

Regulating Blood Sugar

Small frequent meals allow a steady supply of energy throughout the day. Aim to include a proportion of protein in each meal, which will stabilise energy levels throughout the whole day.

EAT MORE: Wholefoods such as eggs, rainbow salads, brown rice, nuts, seeds, oats, grains, lentils, peas, beans, organic meat, water and seafood. Basically whole, complete foods as close to natural form as possible.

EAT LESS: Refined & processed food, candy, soft drinks, fruit juices, potato chips, biscuits, fried food, pastries, cakes, sweet muffins

Inspirational Ideas

Breakfast

- Wholegrain oats with LSA mix, dried nuts and seeds (available from health food shops) and Natural Yoghurt (e.g. Jalna or Vaalia).
- Hardboiled eggs with tofu and vegetable miso soup and brown rice
- Poached egg on free wholegrain bread with avocado and cheese
- Make cereal out of oat flakes, quinoa flakes, millet, rice, nuts, seeds and amaranth puffs; add your choice of milk. Check your local wholefood shop for more variety of ingredients.

Snacks

- Half a cup of natural yoghurt served with berries, banana and LSA mix (from health food shop)
- Raw nuts and seeds – Walnuts, almonds, brazil nuts, cashews, hazelnuts, sunflower seeds, pumpkin seeds, and sesame seeds
- Ricotta, lettuce and tuna on pumpernickel bread
- ABC spread (Almond, Brazil and Cashew paste) on buckwheat crisp-bread or rice cake
- Plain rice crackers or seaweed and brown rice crackers with hommus, avocado or fresh salad
- Miso soup
- Vegetable sticks (celery, carrot, cucumber, capsicum) with homemade dip (tzatziki, hommus)

Lunch

- Salad with fresh herb dressing and free-range chicken, fish or lamb
- Brown rice salad with flat leaf parsley, chopped almonds, cucumber, sesame seeds, tuna, capsicum, grated carrot, grated beetroot, and red onion, with a sesame oil dressing
- Salad and cheese sandwich in wholegrain bread
- potato and red lentil soup. Serve with a side plate of brown rice

Dinner

- Lentil curry with brown rice, natural yoghurt, cumin and cucumber
- Grilled fish and salad (with a lemon juice, garlic and flaxseed dressing)
- Mexican kidney beans and brown rice with guacamole and snow peas
- Salmon steak baked with garlic, ginger and a splash of olive oil. Serve with a mixed green salad, mushrooms and cucumber
- Vegetable and fried tofu stir fry with brown rice
- Quinoa and rice pasta with homemade tomato and vegetable lean mince sauce
- Miso soup with tofu, spring onions, potato and buckwheat noodles
- Lamb casserole with sweet potato, zucchini, eggplant, squash, green capsicum, lentils and carrots. Serve with brown rice or add extra water while cooking and serve as a soup!