

# ***Better Blood Work Campaign Week 3***

## **Work this week on “Starting with Veggies”**

Did you know that if you simply change the order of your meal you will lower the glucose spike from that meal. This will not only lower blood sugar, but the overall inflammation from that meal. Just imagine if you did this meal after meal day after day. This is one simple change that has a big impact.

Bonus... If you fill up on veggies, protein and healthy fats, you might even reduce the overall amount of carbohydrates consumed at that meal.

## **A Simple Way to Take Action**

### **Start with Veggies**

*Be mindful of dressings/sauces  
and portion control.*



House salad

Caesar salad

Caprese salad

Veggies skewers

Grilled antipasti

Vegetable based soup

Parmesan roasted carrots

Cucumber bites



***Remember...*** This doesn't mean an appetizer is mandatory with your meal We've given some suggestions, but simply save the carbs for the last 1/3 to 1/4 of your meal.

