



# Nutrition & Meal Planning Guide

## BLOOD SUGAR MASTERY CHALLENGE

Welcome! I'm so glad you're here. This guide is your starting point to understanding how food can work for you—not against you. If you've been feeling stuck, tired, inflamed, or constantly battling cravings, you're in the right place. What you'll learn here isn't about restriction, tracking, or cutting carbs. It's about learning how to build meals that support your blood sugar, hormones, and body composition—so you can finally feel clear, energized, and confident in your skin.

Let's make food simple, nourishing, and supportive of the goals you care about most.

## Why Blood Sugar Starts With Food

Every time you eat, you send your body a message.

The combination of protein, fat, fiber, and carbohydrates you choose impacts how quickly your blood sugar rises—and how much insulin your body releases in response. When meals are balanced, your blood sugar rises slowly and steadily, giving you lasting energy, fewer cravings, and better fat-burning throughout the day.

But when meals are unbalanced—like high-carb, low-protein breakfasts or constant snacking—your blood sugar can spike and crash, leading to that wired-but-tired feeling, stubborn fat storage (especially around the belly), and a cycle of cravings that feels impossible to break.

The good news? You can change this without tracking, cutting carbs, or eating “perfectly.”

By simply learning how to pair foods and eat in a way that stabilizes blood sugar, your entire system starts to work better—your metabolism, your hormones, and how you feel in your body every day.

## The Blood Sugar-Friendly Meal Formula

You don't need to track calories or cut out carbs to feel better. You just need to build your meals around four key elements that help keep your blood sugar steady. Here's the formula:

 **Protein** +  **Fiber (usually from non-starchy veggies)** +  **Healthy Fat** +  
 **Optional: Slow-Digesting Carb**

This combination helps you stay full, reduce cravings, and avoid the energy dips that come from blood sugar crashes.

## 🔍 Let's break it down:

### ✓ Protein

The foundation of every meal. It slows digestion, supports muscle, and blunts blood sugar spikes.

*Examples:* Eggs, chicken, turkey, beef, pork, Greek yogurt (if tolerated), protein powder, salmon, tuna

### ✓ Fiber (mostly from non-starchy veggies)

Helps slow the absorption of sugar into the bloodstream and feeds your gut.

*Examples:* Leafy greens, broccoli, zucchini, cauliflower, bell peppers, cucumbers, green beans

### ✓ Healthy Fat

Fat slows down how quickly food leaves your stomach, helping you feel satisfied and steady.

*Examples:* Avocado, olive oil, nuts, seeds, olives, coconut oil, fatty fish

### ✓ Slow-Digesting Carbs (optional)

These are nutrient-dense carbs that digest more slowly thanks to their fiber or starch structure.

*Examples:* Sweet potatoes, berries, apples, beans (if tolerated), oats, winter squash, lentils, quinoa

## How to Build a Blood Sugar-Friendly Plate



Imagine your plate divided into sections:

- $\frac{1}{2}$  the plate = **Non-starchy veggies** (fiber)  
*Think leafy greens, broccoli, peppers, cucumbers, zucchini, etc.*
- $\frac{1}{4}$  of the plate = **Protein**  
*Chicken, eggs, beef, Greek yogurt, fish, protein powder, etc.*
- $\frac{1}{8}$  of the plate = **Healthy fats**  
*Avocado, olive oil, nuts, seeds, olives, etc.*
- $\frac{1}{8}$  of the plate (optional) = **Slow-digesting carbs**  
*Potatoes, berries, oats, lentils, apples, etc.*

### ✓ Bonus Tip:

If you're not very active or are more insulin-resistant (like in perimenopause or PCOS), you may want to go lighter on starchy carbs until your blood sugar is more stable.

# Sample Meal Plan

This plan is here to give you structure and inspiration—not perfection. Feel free to mix, match, and repeat meals based on what works for your lifestyle.

Each meal is built around the formula:

**Protein + Fiber (veggies) + Healthy Fat + Optional: Slow-Digesting Carb**

## 🔑 Day 1

### **Breakfast:**

1 cup egg whites scrambled with spinach  
½ avocado  
1 cup mixed berries

### **Lunch:**

4–6 oz grilled chicken breast  
Arugula salad with 2 tsp olive oil and lemon  
6 oz roasted sweet potatoes

### **Snack (optional):**

30 g whey protein blended with unsweetened almond milk, spinach, 1 tbsp almond butter, and frozen blueberries

### **Dinner:**

4 oz 93/7 ground beef  
Steamed zucchini, peppers, and onions  
4 oz cooked brown rice

## 🔑 Day 2

### **Breakfast:**

1 cup 2% Greek yogurt  
1 tbsp chia seeds  
1 oz walnuts  
1 cup raspberries

### **Lunch:**

4–6 oz turkey breast  
2 oz hummus  
Lettuce wraps or collard leaves  
Sliced cucumber and carrots on the side

### **Snack (optional):**

2 hard-boiled eggs  
1 oz raw almonds  
1 apple

### **Dinner:**

4–6 oz baked salmon  
Roasted asparagus  
4–6 oz roasted butternut squash  
1–2 tsp olive oil drizzle

## Day 3

### Breakfast:

Smoothie with 30 g whey protein, 1 tbsp flaxseed, unsweetened almond or coconut milk, 1 frozen banana, and kale

### Lunch:

4–6 oz grilled chicken breast

Cobb-style salad: tomato, cucumber, boiled egg, ½ avocado

Red wine or balsamic vinegar

### Snack (optional):

1 cup full-fat cottage cheese

Sliced cucumber with sea salt & pepper

### Dinner:

6 oz grilled shrimp

Sautéed spinach in 1 tbsp grass-fed butter

4 oz cooked quinoa

## Blood Sugar Mastery Grocery List

(Based on 3-Day Sample Meal Plan – adjust quantities based on servings needed)

 <b>Proteins</b> <ul style="list-style-type: none"><li>● Egg whites (carton or fresh)</li><li>● Whole eggs</li><li>● 2% Greek yogurt</li><li>● Whey protein powder (unsweetened)</li><li>● Chicken breast (boneless, skinless)</li><li>● Ground beef (93/7)</li><li>● Turkey breast (sliced or cooked)</li><li>● Salmon (fresh or frozen)</li><li>● Shrimp (peeled and deveined)</li><li>● Cottage cheese (full-fat or 2%)</li></ul>	 <b>Vegetables (Fiber &amp; Volume)</b> <ul style="list-style-type: none"><li>● Spinach (fresh or frozen)</li><li>● Kale (fresh or frozen)</li><li>● Arugula</li><li>● Mixed lettuce or salad greens</li><li>● Zucchini</li><li>● Bell peppers</li><li>● Onions</li><li>● Cucumber</li><li>● Carrots</li><li>● Asparagus</li></ul>
 <b>Fruits</b> <ul style="list-style-type: none"><li>● Raspberries</li><li>● Blueberries</li><li>● Banana (for smoothies)</li><li>● Apple (small)</li></ul>	 <b>Slow-Digesting Starchy Carbs</b> <ul style="list-style-type: none"><li>● Sweet potatoes</li><li>● Butternut squash</li><li>● Brown rice</li><li>● Quinoa</li></ul>
 <b>Healthy Fats</b> <ul style="list-style-type: none"><li>● Avocados</li><li>● Olive oil</li><li>● Almond butter</li><li>● Walnuts</li><li>● Chia seeds</li><li>● Flaxseed (ground)</li><li>● Grass-fed butter</li><li>● Raw almonds</li><li>● Hummus</li></ul>	 <b>Extras / Pantry Items</b> <ul style="list-style-type: none"><li>● Unsweetened almond milk or coconut milk</li><li>● Sea salt, pepper, and other spices</li><li>● Lemon or balsamic vinegar (for salads)</li></ul>

## Meal Prep & Planning Tips

Eating for balanced blood sugar doesn't mean spending hours in the kitchen. A little prep goes a long way—and it makes healthy choices easier in the moment. Here's how to set yourself up for success:

### 1. Pick 2–3 proteins to prep for the week

Grill chicken, brown some ground beef or turkey, or bake a tray of salmon. Store in glass containers to mix and match with different veggies and carbs throughout the week.

### 2. Chop veggies in advance

Pre-wash and chop things like peppers, zucchini, cucumbers, and leafy greens so they're ready to grab and go. You can also buy pre-chopped or frozen to save time.

### 3. Roast your carbs while you cook your proteins

Sweet potatoes, butternut squash, or quinoa can roast or simmer while your protein is on the stove. Make extra to reuse for lunches and dinners.

### 4. Create a “snack shelf” or basket

Keep grab-and-go options like boiled eggs, almonds, Greek yogurt, or protein smoothies accessible so you always have something balanced on hand.

### 5. Use the Blood Sugar Meal Formula

Not sure what to eat? Just plug foods into the formula:

#### **Protein + Fiber + Fat + (Optional Carb)**

It's like a puzzle—easy to repeat without tracking or overthinking.

## What to Watch For

Even when meals look “healthy,” they might not be working for *you* if your blood sugar is still swinging too high or low. Here are some signs your meals may need adjusting—and what to do about it.

### ▶ Signs Your Blood Sugar Isn't Balanced:

- You're starving an hour or two after eating
- You feel tired or foggy after meals
- You have intense cravings for sugar or carbs, especially in the afternoon or evening
- You feel wired but exhausted, or crash mid-morning or mid-afternoon
- You wake up tired even after 7–8 hours of sleep
- Your fat loss has stalled despite “eating clean” or working out

### ✓ Simple Fixes to Try:

- **Add more protein:** Most women are under-eating protein. Try increasing your portion to 30g+ per meal.

- **Include more fiber or volume from veggies:** This helps slow digestion and keeps you full longer.
- **Add healthy fat:** If your meals feel light or you're always hungry, a little fat (like avocado or olive oil) can make a big difference.
- **Reduce fast-digesting carbs:** Try cutting back on things like crackers, granola, dried fruit, or bread and swap for slow carbs like sweet potato or squash.
- **Focus on your first meal of the day:** A balanced breakfast sets the tone for better blood sugar all day long.

## Disclaimer

This guide is for educational purposes only and is not intended to diagnose, treat, or cure any medical condition. It is not a substitute for personalized medical advice, diagnosis, or treatment from a licensed healthcare provider. Always consult your doctor or healthcare team before making any significant changes to your diet or lifestyle—especially if you have existing medical conditions or are taking medications.