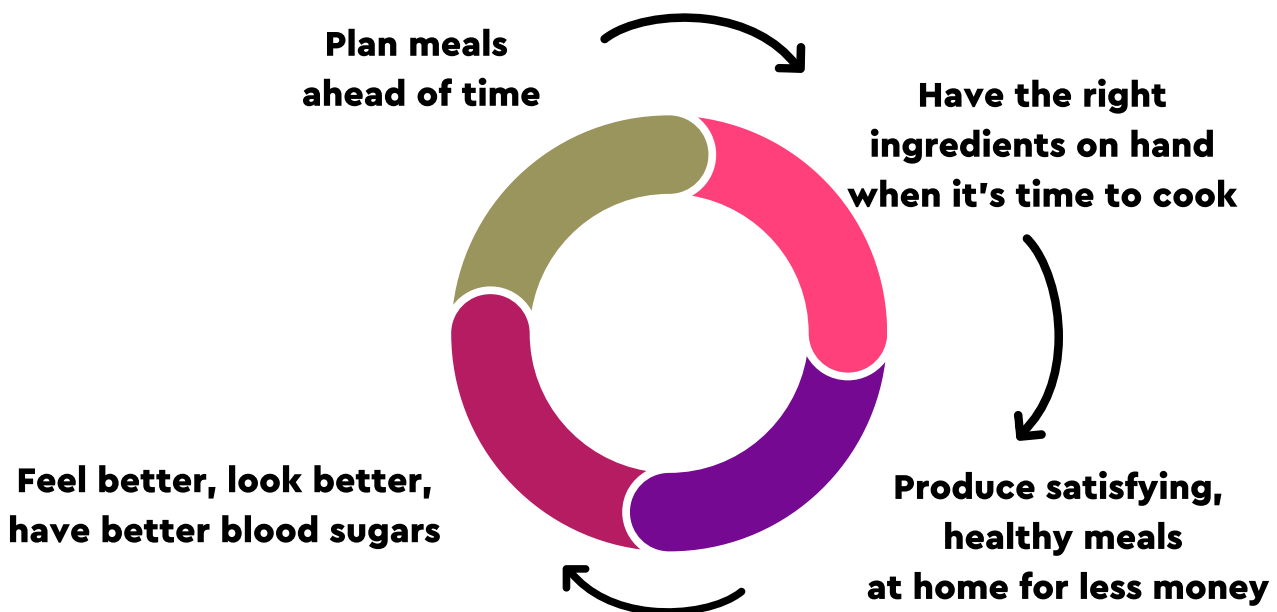
STEP 5: TROUBLESHOOTING

STEP 6: WHAT'S NEXT?

## WHY MEAL PLAN?

You know you want to eat healthier, but you feel like life is happening too fast and it's all you can do to keep up. You're barely treading water when it comes to feeding yourself and your family, and it's just too hard try to find new recipes and shop for new foods and cook unfamiliar dishes. You end up relying on the tried-and-true. The food you know how to make may not be the healthiest, but it's familiar, and familiar is comforting.

But...you're blood sugars are not where you want them to be and the number on the scale is going in the wrong direction. That's where meal planning comes in.





# STEP 1

## PLAN FOR SUCCESS

Don't be worried if trying to figure out what to eat with diabetes seems overwhelming or stressful. Many people feel that way... you're not alone.

The key to eating well with diabetes is knowing what foods raise your blood sugar and what foods don't.

For now, use the grocery list provided to shop for your ingredients ahead of time. If you have everything you need, it's a whole lot easier to get the job done.

THE FIRST  
STEP TO  
HEALTHIER  
EATING IS TO  
PLAN FOR  
SUCCESS.



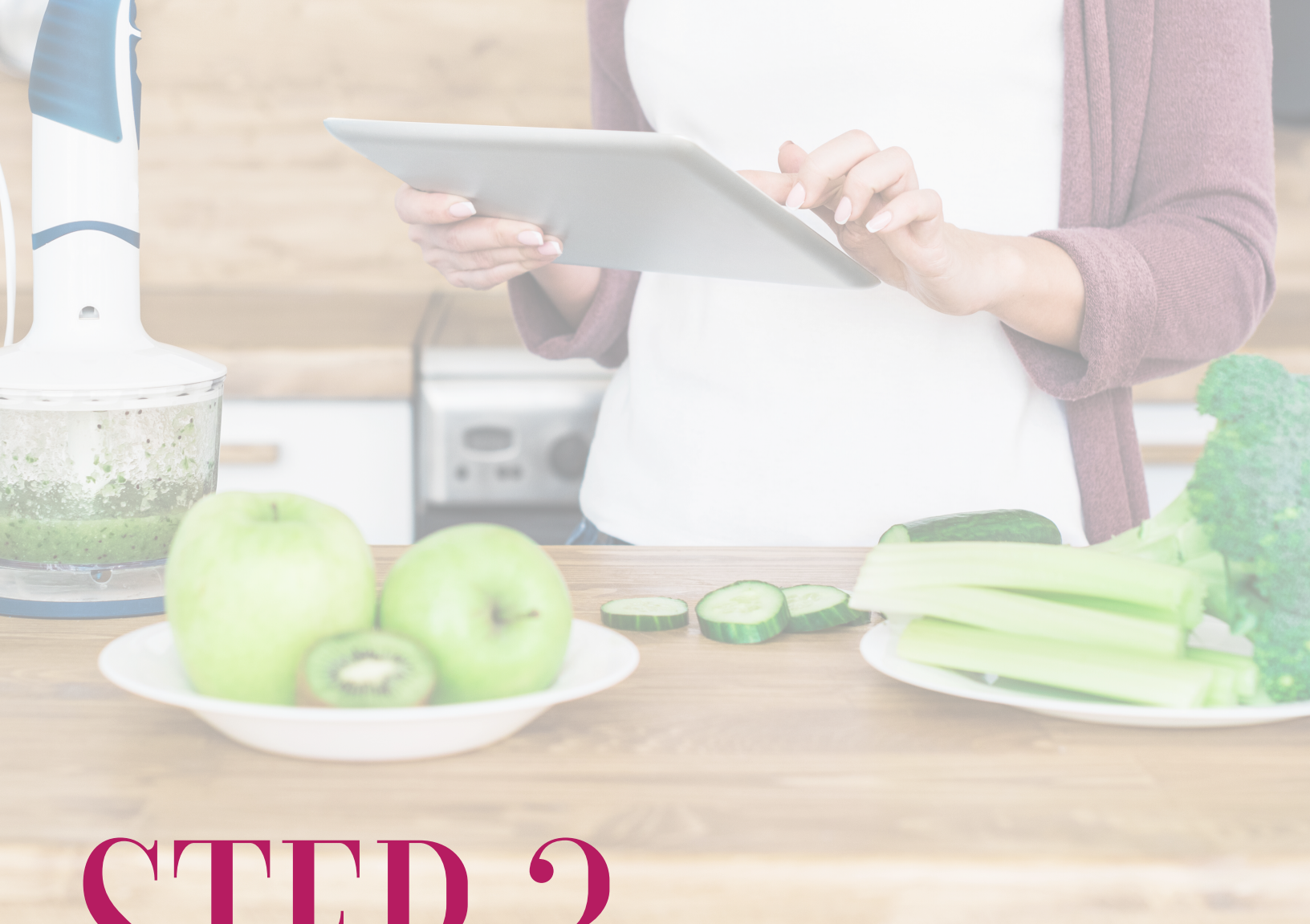
# STEP 2

## PREP WORK

Dragging in from work and starting dinner when you're starving is no fun. A better way? Get any chopping or other prep work done ahead of time, so you can make dinner as easy as possible after a long day.

If you're struggling to get your family's support on your health journey, ask them to join you in the kitchen.

GET YOUR  
WHOLE FAMILY  
INVOLVED IN  
CHOPPING AND  
PREPPING  
FOOD. KIDS LIKE  
TO EAT WHAT  
THEY COOK.



# STEP 3

## TRY SOMETHING NEW

"If you keep doing what you've always done, you'll keep getting what you've always got." I don't know who said that, but it's true.

I believe that our lives are made up of a thousand moments. If those moments aren't what we want them to be, it's up to us to change them, before those moments become the story of our lives.

"You probably won't like every new food you try, and that's OK. Keep trying, and you're sure to find some new, healthier things you do like. Before you know it, you'll have a long list of recipes that are both tasty and healthy.

LET'S KEEP IT  
SIMPLE AND  
EASY... THE  
WORST THING IS  
NOT TO FAIL, IT'S  
TO FAIL TO TRY..



# STEP 4

## ENJOY YOUR FOOD

I don't believe in going on a diet, losing weight, stopping the diet, regaining the weight, and repeating that miserable cycle all over again. I think that's harmful to our physical health as well as our mental health.

I believe you can like your food and love your body.

I want to help my clients find an eating plan that works for them permanently, and allows them to eat on special occasions like birthdays and holidays without sending their blood sugars soaring.

TO SUCCESSFULLY  
MANAGE YOUR  
HEALTH WITH  
DIABETES, YOU  
NEED AN EATING  
PLAN YOU CAN  
STICK WITH  
FOREVER



# STEP 5

## TROUBLESHOOTING

The meal plan attached is designed for anyone with type 2 diabetes who needs about 1800 calories. Since we haven't met, that's a good starting point.

Don't be discouraged if it doesn't work perfectly for you. The first step is to look at a few key areas to see what we can change to get results.

Whatever you do, don't give up! You are fabulous, and you deserve to feel that way too!

YOU MIGHT BE  
ONE  
CONVERSATION  
AWAY FROM  
AMAZING  
RESULTS





# WHATS NEXT?

## PERSONALIZED MEAL PLANS

Get ready to simplify the ENTIRE process of how you manage eating with diabetes. Position yourself for success when you get personalized meal plans tailored to you and your family. Meal plans are adjusted for food allergies, preferences, calorie and protein needs, and more.

Use your computer or phone to choose from over 5,000 recipes. Then shop with your done-for-you grocery list or order your groceries online. **Finally, get out of the cycle of diet, fail, repeat, and get on the path to better blood sugars and better health.**

WELCOME TO  
PERSONALIZED MEAL  
PLANNING, THE VIRTUAL  
SOLUTION FOR BUSY  
WOMEN WITH DIABETES  
AND PREDIABETES WHO  
WANT TO DITCH THE  
DIET AND START  
ENJOYING FOOD AND LIFE

**JUST \$27...CLICK TO LEARN MORE**



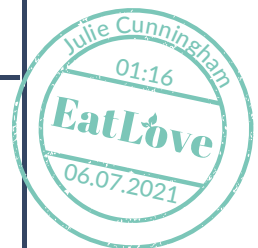
# 5 Day Meal Plan

1800 calories

## Diabetes-friendly Meal Plan

Nutrition Plan

CLIENT PROFILE	NAME
	AVOIDANCES





# Nutrition Plan

Day 1

Day 2

Day 3

Day 4

Day 5

*Julie*  
CUNNINGHAM  
NUTRITION



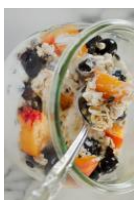
Cheddar Egg McMuffin, Pear



Strawberry Maple Overnight Oats



Morning Egg Wrap, Orange



Blueberry Peach Greek Yogurt Bowl, Raspberries



Banana Oat Pancakes



Spaghetti Lemon Pasta, Tomatoes & Cottage Cheese



Veggie Hummus Pizza with Carrot Sticks, Celery & PB



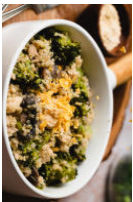
Leftover: Spaghetti Lemon Pasta, Tomatoes &



15-Minute Chicken Tostada, Guacamole Dip



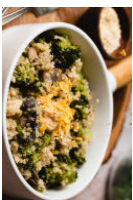
Leftover: 15-Minute Chicken Tostada,



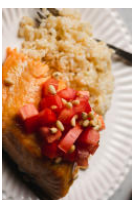
Creamy Chicken and Quinoa Skillet Casserole, Orange



Honey Mustard Salmon, Thai Cucumber Salad



Leftover: Creamy Chicken and Quinoa Skillet



Leftover: Honey Mustard Salmon, Thai Cucumber



Penne with Chicken & Veggies, Roasted Mushrooms



Strawberries & Pretzels



Orange Sprinkled with Cinnamon



Trail Mix



Hummus & Cucumber Rice Cake



Trail Mix



Sunbutter Rice Cake & Berries



Bell Pepper & Strawberries



Greek Yogurt



Grape Tomatoes



Greek Yogurt, Celery & Ranch

## Grocery List

Mini Pretzels, Unsalted

### BAKING GOODS

1 package (8 oz) of Cacao Nibs

1 package (22 oz) of Gluten-Free Oat Flour

1 package (16 oz) of Granulated Sugar

### BREADS / CEREALS

1 box (18 oz) of Corn Flakes Cereal

1 package (6 ct) of English Muffins

1/8 pounds of Granola

1/8 pounds of Rolled Oats

1 bag (6 ct) of Whole Wheat Pita Bread

### CANNED / JAR GOODS

1 can (10.75 oz) of Cream of Chicken Soup (Condensed)

1 can (16 oz) of Low-Fat Refried Beans

1 jar (18 oz) of Peanut Butter

1 jar (16 oz) of Sunflower Seed Butter

### DAIRY

1 block (12 oz) of Cheddar Cheese

1 container (16 oz) of Cottage Cheese

1 half dozen Eggs

1 container (4 oz) of Feta Cheese

1 container (8 oz) of Grated Parmesan Cheese

1 pint of Milk, 2% fat

3 containers (6 oz) of Plain Low-Fat Greek Yogurt

1 tub (5 oz) of Shredded Parmigiano Reggiano

### DELI

1 Cooked Rotisserie Chicken

1 container (10 oz) Hummus

### INTERNATIONAL / ETHNIC

1 bag (12 ct) of Corn Tortillas

1 jar (16 oz) of Salsa

5/8 ounces of Thai Chili Peppers, Red

1 package (8 ct) of Whole Wheat Tortillas



## Grocery List

### LIQUOR

---

1 bottle (750 mL) of White Wine

### MEATS / SEAFOOD

---

3/4 pounds of Boneless Skinless Chicken Breast

3/4 pounds of Salmon

1 package (10 oz) of Turkey Bacon

### PASTA / RICE / BEANS

---

1/8 pounds of Brown Rice

1/4 pounds of Quinoa

1 package (16 oz) of Spaghetti

1 package (16 oz) of Whole Wheat Penne

### PRODUCE

---

1 package (5 oz) of Arugula

1 Banana

1 pint of Blueberries

1 bunch of Broccoli

1 Carrots

1 bunch of Celery

1 quart of Cherry Tomatoes

2 Cucumber

1 bunch of Fresh Cilantro

1 bunch of Fresh Thyme

1 bulb of Garlic

1 head of Green Cabbage

1 container (12 oz) of Guacamole

1 Lemon

3 Oranges

1 Peaches

1 Pear

1 Pomegranates

1 pint of Raspberries

1 bag (6 oz) of Raw Spinach

2 Red Bell Peppers

2 Red Onions

1 quart of Strawberries

1 Tangerine

4 Tomatoes

2 packages (8 oz) of White Mushrooms

1 Yellow Onions

2 Zucchini



## Grocery List

### SNACKS

---

- |  |  |
|--|--|
| <input type="checkbox"/> 1/8 pounds of Mixed Nuts Unsalted               | <input type="checkbox"/> 1/8 pounds of Pine Nuts               |
| <input type="checkbox"/> 1 bag (8 oz) of Pistachios                      | <input type="checkbox"/> 1/8 pounds of Pumpkin Seeds (Pepitas) |
| <input type="checkbox"/> 1 bag (12 oz) of Raisins                        | <input type="checkbox"/> 1 package (4-5 oz) of Rice Cakes      |
| <input type="checkbox"/> 1 container (16 oz) of Roasted Unsalted Peanuts |  |

### SPICES / CONDIMENTS

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- |   |   |
|---|---|
| <input type="checkbox"/> 1 bottle (8-9 fl oz) of Balsamic Vinegar | <input type="checkbox"/> 1 jar (2 oz) of Cumin                    |
| <input type="checkbox"/> 1 jar (8 oz) of Dijon Mustard            | <input type="checkbox"/> 1 bottle (16 fl oz) of Distilled Vinegar |
| <input type="checkbox"/> 1 jar (0.1-1 oz) of Dried Basil          | <input type="checkbox"/> 1 jar (0.75 oz) of Dried Oregano         |
| <input type="checkbox"/> 1 jar (1-2 oz) of Dried Thyme            | <input type="checkbox"/> 1 bottle (8 fl oz) of Fish Sauce         |
| <input type="checkbox"/> 1 jar (1 oz) of Ground Cinnamon          | <input type="checkbox"/> 1 bottle (12 oz) of Honey                |
| <input type="checkbox"/> 1 bottle (12 oz) of Maple Syrup          | <input type="checkbox"/> 1 bottle (16 fl oz) of Olive Oil         |
| <input type="checkbox"/> 1 jar (1 oz) of Paprika                  | <input type="checkbox"/> 1 bottle (12 fl oz) of Ranch Dressing    |
| <input type="checkbox"/> 1 jar (1-2 oz) of Red Pepper Flakes      | <input type="checkbox"/> 1 bottle (12 oz) of Sweet Chili Sauce    |



# A DAY IN THE LIFE OF JULIE



## RISE AND SHINE!

Take a breath and slowly rise! Getting up at the same time helps regulate your sleep cycle.



## BREAKFAST

Cheddar Egg McMuffin,  
Pear

## MINDFULNESS

Take a moment to acknowledge something you're grateful and set a positive tone for the day.

**WATER**  
REMEMBER TO DRINK 8 GLASSES OF WATER PER DAY, MORE IF YOU EXERCISE.

## MAKE IT YOUR OWN

Make EatLove your own by adding your own recipes, choosing recipes for your Favorites, and tailoring the Grocery List for easy shopping.



## LUNCH

Spaghetti Lemon Pasta,  
Tomatoes & Cottage  
Cheese

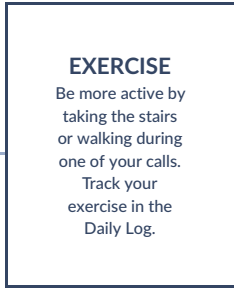
**SNACK**  
EAT A SNACK TO HELP YOU POWER THROUGH THE DAY.



## GET MOVING

## EXERCISE

Be more active by taking the stairs or walking during one of your calls. Track your exercise in the Daily Log.



## MEAL PREP



## TIME FOR BED

Slowly unwind from the long day you had. Take a few moments to consider what you were thankful for today. Sweet dreams!

**CONNECTION**  
Savor time in the evening for family and friends. Turn off distractions and focus on sharing the day's highlights.



## DINNER

Creamy Chicken and  
Quinoa Skillet Casserole,  
Orange Arugula Salad





# Spaghetti Lemon Pasta

BY RANELLE KIRCHNER, CHEF RDN

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 4 ounces spaghetti
- 1 lemon juiced
- 2 tablespoons olive oil
- 1/2 cup parmesan
- 4 cups spinach

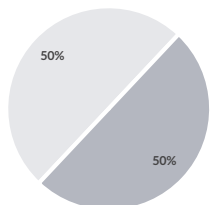
### NUTRITION INFORMATION PER SERVING

Protein 17g	Sodium 499mg
Total Fat 22g	Trans Fat 0.22g
Carbs 51g	Saturated Fat 5.9g
Calories 458kcal	Fruits 0.5 servings
Fiber 3.96g	Vegetables 1 servings
	Added Sugar 0g

## Method

1. Cook the spaghetti pasta according to the directions on the package.
2. Meanwhile, combine the lemon juice with olive oil and parmesan. Put in a large pan, big enough to hold all the spinach and heat.
3. Once hot, add the spinach and cook until wilted and keep warm. You may need to add the spinach in batches.
4. When the pasta finishes cooking, strain and combine with wilted spinach and sauce.

## PORTIONS



- Julie Cunningham 50%
- Leftovers 50%







# Tomatoes & Cottage Cheese

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1/2 cup low-fat cottage cheese
- 2 cups cherry tomatoes

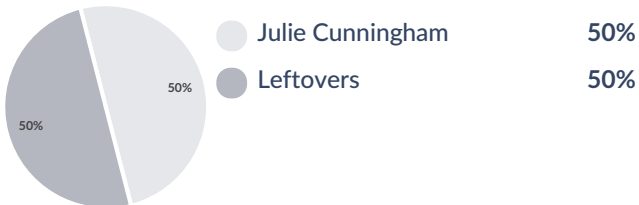
### NUTRITION INFORMATION PER SERVING

Protein 8.3g	Sodium 237mg
Total Fat 0.87g	Trans Fat 0g
Carbs 7.3g	Saturated Fat 0.41g
Calories 68kcal	Fruits 0 servings
Fiber 1.79g	Vegetables 1 servings
	Added Sugar 0g

## Method

1. Wash tomatoes and serve with cottage cheese.

## PORTIONS





# Cheddar Egg McMuffin

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Top one half of english muffin with cheddar cheese. Toast in a toaster oven
2. Heat olive oil over medium heat. Crack an egg into the pan and cook until set, about 3-4 minutes.
3. Top cheesy muffin half with tomato and fried egg. Sprinkle with pepper and top with remaining muffin half.
4. Serve with tangerine.

## INGREDIENTS

### Egg McMuffin

- 1 whole wheat english muffin toasted
- 1 egg
- 1 teaspoon olive oil
- 1 slice tomato
- 1 slice cheddar cheese
- 1 dash pepper

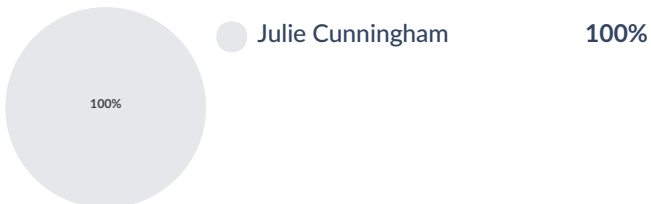
### Serve with

- 1 tangerine

### NUTRITION INFORMATION PER SERVING

Protein 17g	Sodium 396mg
Total Fat 18g	Trans Fat 0.27g
Carbs 38g	Saturated Fat 6.4g
Calories 368kcal	Fruits 0.58 servings
Fiber 4.41g	Vegetables 0.08 servings
	Added Sugar 0.89g

## PORTIONS





# Pear

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Wash, slice, and serve.

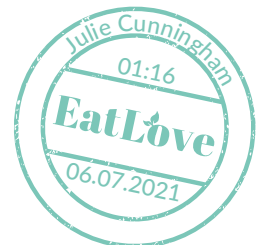
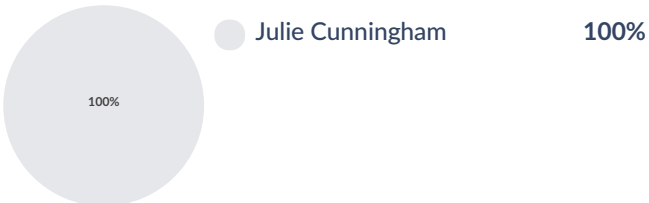
## INGREDIENTS

1/2 pear sliced

### NUTRITION INFORMATION PER SERVING

Protein 0.35g	Sodium 0.89mg
Total Fat 0.14g	Trans Fat 0g
Carbs 13g	Saturated Fat 0g
Calories 56kcal	Fruits 0.5 servings
Fiber 2.74g	Vegetables 0 servings
	Added Sugar 0g

## PORTIONS





# Creamy Chicken and Quinoa Skillet Casserole

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 1/2 cup Quinoa
- 1 cup broccoli chopped
- 1 cup mushrooms sliced
- 1 clove garlic minced
- 4 ounces boneless skinless chicken breast chopped
- 1/2 cup Cream of Chicken Soup (Condensed)
- 1/2 cup water
- 1/4 teaspoon thyme
- 2 tablespoons cornflakes crushed

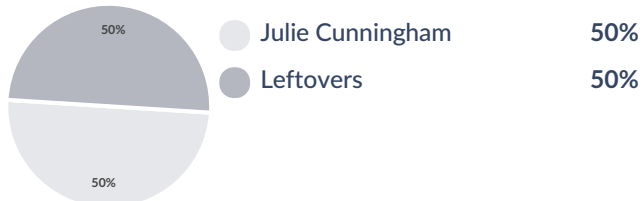
## NUTRITION INFORMATION PER SERVING

Protein 23g	Sodium 501mg
Total Fat 8g	Trans Fat 0g
Carbs 38g	Saturated Fat 1.73g
Calories 313kcal	Fruits 0 servings
Fiber 4.6g	Vegetables 1 servings
	Added Sugar 0.17g

## Method

1. Combine all ingredients except cornflakes in a large skillet.
2. Bring to a boil, then reduce heat to low. Cover and simmer until quinoa is cooked, about 15 minutes. Stir occasionally and add extra water if needed.
3. Top with crushed cornflakes and serve.

## PORTIONS





# Orange Arugula Salad

BY FEEDING THE FIYA

🕒 15 MINS | 🍴 2 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

### Salad

- 6 cups arugula
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- 1 pinch salt

### Toppings

- 1 orange supremed
- 2 tablespoons pomegranate seeds
- 1/2 red onion sliced
- 2 tablespoons feta crumbled
- 2 tablespoons pistachios crushed
- 1 dash ground black pepper

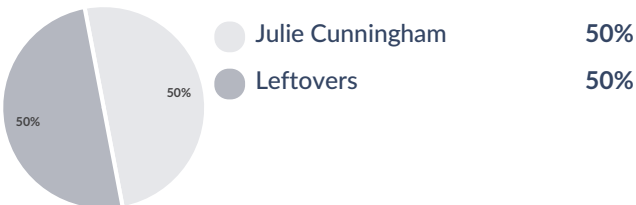
## Method

1. Mix the balsamic, extra-virgin olive oil and salt together. Then toss it with the arugula.
2. Top with desired toppings.
3. Optional note: Red onions need to be sliced and soaked in ice water for at least 15 minutes to take the rawness away.

### NUTRITION INFORMATION PER SERVING

Protein 6g	Sodium 303mg
Total Fat 20g	Trans Fat 0g
Carbs 24g	Saturated Fat 3.8g
Calories 287kcal	Fruits 0.62 servings
Fiber 6.2g	Vegetables 1.75 servings
	Added Sugar 0g

## PORTIONS





# Strawberries & Pretzels

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Place strawberries and pretzels on a plate and serve.

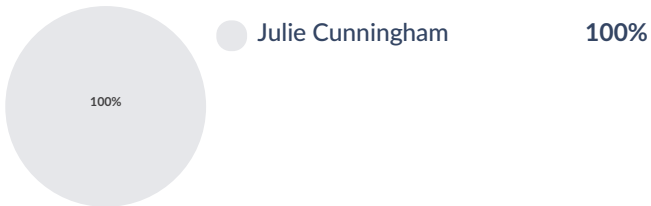
## INGREDIENTS

- 1/2 cup strawberries
- 15 minis Mini Pretzels, Unsalted

### NUTRITION INFORMATION PER SERVING

Protein 2.76g	Sodium 61mg
Total Fat 0.23g	Trans Fat 0g
Carbs 25g	Saturated Fat 0.01g
Calories 107kcal	Fruits 0.5 servings
Fiber 2.26g	Vegetables 0 servings
	Added Sugar 0g

## PORTIONS





# Sunbutter Rice Cake & Berries

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 1 rice cake
- 1 tablespoon sunflower seed butter
- 2 tablespoons raspberries

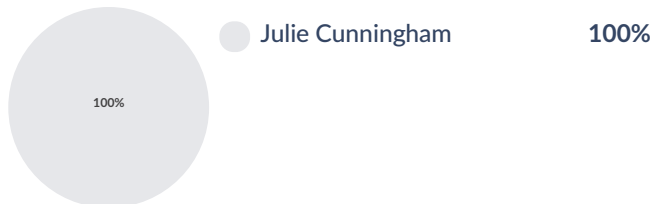
### NUTRITION INFORMATION PER SERVING

Protein 3.71g	Sodium 76mg
Total Fat 9.2g	Trans Fat 0g
Carbs 13g	Saturated Fat 0.8g
Calories 142kcal	Fruits 0.13 servings
Fiber 2.18g	Vegetables 0 servings
	Added Sugar 0g

1. Wash raspberries.
2. Spread sunflower seed butter on rice cake. Garnish with berries.

## Method

## PORTIONS





# Strawberry Maple Overnight Oats

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

### overnight oats

1/4 cup oats  
1/4 cup milk  
1/2 cup greek yogurt  
3/4 cup strawberries  
2 teaspoons maple syrup  
1/4 cup pumpkin seeds

### garnish

1/4 cup strawberries

### NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 106mg
Total Fat 22g	Trans Fat 0.07g
Carbs 51g	Saturated Fat 5.4g
Calories 483kcal	Fruits 1 servings
Fiber 5.7g	Vegetables 0 servings
	Added Sugar 8.1g

## Method

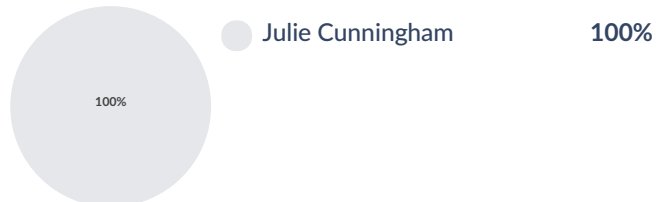
### overnight prep

1. Add oats, milk, yogurt, and maple syrup into a reusable container.
2. Stir with a spoon until well mixed.
3. Wash and slice strawberries and add them, along with pumpkin seeds, to overnight oat mixture.
4. Put mixture into refrigerator and leave overnight.

### to serve

1. Serve with strawberries the following morning.

## PORTIONS







# Orange Sprinkled with Cinnamon

BY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 1 orange sliced
- 1/4 teaspoon cinnamon

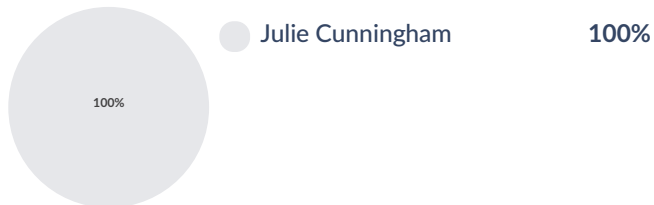
### NUTRITION INFORMATION PER SERVING

Protein 2.09g	Sodium 3.25mg
Total Fat 0.49g	Trans Fat 0g
Carbs 25g	Saturated Fat 0.06g
Calories 102kcal	Fruits 1 servings
Fiber 7.5g	Vegetables 0 servings
	Added Sugar 0g

## Method

1. Slice orange and sprinkle with cinnamon.

## PORTIONS





# Bell Pepper & Strawberries

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

1/2 cup red bell pepper sliced

1/2 cup strawberries

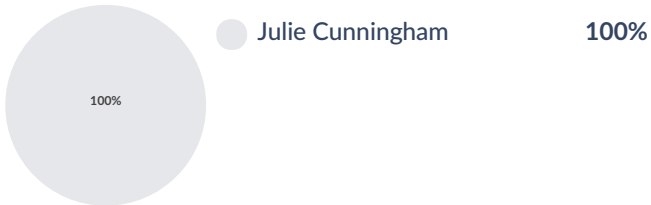
### NUTRITION INFORMATION PER SERVING

Protein 1.25g	Sodium 3.74mg
Total Fat 0.45g	Trans Fat 0g
Carbs 10g	Saturated Fat 0.03g
Calories 47kcal	Fruits 0.5 servings
Fiber 3.08g	Vegetables 0.5 servings
	Added Sugar 0g

## Method

1. Place bell pepper slices and strawberries on a plate and serve.

## PORTIONS





# Veggie Hummus Pizza with Carrot Sticks

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

1 whole wheat pita	1/4 cup zucchini sliced
1/4 cup hummus	2 tablespoons red onion sliced
1 cup spinach	1 pinch red pepper flakes
1/2 cup cherry tomatoes halved	1 carrot cut into sticks

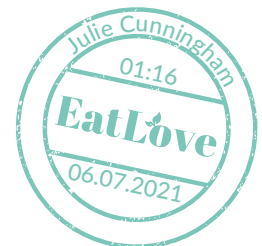
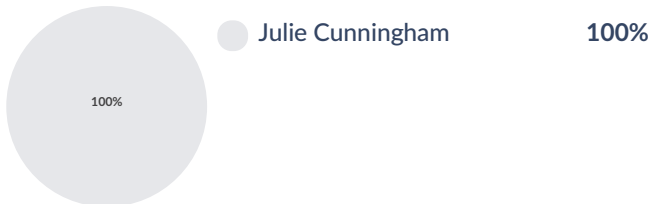
## NUTRITION INFORMATION PER SERVING

Protein 14g	Sodium 591mg
Total Fat 8.1g	Trans Fat 0g
Carbs 57g	Saturated Fat 1.25g
Calories 332kcal	Fruits 0 servings
Fiber 8.7g	Vegetables 1.99 servings
	Added Sugar 0.52g

## Method

1. Preheat oven to 350°F.
2. Spread hummus over pita and top with spinach, red onion, tomatoes, and zucchini. Place on a baking sheet and bake 10-15 minutes, until zucchini is tender.
3. Sprinkle with red pepper flakes and serve carrot sticks on the side.

## PORTIONS





# Celery & PB

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🌐 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Wash and slice celery. Serve with peanut butter.

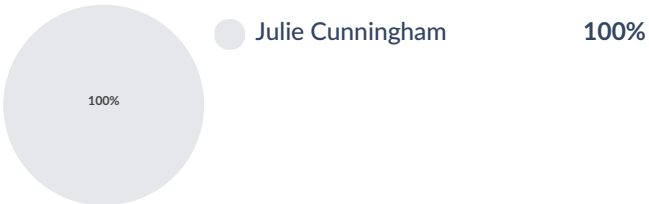
## INGREDIENTS

- 1/2 cup celery sliced
- 2 tablespoons peanut butter

### NUTRITION INFORMATION PER SERVING

Protein 7.5g	Sodium 177mg
Total Fat 17g	Trans Fat 0.02g
Carbs 8.6g	Saturated Fat 3.33g
Calories 199kcal	Fruits 0 servings
Fiber 2.41g	Vegetables 0.5 servings
	Added Sugar 0g

## PORTIONS





# Honey Mustard Salmon

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

1/4 cup brown rice	2 teaspoons dijon mustard
1/2 cup water	4 teaspoons olive oil
12 ounces salmon	4 tomatoes finely diced
2 teaspoons honey	2 tablespoons pine nuts

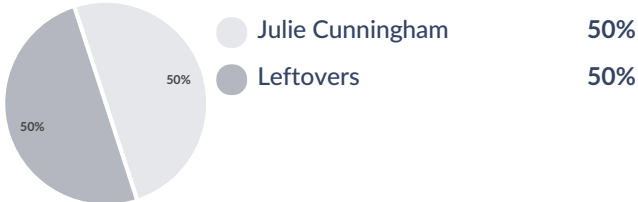
### NUTRITION INFORMATION PER SERVING

Protein 42g	Sodium 261mg
Total Fat 26g	Trans Fat 0.05g
Carbs 32g	Saturated Fat 3.87g
Calories 522kcal	Fruits 0 servings
Fiber 4.28g	Vegetables 1.37 servings
	Added Sugar 2.92g

## Method

1. Combine rice and water in a saucepan. Bring to a boil then reduce heat to simmer until rice is tender and the liquid has been absorbed, about 15-20 minutes.
2. Meanwhile, preheat the broiler. Mix together honey, mustard, and oil and spread over salmon. Broil 6-8 minutes or until cooked through.
3. Top salmon with tomato and pine nuts and serve with rice.

## PORTIONS





# Thai Cucumber Salad

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 2 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

2 cups cucumber peeled and sliced    1/2 cup red onion thinly sliced  
 2 pinches sugar    2 red chilis deseeded and diced  
 2 1/2 teaspoons white vinegar    2/3 cup cilantro chopped  
 3 teaspoons sweet chili sauce    1 1/2 tablespoons unsalted roasted peanuts  
 2 teaspoons fish sauce

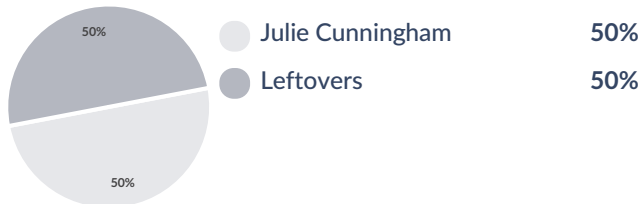
### NUTRITION INFORMATION PER SERVING

Protein 3.36g	Sodium 510mg
Total Fat 3.62g	Trans Fat 0g
Carbs 14g	Saturated Fat 0.59g
Calories 93kcal	Fruits 0 servings
Fiber 2.05g	Vegetables 1.38 servings
	Added Sugar 1.93g

## Method

1. Add sugar and vinegar to a large bowl and mix until the sugar has dissolved.
2. Add cucumber, sweet chili sauce, red onion, chili, and cilantro and toss well to combine.
3. Place in the fridge to marinate for at least 45 minutes.
4. When ready to serve, garnish with peanuts and fish sauce.

## PORTIONS





# Trail Mix

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Serve mixed nuts with raisins.

## INGREDIENTS

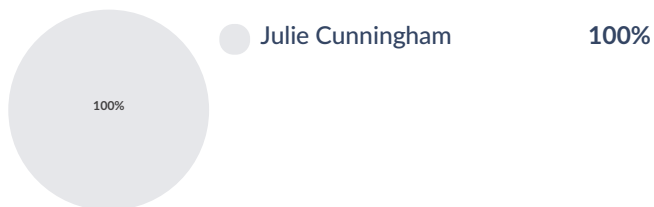
2 tablespoons mixed nuts

2 tablespoons raisins

### NUTRITION INFORMATION PER SERVING

Protein 3.99g	Sodium 3.52mg
Total Fat 8.9g	Trans Fat 0.01g
Carbs 24g	Saturated Fat 1.33g
Calories 177kcal	Fruits 0.72 servings
Fiber 2.01g	Vegetables 0 servings
	Added Sugar 0g

## PORTIONS





# Greek Yogurt

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Spoon greek yogurt into a bowl and serve.

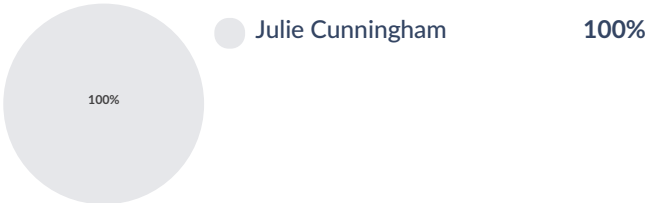
## INGREDIENTS

1/2 cup greek yogurt

### NUTRITION INFORMATION PER SERVING

Protein <b>11g</b>	Sodium <b>70mg</b>
Total Fat <b>2.51g</b>	Trans Fat <b>0g</b>
Carbs <b>6g</b>	Saturated Fat <b>1.51g</b>
Calories <b>90kcal</b>	Fruits <b>0 servings</b>
Fiber <b>0g</b>	Vegetables <b>0 servings</b>
	Added Sugar <b>0g</b>

## PORTIONS







# Morning Egg Wrap

BY EVERYDAY EATLOVE

🕒 10 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Layer tortilla with bacon, eggs, spinach, and cheese. Top with salsa and wrap.
2. Serve with blueberries.

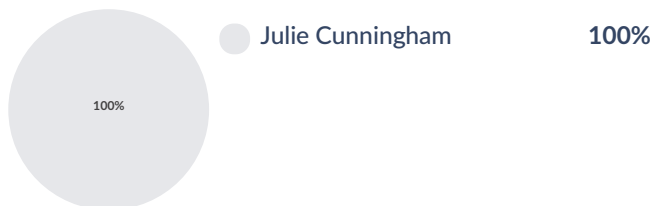
## INGREDIENTS

- 1 whole wheat tortilla
- 1 slice turkey bacon cooked and crumbled
- 1 egg cooked and scrambled
- 1/4 tablespoon cheddar cheese shredded
- 1/4 cup spinach rinsed and shredded
- 1 tablespoon salsa
- 1/2 cup blueberries rinsed

### NUTRITION INFORMATION PER SERVING

Protein 14g	Sodium 589mg
Total Fat 12g	Trans Fat 0.07g
Carbs 30g	Saturated Fat 4.71g
Calories 285kcal	Fruits 0.56 servings
Fiber 6g	Vegetables 0.26 servings
	Added Sugar 0g

## PORTIONS





# Orange

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Wash and slice orange. Serve.

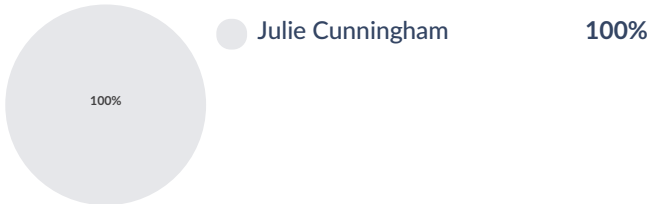
## INGREDIENTS

1 orange sliced

### NUTRITION INFORMATION PER SERVING

Protein 2.07g	Sodium 3.18mg
Total Fat 0.48g	Trans Fat 0g
Carbs 25g	Saturated Fat 0.06g
Calories 100kcal	Fruits 1 servings
Fiber 7.2g	Vegetables 0 servings
	Added Sugar 0g

## PORTIONS





# Hummus & Cucumber Rice Cake

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 2 rice cakes
- 1/4 cup hummus
- 1 cucumber sliced
- 1 dash pepper

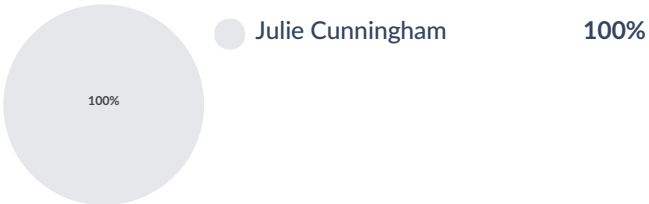
### NUTRITION INFORMATION PER SERVING

Protein 8.4g	Sodium 284mg
Total Fat 6.9g	Trans Fat 0g
Carbs 34g	Saturated Fat 1.1g
Calories 217kcal	Fruits 0 servings
Fiber 2.07g	Vegetables 2.89 servings
	Added Sugar 0g

## Method

1. Spread hummus on rice cakes and top with cucumber slices. Add a dash of pepper as desired.

## PORTIONS





# Grape Tomatoes

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Wash tomatoes and serve.

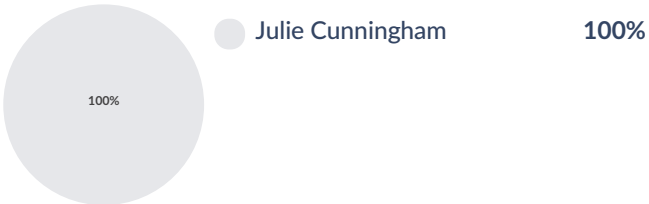
## INGREDIENTS

1 cup cherry tomatoes

### NUTRITION INFORMATION PER SERVING

Protein 1.31g	Sodium 7.5mg
Total Fat 0.3g	Trans Fat 0g
Carbs 5.8g	Saturated Fat 0.04g
Calories 27kcal	Fruits 0 servings
Fiber 1.79g	Vegetables 1 servings
	Added Sugar 0g

## PORTIONS





# Blueberry Peach Greek Yogurt Bowl

BY EATING BIRD FOOD

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 6 ounces plain Greek yogurt
- 1/4 cup blueberries
- 1 peach chopped
- 3 tablespoons granola
- 1 teaspoon cacao nibs

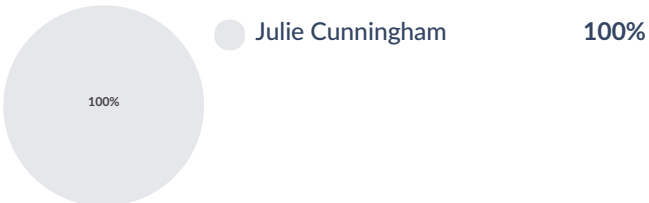
### NUTRITION INFORMATION PER SERVING

Protein 22g	Sodium 111mg
Total Fat 11g	Trans Fat 0g
Carbs 41g	Saturated Fat 4.22g
Calories 342kcal	Fruits 1.22 servings
Fiber 6g	Vegetables 0 servings
	Added Sugar 4.58g

## Method

1. Place yogurt into a bowl. Top with blueberries, peach, granola and cacao nibs. Serve.

## PORTIONS





# Raspberries

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Wash, dry and serve.

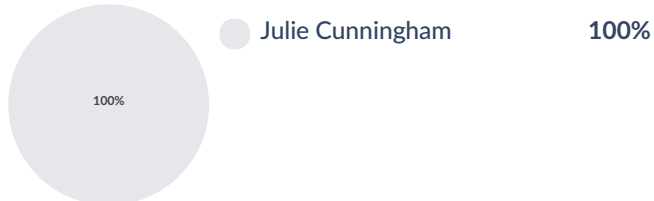
## INGREDIENTS

1 cup raspberries

### NUTRITION INFORMATION PER SERVING

Protein 1.48g	Sodium 1.23mg
Total Fat 0.8g	Trans Fat 0g
Carbs 15g	Saturated Fat 0.02g
Calories 64kcal	Fruits 1 servings
Fiber 8g	Vegetables 0 servings
	Added Sugar 0g

## PORTIONS





# 15-Minute Chicken Tostada

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

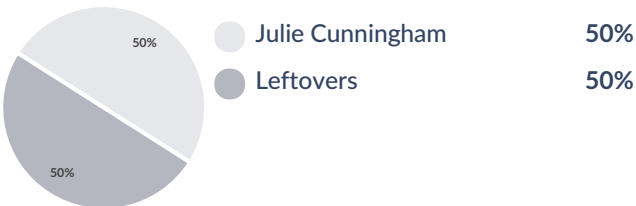
- |                                   |   |
|-----------------------------------|---|
| 4 corn tortillas                  | 1 clove garlic minced                         |
| 1 cup rotisserie chicken shredded | 1/4 cup refried black beans                   |
| 2 teaspoons olive oil             | 4 cups cabbage thoroughly rinsed and shredded |
| 1/8 red onion finely chopped      | 1/4 cup guacamole                             |
| 1 teaspoon cumin                  | 1/4 cup salsa                                 |

## NUTRITION INFORMATION PER SERVING

Protein 28g	Sodium 606mg
Total Fat 17g	Trans Fat 0.07g
Carbs 43g	Saturated Fat 3.08g
Calories 416kcal	Fruits 0 servings
Fiber 12g	Vegetables 2.3 servings
	Added Sugar 0g

- ## Method
1. Preheat oven to 375 °F.
  2. Place tortillas on a cookie sheet. Bake for 4-7 minutes, or until tortillas are crispy.
  3. While the tortillas are cooking, sauté onions, cumin and garlic in oil using a skillet until translucent about 5 minutes then add the chicken until completely warm. Remove from heat and set aside.
  4. Using the same skillet and low to medium heat, re-heat the refried beans for 5 minutes until warm.
  5. Spread tortillas with beans. Top with chicken mixture.
  6. Top with cabbage. Garnish with guacamole and salsa.

## PORTIONS





# Guacamole Dip with Veggies

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔄 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Slice the celery and cucumber into sticks for dipping. Serve with guacamole.

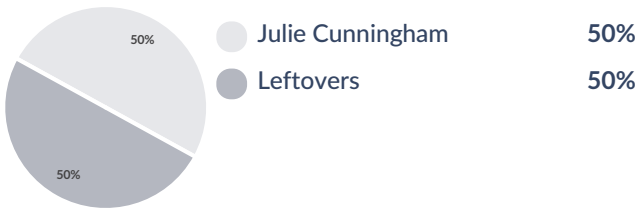
## INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 1/2 cup guacamole
- 1 cup celery
- 1 cup cucumbers

### NUTRITION INFORMATION PER SERVING

Protein 2.6g	Sodium 137mg
Total Fat 8.8g	Trans Fat 0g
Carbs 7.2g	Saturated Fat 1g
Calories 112kcal	Fruits 0 servings
Fiber 4.9g	Vegetables 1 servings
	Added Sugar 0g

## PORTIONS







# Banana Oat Pancakes

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

1 banana peeled  
1 egg  
2 tablespoons gluten-free oat flour  
2 teaspoons peanut butter  
1 teaspoon maple syrup  
2 teaspoons warm water  
1 tablespoon pumpkin seeds

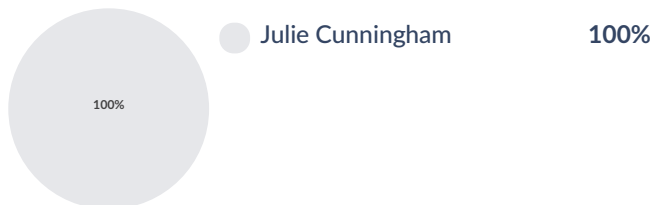
### NUTRITION INFORMATION PER SERVING

Protein 15g	Sodium 113mg
Total Fat 16g	Trans Fat 0.03g
Carbs 44g	Saturated Fat 3.73g
Calories 361kcal	Fruits 1.97 servings
Fiber 4.52g	Vegetables 0 servings
	Added Sugar 4.03g

## Method

1. Add banana, egg, and oat flour to a blender or food processor and blend until smooth. Or mash banana well until no chunks remain and mix in egg and oat flour by hand.
2. Heat a nonstick skillet over medium heat. To test if the skillet is hot enough, flick some water on the skillet. If the water sizzles, it's ready.
3. Dollop batter onto skillet. Flip when the edges are dry and the top is covered with bubbles. If the bottom of your pancake is too dark, turn the heat down.
4. Whisk together peanut butter, maple syrup, and warm water.
5. Drizzle peanut sauce on pancakes and top with pumpkin seeds.

## PORTIONS





# Penne with Chicken & Veggies

BY COOKOLOGY

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

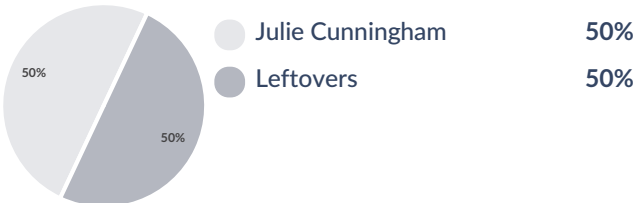
4 ounces whole wheat penne	1/2 onion sliced
1/2 tablespoon olive oil	1 zucchini sliced
1/2 pound chicken breasts	1 red bell pepper sliced
1 teaspoon paprika	1 tablespoon garlic minced
1/2 teaspoon dried oregano	1/4 cup white wine
1/2 teaspoon dried thyme	1/4 cup shredded parmesan cheese
1/2 teaspoon dried basil	1 dash salt
	1 dash pepper

## NUTRITION INFORMATION PER SERVING

Protein 40g	Sodium 318mg
Total Fat 11g	Trans Fat 0.01g
Carbs 55g	Saturated Fat 3.15g
Calories 487kcal	Fruits 0 servings
Fiber 8.8g	Vegetables 1.52 servings
	Added Sugar 0g

1. Preheat oven to 400°F.
2. Cook pasta to package directions. Drain and set aside, keeping warm.
3. In a bowl combine the paprika, oregano, thyme, and basil. Season chicken with salt and pepper, then coat in the dry rub.
4. Preheat a large saute pan over medium high heat. Add a small amount of oil and sear the chicken 2 minutes per side. Transfer to a preheated 400 degree oven and cook for 8-10 minutes. Keep warm.
5. Return the saute pan to the heat and add a small amount of oil. Saute vegetables over medium high heat for 3-4 minutes, then add the garlic and cook for 1 minute more.
6. Deglaze the pan with the wine and stir to scrape up any bits of fond off the bottom.
7. Add the cooked pasta to the sauce and warm through. Slice chicken and toss with pasta. Garnish with parmesan cheese and serve hot.

## PORTIONS





# Roasted Mushrooms

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Preheat oven to 425°F.
2. Place mushrooms on a baking sheet. Drizzle with oil and season with salt and pepper. Toss well to coat.
3. Arrange mushrooms in a single layer and roast for 5 minutes or until crisp-tender.

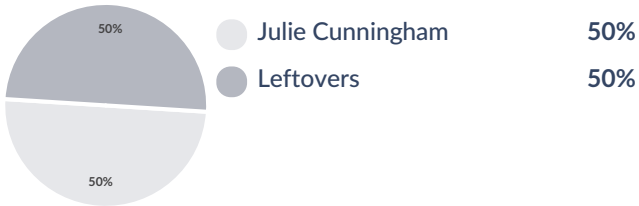
## INGREDIENTS

- 1/2 pound mushrooms sliced
- 1 tablespoon olive oil
- 1 dash salt
- 1 dash pepper

### NUTRITION INFORMATION PER SERVING

Protein 3.51g	Sodium 83mg
Total Fat 7.1g	Trans Fat 0g
Carbs 3.73g	Saturated Fat 0.99g
Calories 85kcal	Fruits 0 servings
Fiber 1.15g	Vegetables 1.51 servings
	Added Sugar 0g

## PORTIONS





# Celery & Ranch

BY EVERYDAY EATLOVE

🕒 1 MINS | 🍴 1 SERVINGS

🌐 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Wash celery and slice into bite size pieces. Serve with ranch dressing.

## INGREDIENTS

- 1/2 cup celery sliced
- 1 tablespoon ranch dressing

### NUTRITION INFORMATION PER SERVING

Protein 0.55g	Sodium 176mg
Total Fat 6.8g	Trans Fat 0.08g
Carbs 2.36g	Saturated Fat 1.07g
Calories 71kcal	Fruits 0 servings
Fiber 0.81g	Vegetables 0.5 servings
	Added Sugar 0.7g

## PORTIONS

