



Name \_\_\_\_\_ Date \_\_\_\_\_

Session \_\_\_\_\_

## Guided Nutrition Program BALANCING BLOOD SUGAR

1. **Share your WINS** \_\_\_\_\_

2. **Review Previous Session Goals and Food Log**

How did it work for you? Energy level? Cravings?

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3. **Past Sessions – Any questions or concerns?**

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### Handouts

- Eating without Balance
- Blood Sugar Roller Coaster
- Remember CPF
- How Often?

### Additional Handouts

- Balanced Snacks for Energy
- One Pan Chili Lime Salmon & Peppers
- Asian-Style Meatballs with Braised Cabbage

### Exercise

- Sample Balanced Meal Plan Exercise

### Recommendations for Next Session:

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# Eating without Balance

*Balance begins with Blood Sugar*



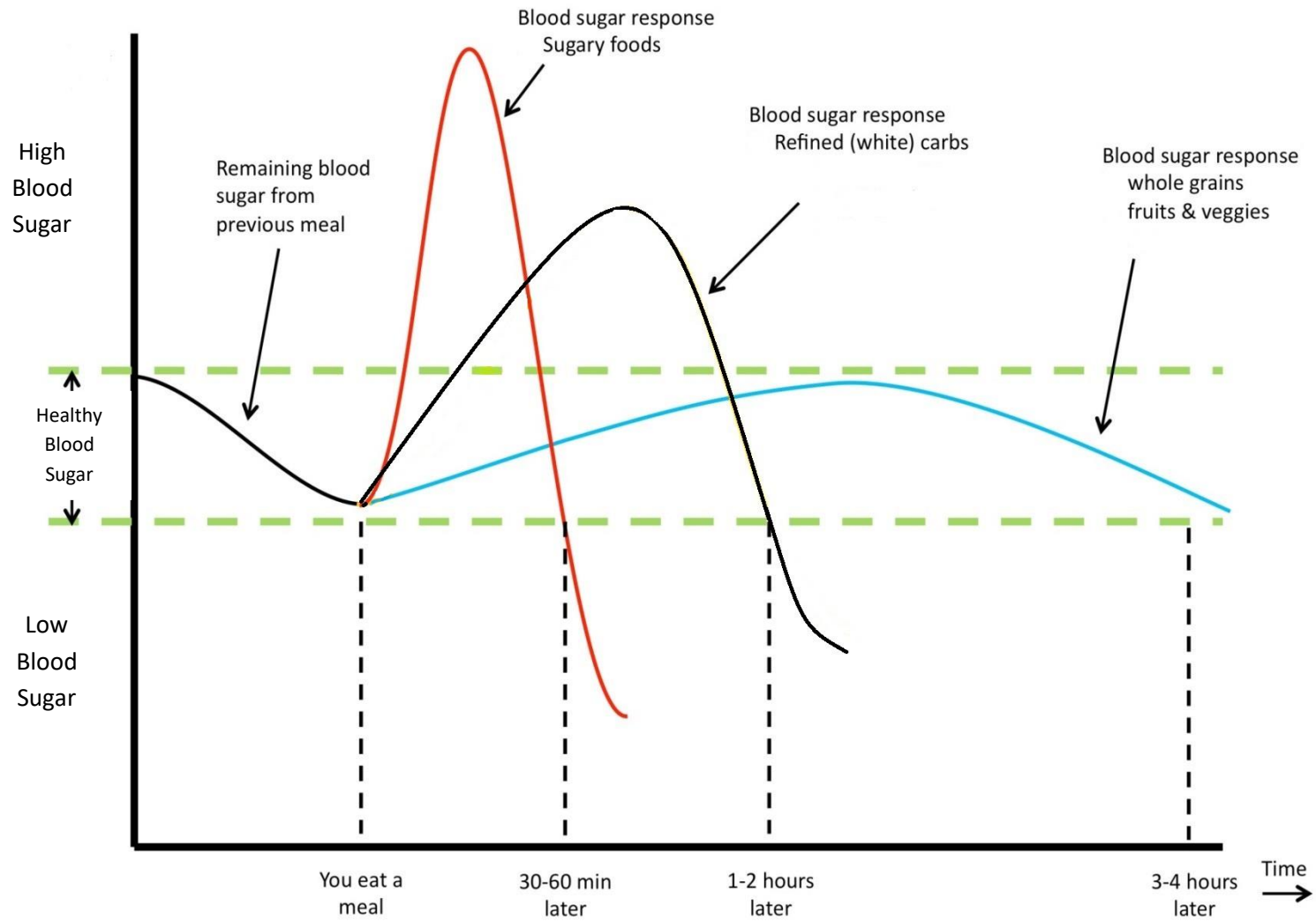
## High Blood Sugar

Fluid Retention  
Fat Storage  
Headaches  
Hormone Imbalance  
High Cholesterol  
High Blood Pressure  
Decreased Metabolism  
Insomnia  
Inflammation

## Low Blood Sugar

Fatigue  
Cravings  
Irritability  
PMS  
Hunger  
Depression  
Panic Attacks  
Night Sweats

# Blood Sugar Roller Coaster



# Remember CPF



**All essential nutrients must come from food and water and are vital for disease prevention, growth, repair and good health.**

## **The 3 Essential MACRONUTRIENTS (per meal or snack)**

### **Carbohydrates**

Vegetables – 1 to 3 cups

Fruits – 1/2 cup (half the amount of protein)

Whole Grains – 1/2 a cup (half amount of protein)

### **Proteins**

2 to 6 oz. (half a palm to whole palm-sized)

### **Fats**

1 to 2 tablespoons

¼ cup nuts, 10 olives, ¼ - ½ avocado

Eating a variety of vegetables, fruits, healthy proteins and fats, and whole grains is the best way to get enough of the six essential nutrients which also include vitamins, minerals and water.



# How Often?

Eat 5 times per Day

3 Meals and 2 Snacks

Every 3-4 hours

Eat within 30 minutes of waking up

Eat snack (with protein) within 30 min after exercise

## **GOAL**

***Balancing your meals = Balancing your Blood Sugar***

The **Standard American Diet (SAD)** promotes blood sugar imbalance and insulin resistance. Balancing your meals with quality essential nutrients will help reverse those effects.

## Balanced Snacks for Energy

1. Boiled egg, sugar snap peas and walnuts
2. ½ c plain yogurt w/berries and nuts
3. ½ c cottage cheese & sunflower seeds or cucumbers & tomatoes
4. 1-2 slices nitrate-free turkey rolled up with cream cheese (hummus or avocado) and red pepper slices
5. Green apple with 1 Tbsp peanut or almond butter (slice & shake in a baggie w/ cinnamon)
6. Tuna, chicken or egg salad (made with mayonnaise or avocado) on GF crackers
7. Slice fresh mozzarella, tomato & fresh basil leaf with olive oil and balsamic vinegar
8. Small bowl of soup, chili, or dinner leftovers
9. Celery sticks with peanut butter and nitrate-free turkey or beef jerky
10. 1-2 slices nitrate-free turkey or ham with veggies dipped in guacamole or hummus
11. 1-2 slices of chicken, carrots, sugar snap peas, cherry tomatoes in veggie dip (plain yogurt, 1 tbs dried dill, ½ tbs lemon juice, ¼ tsp sea salt to taste)
12. Dynamic Greens Shake (1 scoop Dynamic Greens, 1 scoop protein powder, 1 tbs MCT oil or powder, and cold water, coconut or almond milk and shake up.)

## One Pan Chili Lime Salmon & Peppers

- 4 (5-6 oz) wild salmon filets
- 3 medium bell peppers, any color, seeded and chopped
- 1 medium yellow onion
- ½ cup fresh lime juice (from about 4 limes)
- ¼ cup finely chopped fresh parsley
- 3 Tbsp extra-virgin olive oil
- 2 cloves garlic minced or finely grated
- 1 tsp sea salt
- 1 tsp ground cumin
- 1 tsp chili powder
- ¼ tsp crushed red pepper flakes (optional)

### Preparation

1. Preheat the oven to 400° F. Line a large baking sheet with parchment paper. Arrange the salmon, peppers and onions on the baking sheet.
2. In a medium bowl, whisk together the lime juice, parsley, olive oil, garlic, honey, salt, cumin, chili powder and crushed red pepper flakes (if using). Pour about half of the mixture over the salmon and vegetables. Gently toss the vegetables to coat and rub the mixture into the salmon. Bake for 15-20 minutes, or until the salmon is cooked through and the vegetables are just tender and browning a bit. If the fish is done before the vegetables, remove the filets from the baking sheet, cover to keep warm, and continue baking the vegetables for another 5- 10 minutes.
3. Serve the fish and vegetables with the remaining marinade alongside for drizzling.

## Asian-Style Meatballs with Braised Cabbage

### For the Meatballs

- 2 lbs. ground turkey
- 3 Tbsp coconut aminos
- 1 large shallot, minced
- 2 cloves garlic, minced or finely grated
- 3 tsp finely grated fresh ginger
- 1 tsp salt
- ¼ tsp black pepper

### For the Cabbage

- 2 Tbsp coconut oil
- 1 medium head green cabbage, cored and thinly sliced
- 1 medium yellow onion, thinly sliced
- 2 cloves garlic, minced or finely grated
- 1 cup water
- 2 Tbsp apple cider vinegar
- Sea salt to taste
- 1 Tbsp coconut aminos
- 1 Tbsp toasted sesame seeds, for garnish (optional)

### Preparation

#### Make the Meatballs

1. Preheat the oven to 400° F. Line a large baking sheet with parchment paper. In a large bowl, combine the turkey, coconut aminos, shallot, garlic, ginger, salt, and pepper. Roll into 24 meatballs and place them on the prepared baking sheet. Bake 20-25 minutes, or until browned on top and cooked through.

#### While the Meatballs Bake, Make the Cabbage

2. Heat the coconut oil in a large pot over medium-high heat. Add the cabbage and onion. Cook, stirring occasionally, until the cabbage begins to brown, about 5 minutes. Add the garlic and sauté for 1 minute. Reduce heat to low and add the water, vinegar and a generous pinch of salt. Stir to combine. Cover and cook until the water has evaporated, and the cabbage is tender, 15-20 minutes. Stir in the coconut aminos and remove pot from the heat.

3. To serve, spoon cabbage onto plates then top with meatballs. Garnish with a sprinkle of sesame seeds (if desired).



## Sample Balanced Meal Plan Exercise

BREAKFAST		LUNCH	
Carb		Carb	
Protein		Protein	
Fat		Fat	

DINNER		SNACK	
Carb		Carb	
Protein		Protein	
Fat		Fat	