



THE LOW CARB
JUMPSTART

GETTING STARTED

on a Low Carbohydrate Lifestyle



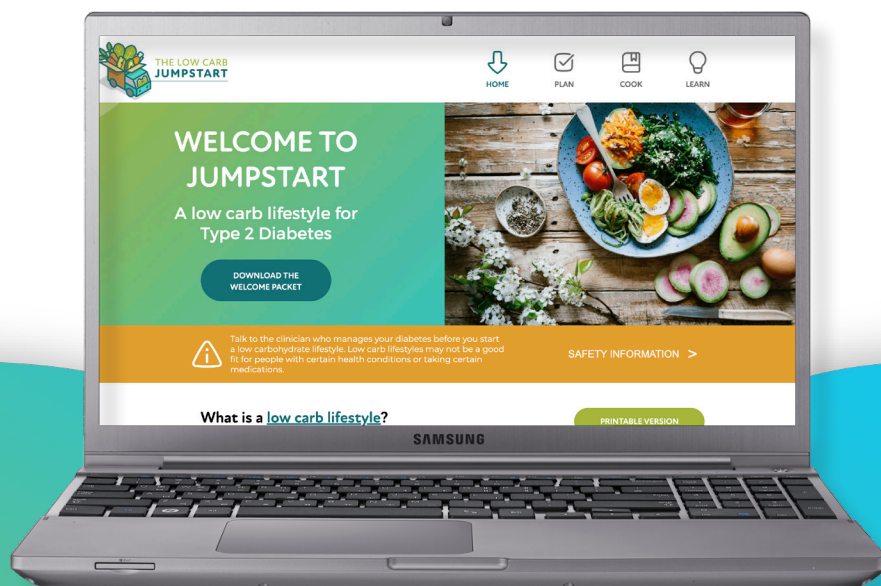
The Low Carb JUMPSTART is created by The Michigan Collaborative for Type 2 Diabetes (MCT2D).
Learn more at MCT2D.org.



TABLE OF CONTENTS

READ ME FIRST	3
WELCOME: Introduction to a low carbohydrate lifestyle	4
Learn the lingo	5
Low carbohydrate lifestyle for type 2 diabetes	6
Low carb cheatsheet	8
Understanding nutrition labels	9
PLAN: Set your goals and track your progress	10
Set your program goals	11
Track your progress	12
COOK: Build a low carbohydrate meal plan	15
Build your plate	16
7-day sample meal plans	24
Low carbohydrate grocery shopping list	30
Low carbohydrate snack ideas	32
Make it your own	33
CONNECT: Low carbohydrate lifestyle resources	34
Apps, websites, and videos	35
Books and recipe blogs	37

Prefer to access this information online? **Visit jumpstart.mct2d.org to find this packet and more!**



READ ME FIRST

Talk to the healthcare provider who manages your diabetes before you start a low carbohydrate meal plan.

Managing your medications

Certain medications should not be used in combination with a low carb meal plan.

These include a class of medications called “SGLT2 Inhibitors” which include Jardiance (empagliflozin), Invokana (canagliflozin), Farxiga (dapagliflozin), and Steglatro (ertugliflozin). This also includes combination medications containing an SGLT2 Inhibitor such as SEGLUROMET, XIGDUO, Synjardy, Synjardy XR, Invokamet, Glyxambi, QTERN, and Trijardy XR.

Certain medications often need to be adjusted before you start a low carb meal plan. These include Insulins (such as Humalog, Novolog, Lantus and Basaglar, etc.) and the class of medications called “Sulfonylureas” (such as Amaryl (glimepiride), Glucotrol (glipizide), Diabeta (glyburide), tolbutamide, Tolinase (tolazamide), Diabinese (chlorpropamide), etc).

If you take blood pressure medications, your healthcare team may need to adjust or stop your medication before you start a low carb eating plan.

We strongly recommend that you have a scheduled visit with your healthcare team to review your eating plan and your medications before you embark on your low carb journey.

Keeping You Safe

Talk to your healthcare team about the symptoms of low blood sugar and low blood pressure and how to treat them as you change your eating plan.

SIGNS OF LOW BLOOD SUGAR



SWEATING



PALLOR



IRRITABILITY



HUNGER



LACK OF COORDINATION



SLEEPINESS

WELCOME:

Introduction to a Low Carb Lifestyle



LEARN THE LINGO

Terms we will use throughout this packet

Carbohydrates (carbs): Carbohydrates or 'carbs' are one of three main nutrients that make up the food we eat, along with proteins and fats. Your body breaks down carbohydrates into sugar (glucose) and uses it for energy. Your body can use the sugar immediately or store it for later use in organs like the liver and tissues like muscle and fat.

We will be using 'carbohydrates' and 'carbs' interchangeably throughout this packet.

Low Carbohydrate (Low Carb) Lifestyle or Meal Plan: A low carbohydrate lifestyle or meal plan limits your intake of carbohydrates (carbs) from foods like grains, starchy vegetables, fruit, sugary snacks, and beverages, and emphasizes proteins, non-starchy vegetables, and healthy fats. This generally means eating less than 130g of carbohydrates per day.

It is important to talk with your healthcare team before starting a low carbohydrate lifestyle to determine a suitable carb goal and adjust medications if necessary.

Blood sugar (blood glucose): Blood sugar is the amount of sugar in your blood during any moment in time. Blood sugar levels can change throughout the day. For example, your blood sugar will rise as you digest the foods and drinks you consume and then come back down a few hours later.

Insulin: Insulin is a chemical released during digestion. It helps move sugar from the blood into your cells for energy. Everyone needs insulin to live.



Prefer to watch instead of read?

Check out our “Intro to a Low Carb Lifestyle” video!

This brief 10-minute video explaining the basics of low carb lifestyle for type 2 diabetes, by Rina Hisamatsu, MCT2D registered dietitian.



LOW CARB LIFESTYLE

For Type 2 Diabetes

What is a low carb lifestyle?

A low **carb** lifestyle limits your intake of carbohydrates (carbs) from foods like bread, pasta, rice, potatoes and other starchy vegetables, sweets, baked goods, sugary beverages, and fruits and emphasizes proteins, non-starchy vegetables, and healthy fats.

Very Low Carbohydrate (Ketogenic)

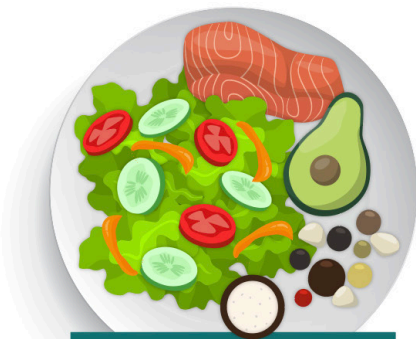
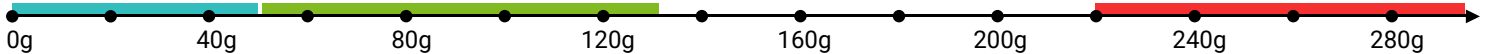
Less than 50 grams of carbs per day

Low Carbohydrate

50-130 grams of carbs per day

Typical American (2,000 calories)

225-325 grams of carbs per day



Meal with ~16g of carbs

4-5 oz Grilled Fish or Chicken	0g carbs
3 cups Mixed Salad	5g carbs
1 oz Feta Cheese and Olives	1g carbs
2 tbsp Ranch Dressing	2g carbs
1/2 Avocado	8g carbs



Meal with ~47g of carbs

1/2 cup Brown Rice	22g carbs
1/2 cup Black Beans	15g carbs
4-5 oz Steak	0g carbs
1.5 cups Grilled Vegetables	10g carbs



Meal with ~150g of carbs

2 slices Pepperoni Pizza	70g carbs
4 pcs Mozzarella Sticks	30g carbs
1/2 cup Marinara Sauce	10g carbs
12 oz Regular Soda	40g carbs

How does a low carb lifestyle help my diabetes?

Reducing your carb intake also reduces your body's **blood sugar** and **insulin** levels. When your insulin levels are low, your body stops storing extra sugar as fat, and starts using stored fat for energy. This can make it easier to lose weight and have more energy!

BENEFITS OF A LOW CARB LIFESTYLE



WEIGHT LOSS



**REDUCED BLOOD
PRESSURE**



**REDUCED HUNGER
& CRAVINGS**



**BLOOD SUGAR
CONTROL**



**INCREASED
ENERGY**

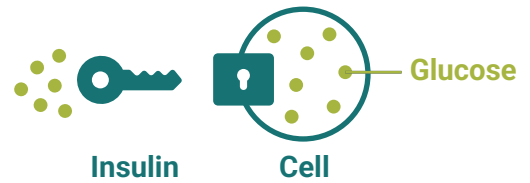
What are carbs? Carbs (i.e., carbohydrates) are a nutrient that is broken down by the body into sugar (glucose). There are 3 types of nutrients: carbs, fat, and protein.

What is blood sugar (or blood glucose)? Blood sugar is the level of sugar in your blood after your body breaks down nutrients into glucose for energy.

What is insulin? Insulin is a chemical released when you eat carbs. Everyone needs insulin to live.

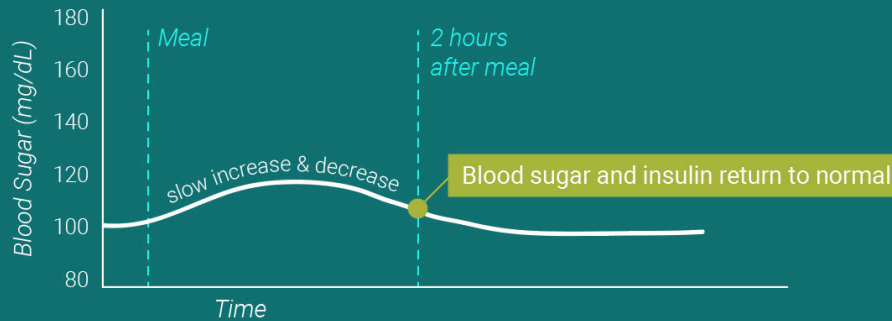
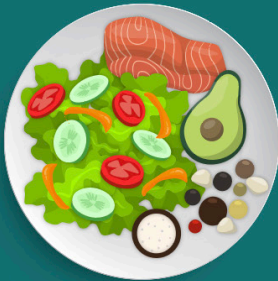
What does insulin do?

Insulin helps move glucose (sugar) from the blood into the cells for energy. You can think of insulin as a key that unlocks your cell so that glucose can enter. High levels of insulin tell your body to store extra sugar as fat. Low levels of insulin tell your body to burn fat for energy.



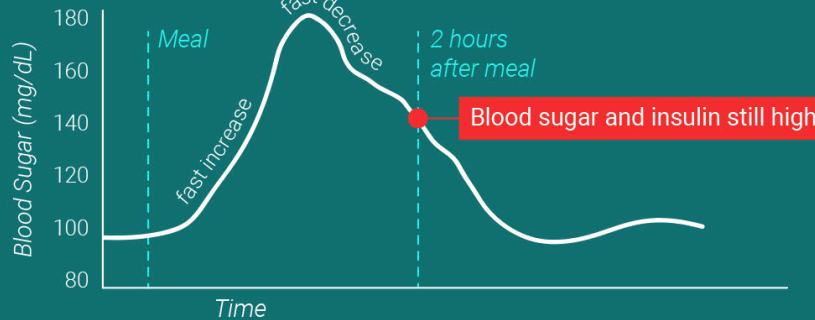
What happens when you eat a low vs. high carb meal?

Low Carb



Lower levels of blood sugar and insulin allow your body to burn fat for energy making you feel more energetic and full.

High Carb



Extreme high and low levels of blood sugar and insulin causes hunger, cravings, and feeling tired which lead to weight gain overtime.

Getting Started

Start by changing one meal per day (e.g., breakfast). It can be easier to transition gradually to a low carb meal plan. Start with making changes to one meal and do this for a few days to a week. Once you've got the hang of it, try modifying an additional meal. Focus on:

- Adding protein, non-starchy vegetables, & healthy fats
- Swapping out your starch (bread, rice, potato, pasta etc.) for non-starchy vegetables (broccoli, leafy greens, cauliflower, green beans etc.)

Listen to your hunger cues. One benefit of following a low carb lifestyle is you don't have to count calories. You are encouraged to eat when you are hungry and stop when you are full.

Replace sugary drinks such as pop and fruit juice with water and unsweetened beverages. Enjoy black coffee and unsweetened teas. If using flavored creamers, replace it with a splash of heavy cream or sugar-free versions.

Find good snack options. Replace high carb, sugary snacks like chips and baked goods with low sugar fruits like berries. For savory snacks, try veggies and dip, deviled eggs, tuna salad, or nuts and cheese combos.

Choose this	Instead of
Eggs or omelette	Cereal or bagel
Water with lemon	Juice
80%+ dark chocolate, sugar-free Jell-o	Pastries
Greek yogurt w/ berries	Ice cream
Lettuce wrap, low carb bread	Bread
Riced cauliflower	Rice
Mixed nuts, string cheese, jerky	Crackers
Grilled chicken, steak, pork, tofu	Fried foods
Sliced veggies, pickles, olives	Packaged snacks
Sparkling water, fruit-infused water	Soda
Seltzer, gin or vodka tonic	Beer
Berries, melon, kiwi, apple	Sugary snacks
Mashed cauliflower, rutabaga, kohlrabi	Potatoes
Keto "cloud" dough, nut flour crust	Pizza dough
Mustard, oil and vinegar, herbs, spices	Ketchup
Almond or coconut flour	White flour
Heavy cream, sugar-free creamer	Flavored creamer
Stevia, monkfruit, erythritol, sucralose	Sugar
Zucchini noodles, hearts of palm pasta, shirataki noodles, spaghetti squash	Pasta

0g CARB FOODS

(Per serving)



Meats
Beef, Lamb,
Pork, Veal (3 oz)



Poultry
Chicken, Turkey,
Duck (3 oz)



Fish / Shellfish
Salmon, Tuna, Sardines,
Shrimp, Lobster, Crab (3 oz)



Eggs
whole or
egg white (1 egg)



**Lemon, Lime,
Vinegar, Herbs,
Spices** (1 tsp)



Fats: Oils
Avocado, Olive,
Sesame, Peanut,
Canola (1 tsp)



Fats: Other
Butter (1 tsp),
Mayo (1 tbsp),
Heavy cream (1 tbsp)



Beverages
Water, Black coffee,
Unsweetened tea,
sparkling water (8 oz)

HIGH CARB FOODS



Rice
(45g per 1 cup
cooked)



Pasta
(45g per 1 cup
cooked)



Bagel
(60g each)



French Fries
(45g per
medium size)



Sugary Cereal
(30g per 1 cup)



**Fruit Jam
or Jelly**
(30g per 2 tbsp)



Chocolate Bar
(26g per bar)

1-5g CARB FOODS

(Per serving)



Leafy Greens
Lettuce, Spinach, Arugula,
Kale, Collards, Turnip, Romaine
(1 cup raw or ½ cup cooked)



Non-starchy Vegetables
Asparagus, Bell peppers, Bok Choy,
Brussel Sprouts, Cucumbers, Cabbage,
Cauliflower, Eggplant, onions
(1 cup raw or ½ cup cooked)



Avocado
(1 oz or 2 tbsp)



Deli Meat & Bacon
(1 oz or 2 slices)



Dairy
Cheese (1 oz or ¼ cup shredded),
Cream cheese (1 tbsp)



Tofu
(3 oz)



Hummus
(1 tbsp)

5-10g CARB FOODS

(Per serving)



Edamame
(1/2 cup peeled)



Beets
(1/2 cup)



Raspberries
(1/2 cup or 2 oz)



Strawberries
(6 medium or 2 oz)



Carrots
(10 baby carrots
or ¾ cup)



Squash
butternut, Spaghetti,
acorn, pumpkin
(1 cup)



Nuts
Walnuts, almonds,
Brazil Nuts, Cashews,
Pistachios, Peanuts (1 oz)



Seeds
Flaxseed (3 tbsp),
Sunflower (1 tbsp)
Chia Seeds (2 tbsp)



**Full-fat plain
Greek yogurt**
(1 cup)

10-20g CARB FOODS

(Per serving)



Cow's milk
(1 cup)



**Blueberries,
Blackberries**
(1/2 cup or 2.5 oz)



**Beans, Lentils,
Quinoa**
(1/2 cup cooked)



Sweet Potato
(1/2 cup mashed)



Kiwi, Peach
(1 whole)



Rollled Oats
(1/3 cup)



Melon / Watermelon
(1 cup diced)



Green Peas, Corn
(1/2 cup)

UNDERSTANDING NUTRITION LABELS

Helping you find foods that fit into a low carb lifestyle

Serving Size: Always check the serving size to see the portion it reflects. The nutrient amounts shown on the label all refer to the size of one serving.

In this example, one serving is 1 cup (55g).

Total Carbohydrate: The sum of all carbohydrates in one serving of a product including starch, sugars, and dietary fiber. All, except dietary fiber, will play a role in raising blood sugar and insulin levels.

This example has 21g of total carbohydrates in one serving.

Dietary fiber: Fiber is an important part of a low carbohydrate lifestyle because it helps you feel full, keeps blood sugar levels steady, and your gut healthy. A well-balanced low carbohydrate lifestyle will include foods high in dietary fiber such as leafy greens, broccoli, cauliflower, peppers, nuts, and seeds.

This example has 2g of dietary fiber in one serving.

Total sugars: Sugars are part of total carbohydrate and include sugars naturally present in food, like fruit or milk, as well as sugars that have been added to a food, like sweetened beverages and desserts. Regardless of the source, all sugars are absorbed into the bloodstream and raise insulin levels. These should be limited in a low carbohydrate lifestyle.

This example has 8g of total sugars in one serving.

Protein: Protein helps you feel full and satisfied. Check the label to see how many grams of protein is in a serving of a product. A good source of protein will have at least 7-8g per serving.

This example has 10g of protein in one serving.

Nutrition Facts

10 servings per container

Serving size 1 cup (55g)

Amount per serving

Calories 165

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0.5g

Cholesterol 0mg 0%

Sodium 180mg 8%

Fluoride 0g

Total Carbohydrate 21g 8%

Dietary Fiber 2g 7%

Soluble Fiber <1g

Insoluble Fiber 1g

Total Sugars 8g

Includes 6g Added Sugars 12%

Protein 10g

Vitamin D 3mcg (80IU) 15%

Calcium 170mg 13%

Iron 3mg 15%

Potassium 140mg 3%

Vitamin C 10mg 11%

Thiamin 0.3mg 25%

Niacin 3mcg 19%

Vitamin B₆ 0.4mg 25%

Biotin 6mcg 20%

Vitamin E 6mg 40%

Phosphorus 112mg 9%

Iodine 15mcg 10%

Zinc 7mg 17%

Manganese 0.3mg 13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 10 · Carbohydrate 4 · Protein 3

PLAN:

**Set Your Goals and
Track Your Progress**



SET YOUR LOW CARB GOALS

Choose realistic goals that will keep you focused and motivated

Talk to your healthcare team

Before setting a daily carbohydrate goal, discuss a low carbohydrate lifestyle with your diabetes care team. Your care team can help you determine what is an appropriate goal based on your overall health, medications, and interest level.

Remember that reducing the amount of carbohydrates in your diet will reduce your blood sugar. Patients taking insulin or some oral medications like Sulfonylureas (See **Read Me First** on pg.3) are especially at risk of having low blood sugar levels when they eat less carbohydrates. If you are on one of these medications, you may need to reduce your dose before starting a low carb lifestyle in order to prevent you from having low blood sugar. This doesn't mean you shouldn't lower your carb intake, it just means you should discuss it with your clinician.

Set your carbohydrate goal

We recommend eating between 50-130g of carbohydrates per day. You can always decide to increase or decrease your carbohydrate goal.

My goal is to have a daily carbohydrate intake of:

Consider adding additional goals

Consider setting some additional goals to follow. These goals, combined with a reduced carb intake, will help you manage your type 2 diabetes.

My biggest motivation for wanting to improve my health is:

My goal is to have a blood sugar range of:

My goal is to check my blood sugar this many times per day:

My goal is to incorporate some movement I enjoy into the week such as:

TRACKING YOUR PROGRESS

Track your blood sugar, carb intake, and milestones

Weekly carb and blood sugar tracker

This tracker will help you record important information about your daily food intake and blood sugar levels. Follow these instructions to begin using the tracker on a daily basis.

At the beginning of each week, complete the goals section and write the date next to the days of the week. Then throughout the week, record the time you eat each meal, your blood sugar as often as you choose, the food and drink you consume, and the carb content of each food item.

At the end of each day, write the total number of carbs you consumed during the day, record any physical activity you completed, and circle how you felt about your meals. Complete the reflection section at the end of the week. You can share your tracker with your clinician or keep it for your own records!

WEEKLY CARB & BLOOD SUGAR TRACKER		MONDAY	DATE:	TUESDAY	DATE:	WEDNESDAY	DATE:
NAME: _____		BREAKFAST		BREAKFAST		BREAKFAST	
DOB: _____		Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
TARGET RANGES		FOOD / DRINK ITEM		FOOD / DRINK ITEM		FOOD / DRINK ITEM	
PRE-MEAL		CARBS		CARBS		CARBS	
POST-MEAL							
OPTIONAL GOALS		Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:	
(Complete at beginning of week)		LUNCH		LUNCH		LUNCH	
Daily carb intake:		Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
Minutes of physical activity:		FOOD / DRINK ITEM		FOOD / DRINK ITEM		FOOD / DRINK ITEM	
Daily blood sugar checks:		CARBS		CARBS		CARBS	
REFLECTIONS		Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:	
(Complete at end of week)		DINNER		DINNER		DINNER	
This week my energy level was:		Blood sugar before meal:		Blood sugar before meal:		Blood sugar before meal:	
(circle)		FOOD / DRINK ITEM		FOOD / DRINK ITEM		FOOD / DRINK ITEM	
1 2 3 4 5		CARBS		CARBS		CARBS	
Low I felt very tired							
High I had lots of energy							
This week my food cravings were:		Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:		Blood sugar 2 hours after meal:	
(circle)		SNACK		SNACK		SNACK	
1 2 3 4 5		FOOD / DRINK ITEM		FOOD / DRINK ITEM		FOOD / DRINK ITEM	
Low I had no cravings		CARBS		CARBS		CARBS	
High I had lots of cravings							
NOTES:		Blood sugar before bed:		Blood sugar before bed:		Blood sugar before bed:	
		Total carbs for the day:		Total carbs for the day:		Total carbs for the day:	
		PHYSICAL ACTIVITY		PHYSICAL ACTIVITY		PHYSICAL ACTIVITY	
		DURATION		DURATION		DURATION	
		How do you feel about the meals you ate today?		How do you feel about the meals you ate today?		How do you feel about the meals you ate today?	
		Good Neutral Needs work		Good Neutral Needs work		Good Neutral Needs work	



Scan the QR code to download this tracker or explore other options!



WEEKLY CARB & BLOOD SUGAR TRACKER

NAME: _____
DOB: _____

TARGET RANGES	
PRE-MEAL	POST-MEAL

OPTIONAL GOALS
(Complete at beginning of week)

Daily carb intake: _____

Minutes of physical activity: _____

Daily blood sugar checks: _____

REFLECTIONS
(Complete at end of week)

This week my energy level was:
(circle)

1

2

3

4

5

Low
I felt very tired

High
I had lots of energy

This week my food cravings were:
(circle)

1

2

3

4

5

Low
I had no cravings

High
I had lots of cravings

NOTES: _____

MONDAY		DATE:		TUESDAY		DATE:		WEDNESDAY		DATE:	
BREAKFAST		:		BREAKFAST		:		BREAKFAST		:	
Blood sugar before meal:				Blood sugar before meal:				Blood sugar before meal:			
FOOD / DRINK ITEM	CARBS			FOOD / DRINK ITEM	CARBS			FOOD / DRINK ITEM	CARBS		
Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:			
LUNCH		:		LUNCH		:		LUNCH		:	
Blood sugar before meal:				Blood sugar before meal:				Blood sugar before meal:			
FOOD / DRINK ITEM	CARBS			FOOD / DRINK ITEM	CARBS			FOOD / DRINK ITEM	CARBS		
Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:			
DINNER		:		DINNER		:		DINNER		:	
Blood sugar before meal:				Blood sugar before meal:				Blood sugar before meal:			
FOOD / DRINK ITEM	CARBS			FOOD / DRINK ITEM	CARBS			FOOD / DRINK ITEM	CARBS		
Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:			
SNACK		:		SNACK		:		SNACK		:	
FOOD / DRINK ITEM	CARBS			FOOD / DRINK ITEM	CARBS			FOOD / DRINK ITEM	CARBS		
Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:			
PHYSICAL ACTIVITY		DURATION		PHYSICAL ACTIVITY		DURATION		PHYSICAL ACTIVITY		DURATION	
How do you feel about the meals you ate today?		Good		How do you feel about the meals you ate today?		Good		How do you feel about the meals you ate today?		Good	
		Neutral				Neutral				Neutral	
		Needs work		How do you feel about the meals you ate today?		Needs work		How do you feel about the meals you ate today?		Needs work	

THURSDAY		DATE:		FRIDAY		DATE:		SATURDAY		DATE:		SUNDAY		DATE:	
BREAKFAST		:		BREAKFAST		:		BREAKFAST		:		BREAKFAST		:	
Blood sugar before meal:				Blood sugar before meal:				Blood sugar before meal:				Blood sugar before meal:			
FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS	
Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:			
LUNCH		:		LUNCH		:		LUNCH		:		LUNCH		:	
Blood sugar before meal:				Blood sugar before meal:				Blood sugar before meal:				Blood sugar before meal:			
FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS	
Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:			
DINNER		:		DINNER		:		DINNER		:		DINNER		:	
Blood sugar before meal:				Blood sugar before meal:				Blood sugar before meal:				Blood sugar before meal:			
FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS	
Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:			
SNACK		:		SNACK		:		SNACK		:		SNACK		:	
FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS		FOOD / DRINK ITEM		CARBS	
Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:				Blood sugar 2 hours after meal:			
Blood sugar before bed:				Blood sugar before bed:				Blood sugar before bed:				Blood sugar before bed:			
Total carbs for the day:				Total carbs for the day:				Total carbs for the day:				Total carbs for the day:			
PHYSICAL ACTIVITY		DURATION		PHYSICAL ACTIVITY		DURATION		PHYSICAL ACTIVITY		DURATION		PHYSICAL ACTIVITY		DURATION	
How do you feel about the meals you ate today?		Good		How do you feel about the meals you ate today?		Good		How do you feel about the meals you ate today?		Good		How do you feel about the meals you ate today?		Good	
		Neutral				Neutral				Neutral				Neutral	
		Needs work				Needs work				Needs work				Needs work	

COOK:

**Build a Low
Carb Meal Plan**



BUILDING YOUR PLATE

Follow the 4-step process to create delicious low carb meals

Focus on these 4 steps to create a balanced low carb meal. Remember, not every meal needs to include ALL of the steps to be filling and nutritious. For example, a simple tofu and broccoli stir fry dish may only include steps 1-3 but still makes a great low carb dinner option.

STEP 1:

Pick a Protein
(3-5oz)

Choose good quality protein sources like poultry, fish and seafood, meat, eggs, or plant-based options like tofu, tempeh, and beans.

STEP 2:

Add Non-Starchy Vegetables
(Half your plate)

Enjoy them raw or cooked any way you like including colorful salads and grilled summer vegetables!

STEP 3:

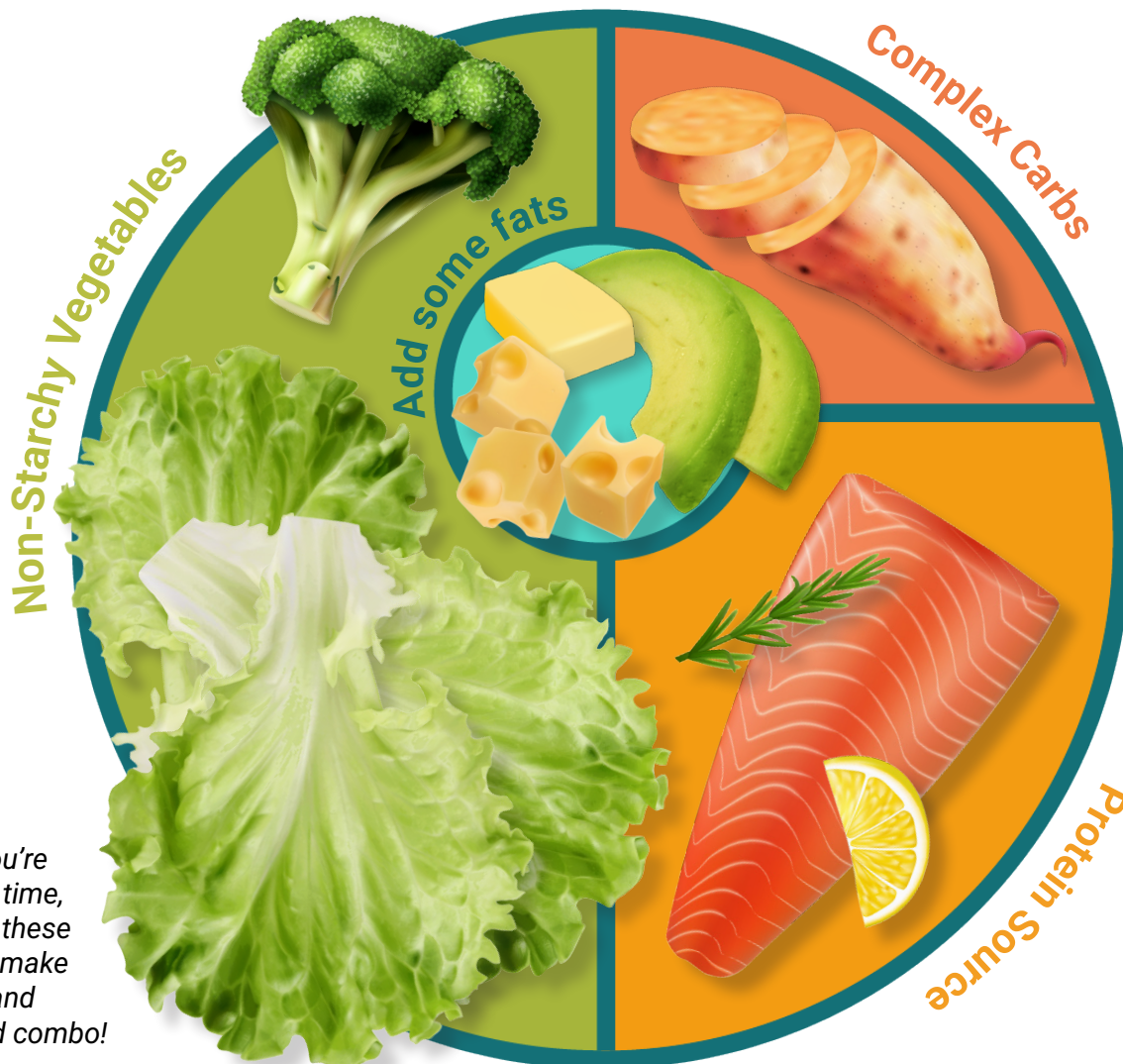
Jazz it up with fats
(Optional)

Add some nuts and seeds, olives, avocado, or a sprinkling of your favorite cheese for flavor and texture.

STEP 4:

Add some complex carbs
(Optional)

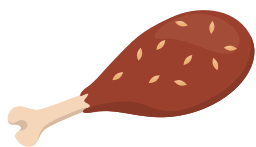
Add a side of complex carbs like fruits, whole grains, beans, lentils, or starchy vegetables like sweet potato, squash, corn, or peas.



Tip: If you're short on time, pair 2 of these steps to make a quick and balanced combo!



STEP 1: Pick a Protein (3-5oz)



Poultry
(chicken, turkey)



Eggs



Canned protein
(salmon, tuna, chicken, crab,
etc.)



Red meat
(beef, pork, lamb, duck,
venison, bison, etc.)



Soy
(tofu, tempeh, edamame,
soybeans)



Plain Greek yogurt



Fish
(salmon, trout, tuna,
mackerel, cod, tilapia,
etc.)



Seafood
(shrimp, crab, mussels,
squid, scallops, oysters,
lobster, etc.)



Beans or lentils



Want to learn more about protein and diabetes? Read this article by the DiaTribe!

diatribe.org/protein-and-diabetes-what-you-need-know



STEP 1: Pick a Protein (Continued)

How much protein should I have?

Protein plays an essential role in maintaining the proper functioning of your body. It is a major component of every cell in the body. Protein is necessary for muscle growth and repair, and the maintenance of healthy skin, hair, nails, and other organs.

We recommend starting out with 3-5oz of protein (like chicken, fish, meat, or tofu) for your meals. As a rule of thumb, 4oz is slightly bigger than the size of your palm and the thickness of a deck of cards. You can also use your dinner plate (10in) as a guide in which case your protein source would take up a little over 1/4 of the plate.

Using your hand as a portion guide



1 portion of protein
= **your palm**



1 portion of vegetables =
your fist



1 portion of carbs =
your cupped hand



1 portion of fats =
your thumb

The amount of protein that is right for you may vary and you may notice you need more or less depending on the day and activity level.

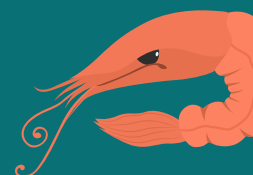
Feeling hungry? Try this!

Increase the amount of protein, non-starchy vegetables, OR fats in your meal.

Protein: add an ounce of a high-quality protein like chicken, tofu, fish, or beef

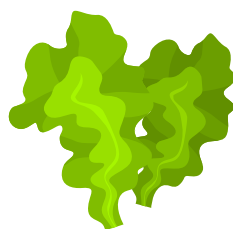
Non-starchy vegetables: add an extra helping of your favorite non-starchy vegetables

Fats: add some nuts/seeds, a few slices of avocado, or some dairy like cheese, sour cream, or Greek yogurt





STEP 2: Add Non-Starchy Vegetables *(Half your plate)*



Greens

(lettuce, spinach, arugula, kale, romaine, endive, microgreens, collards, chard, swiss chard, bok choy, sprouts, etc.)



Green beans



Zucchini



Cauliflower



Broccoli/ Broccolini



Tomato



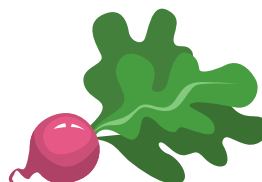
Brussels sprouts



Cabbage (red/green)



Peppers



Radishes

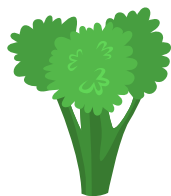
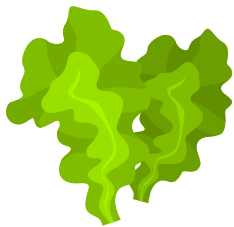


Mushrooms

**Kohlrabi | Leeks | Okra | Celery | Cucumber | Eggplant |
Onion | Shallots | Sugar snap peas | Turnips**



STEP 2: Add Non-Starchy Vegetables (Continued)



Non-starchy Vegetables: Leafy Greens

1 Serving =
1 cup raw or ½ cup cooked

<5g Carb

Arugula
Chicory
Kale
Endive
Lettuce
Spinach
Romaine
Watercress
Radicchio

Non-starchy Vegetables: Other

1 Serving =
1 cup raw or ½ cup cooked

5g Carb

Artichoke
Asparagus
Baby corn
Bamboo shoot
Bean sprouts
Bok choy
Broccoli and Chinese broccoli, broccolini
Brussel sprouts
Cabbage/purple cabbage/napa cabbage
Cauliflower
Celery
Chayote

Non-starchy Vegetables: Other (Continued)

1 Serving =
1 cup raw or ½ cup cooked

5g Carb

Cucumber
Daikon
Eggplant
Fennel
Gourd
Green beans and wax beans
Green onions/scallion/chives
Greens (mustard/collard/turnip)
Hearts of palm
Jicama
Kohlrabi
Leeks
Mushrooms
Okra
Nopales
Onions/shallots
Pea pods/pea shoots
Peppers (all varieties)
Radishes
Rutabaga
Seaweed
Snap peas/snow peas
Swiss chard
Tomatoes
Turnips
Water chestnuts
Zucchini



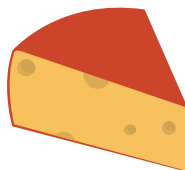
STEP 3: Jazz it up with fats *(Optional)*

Fats are naturally found in foods like fatty fish (salmon, trout, mackerel, tuna, cod), red meat (beef, pork, lamb), poultry (chicken, turkey), dairy products, nuts and seeds, olives, avocados, and butter/oils. If these fats are included in your meal or you are using butter or oil for cooking, you likely won't need to add any extra. If you want to add some extra flavor or texture, consider adding small amounts of things like walnuts, almonds, olives, diced avocado, or a sprinkling of cheese.



Sauces

(Hollandaise, Bearnaise, pesto, mayonnaise, aioli, etc.)



Full-fat cheese

(1 serving = 1 oz or ¼ cup shredded)



Dairy

(butter, sour cream, heavy cream, cream cheese, plain Greek yogurt, mascarpone, ricotta, cottage cheese)



Nuts / Nut butter

(walnuts, almonds, pecans, macadamia, Brazil nuts, hazelnuts, pine nuts, peanuts)



Full-fat dressings

(ranch, blue cheese, Italian)



Avocado / Avocado oil



Nut oils

(sesame, macadamia nut, walnut, almond, coconut)



Non-dairy fats

(lard, ghee, tallow, duck fat, schmaltz, coconut cream, coconut milk)



Seeds

(chia seeds, flax seeds, hemp seeds, pumpkin seeds, sunflower seeds, sesame seed/tahini)

Olives / Olive oil



STEP 4: Add some complex carbs *(Optional)*

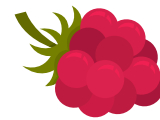
On a low carb lifestyle, the focus is on reducing the total number of carbs you eat, but there is often wiggle room to include some carbs based on your individual carb goal. Add about 1 serving of your carb choice per meal from examples like fruits, beans and lentils, starchy vegetables, and whole grains. See the list on the next page for more ideas and serving sizes



Beans / Lentils



Squash
(pumpkin, winter, acorn, butternut, etc.)



Berries
(raspberries, blackberries, strawberries, blueberries)



Beets



Carrots



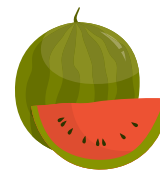
Yams / Sweet potato



Kiwi / Plum



Corn



Melon / Watermelon



Whole grains
(quinoa, farro, barley, brown rice, whole wheat pasta, whole wheat bread, oats)



STEP 4: Add some complex carbs (Optional)

Starchy Vegetables

1 Serving	80 Calories	15g Carb
	0-3g Protein	0-1g Fat
¾ cup winter squash		
¾ cup butternut squash		
½ cup acorn squash		
½ cup potato (sweet or mashed) or 1 small potato (3oz)		
1 cup beets		
1 cup carrots		
½ cup corn		
½ cup green peas		
1 cup pumpkin		
½ cup taro		
½ cup yams		
½ cup lentils		
½ cup beans/legumes		

Milk

1 Serving	80-120 Cal	12g Carb
	8g Protein	0-5g Fat
1 cup milk (2%)		
1 ½ cups plain soy milk		

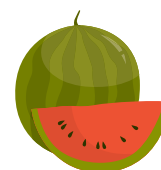
Fruits

1 Serving	60 Calories	15g Carb
	0g Protein	0g Fat
1 cup berries		
1 small fresh fruit (kiwi/plum)		
1 cup melon/watermelon		
1 (6 ½ oz) orange		
1 small or ½ large banana		
17 (3oz) small grapes		
12 (3.4oz) cherries		
½ cup canned fruit (in water)		

Whole Grains

1 Serving	80 Calories	15g Carb
	0-3g Protein	0-3g Fat
⅓ cup quinoa or farro, cooked		
⅓ cup barley, cooked		
½ cup oats, cooked		
⅓ cup brown rice, cooked		
⅓ cup whole wheat pasta, cooked		
1 slice whole wheat/whole grain bread		
2-5 whole wheat crackers		

Note: For any packaged foods, remember to check the nutrition label to get accurate information on carb content.



7-DAY SAMPLE MEAL PLAN

Very Low Carb Meal Plan (<50g per day)

<50g
per day

Are you wondering what to eat on a very low carbohydrate lifestyle? Look no further! Here is a sample 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.

SUNDAY		
Breakfast	Lunch	Dinner
<p>3 egg omelet with ½ cup diced vegetables (peppers, onion, mushroom, tomatoes), and 1oz shredded cheese</p> <p>½ cup sliced strawberries</p> <p>Total carbs: 10g</p>	<p>Wrap sandwich (8 inch low carb wrap, 4-5oz turkey, cheese, spinach, tomato, and onion). Add mustard, pickles, mayo, and seasoning as desired</p> <p>Total carbs: 25g</p>	<p>2 cups zucchini noodles topped with ½ cup low carbohydrate tomato sauce, 4-5oz ground beef, and 1 cup sauteed non-starchy vegetables</p> <p><i>Optional: add grated Parmesan</i></p> <p>Total carbs: 15g</p>
MONDAY		
Breakfast	Lunch	Dinner
<p>Baked avocado cups (cut avocado in half, add 1 egg to center of each half – bake at 425 degrees for 15-20 min)</p> <p>Total carbs: 18g</p>	<p>2-3 cups mixed greens topped with 4-5oz tuna or chicken, diced cucumber, tomato, onion, pickles, olives, avocado, feta or shredded cheese</p> <p>Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette</p> <p>Total carbs: 15g</p>	<p>Chicken Alfredo with 4-5oz chicken, Alfredo sauce, and 2 cups zucchini noodles</p> <p>Total carbs: 12g</p>
TUESDAY		
Breakfast	Lunch	Dinner
<p>¾ cup plain Greek yogurt topped with 1oz chopped almonds, ½ cup mixed berries</p> <p>Total carbs: 18g</p>	<p>Lettuce wraps (2-3 large lettuce leaves topped with 4-5oz ground turkey or chicken, diced tomato, and ½ diced avocado, ¼ cup shredded cheese, 2 tbsp ranch dressing)</p> <p>Total carbs: 10g</p>	<p>Meatloaf made with sugar-free BBQ glaze, 1 cup sauteed green beans, 1 cup cauliflower mash</p> <p>Total carbs: 18g</p>

WEDNESDAY

Breakfast

Farmer's breakfast made with 2 slices bacon or other breakfast meats

2 eggs, cooked in any style

½-1 cup spinach or other greens sauteed with garlic

½ cup berries

Total carbs: 12g

Lunch

Burrito bowl made with 1.5 cups cauliflower rice, 4-5oz taco meat, 1 cup sauteed vegetables, 2 tbsp salsa, 1 tbsp sour cream, 1 tbsp guacamole

Total carbs: 17g

Dinner

4-5oz grilled fish

2 cups sauteed non-starchy vegetables sprinkled with 1oz walnuts

Total carbs: 10g

THURSDAY

Breakfast

Quick "breakfast board" (2 boiled eggs, ½ cup berries with ¾ cup Greek yogurt, and 1.5oz mixed nuts or cheese)

Total carbs: 14-18g

Lunch

Cobb salad (2-3 cups lettuce or salad mix, 4-5oz diced chicken or tuna, ½ diced avocado, tomatoes, cucumber, and 2 tbsp blue cheese dressing)

Total carbs: 15g

Dinner

Chicken fajitas with 4-5oz chicken, 1 cup sauteed non starchy vegetables, 2 tbsp sour cream, ½ avocado

Serve with 2 cups of riced cauliflower

Total carbs: 27g

FRIDAY

Breakfast

Smoothie (Blend 1 cup unsweetened coconut milk, ½ cup raspberries, 1-2 scoops protein powder or 6oz silken tofu, 1 handful ice, stevia)

OR ready-made protein shake (check nutrition label for carbohydrate content)

Total carbs: 7g

Lunch

4-5oz grilled chicken, beef, pork, fish

2 cups grilled/sauteed non-starchy vegetables (use frozen or fresh)

Total carbs: 5-7g

Dinner

Zucchini boats (Slice zucchini in half, scoop out seeds. Fill with ground turkey/chicken, ¼ cup sauce, ½ cup shredded cheese, and diced onion, bell peppers, and mushrooms. Bake at 400 degrees for 15-25 min or until soft)

Total carbs: 10g

SATURDAY

Breakfast

Egg bites (whisk together 2-3 eggs, with chopped onion, peppers, tomato, spinach, mushrooms, herbs and spices, 1-2oz cheese of choice. Pour mixture into muffin tin and bake at 350 degrees for 15-20 min or until set)

Total carbs: 5g

Lunch

1 cup tuna salad/chicken salad/egg salad

Serve over 2 cups of mixed leafy greens or make into a wrap or sandwich using low carbohydrate bread.

Optional: 1oz cheese or nuts

Total carbs: 10g (26g with wrap)

Dinner

4-5oz steak

Roasted brussel sprouts with crushed bacon

1 cup mashed cauliflower with garlic and parsley

Total carbs: 15g

7-DAY SAMPLE MEAL PLAN

An example low carb meal plan (50-130g carbohydrates/day)

50-130g
per day

Are you wondering what to eat on a low carbohydrate lifestyle? Look no further! Here is a sample 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates. Add a low-carbohydrate snack, as needed, using the recommended snack list.

SUNDAY			
Breakfast	Lunch	Dinner	
<p>3 egg omelet with ½ cup diced vegetables (peppers, onion, mushroom, tomatoes), and 1oz shredded cheese</p> <p>1 slice whole wheat bread or 1 cup mixed berries</p> <p>Total carbs: 20-25g</p>	<p>Wrap sandwich (8 inch low carb wrap, 4-5oz turkey, cheese, spinach, tomato, and onion). Add mustard, pickles, mayo, and seasoning as desired</p> <p><i>Optional: add 1oz nuts for crunch or avocado</i></p> <p>Total carbs: 25-30g</p>	<p>2 cups spaghetti squash* topped with ½ cup low carb tomato sauce, 4-5oz ground beef, and 1 cup sautéed non-starchy vegetables</p> <p><i>Optional: add grated Parmesan</i></p> <p><i>*Note: Can also use high-protein, low carbohydrate pasta</i></p> <p>Total carbs: 40g</p>	
MONDAY			
Breakfast	Lunch	Dinner	
<p>¾ cup plain Greek yogurt topped with 1oz mixed nuts, 1 cup berries or 1 piece fruit (1 small apple, plum, kiwi, 1 cup cantaloupe)</p> <p>Total carbs: 25g</p>	<p>2-3 cups mixed greens topped with 4-5oz tuna or other canned fish, ½ cup chickpeas, diced cucumber, tomato, onion, pickles, olives, avocado, and feta or shredded cheese</p> <p>Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette</p> <p>Total carbs: 25g</p>	<p>Chicken Alfredo (whole grain fettuccine with 4-5oz chicken grilled, ½ cup Alfredo sauce, and 2oz (dried) whole grain fettuccine)</p> <p>Serve with side salad (dressing full-fat or olive oil and vinegar)</p> <p>Total carbs: 50g</p>	
TUESDAY			
Breakfast	Lunch	Dinner	
<p>Baked avocado cups (cut avocado in half, add 1 egg to center of each half, then bake at 425 degrees for 15-20 min)</p> <p>1 piece of fruit (1 small apple, plum, kiwi, 1 cup cantaloupe, 1 cup berries)</p> <p>Total carbs: 30g</p>	<p>Lettuce wraps (2-3 large lettuce leaves topped with 4-5oz turkey or chicken, 2 tbsp hummus, diced tomato, onion, and 1oz pumpkin seeds)</p> <p>Total carbs: 20g</p>	<p>2 cups lentil soup (brown lentils, onions, garlic, diced carrots, zucchini, celery, mushrooms)</p> <p>Chia pudding (mix 1 tbsp chia seeds, ½ cup coconut cream, and a dash of stevia. Let sit overnight)</p> <p><i>You can make these in batches!</i></p> <p>Total carbs: 43g</p>	

WEDNESDAY

Breakfast

Farmer's breakfast made with 2 slices bacon or other breakfast meats

1-2 eggs, cooked in any style

½ cup sautéed spinach or other greens

1 slice whole grain toast

Total carbs: 20g

Lunch

Burrito bowl made with 1 cup cauliflower rice, 4-5oz taco meat, 1 cup sautéed vegetables, ½ cup black beans, 2 tbsp salsa, and 1 tbsp sour cream

1 small fruit

Total carbs: 42g

Dinner

4-5oz Grilled/baked fish

2 cups baked/grilled non-starchy vegetables sprinkled with 1oz mixed nuts

½ cup sautéed corn or 1 small baked sweet potato

Optional: add 1 tbsp sour cream or butter

Total carbs: 32g



THURSDAY

Breakfast

Oatmeal (½ cup rolled/steel cut oats, cooked in water, topped with ½ cup berries and 1oz walnuts)

2 boiled eggs

Total carbs: 38g

Lunch

2 cups chickpea and vegetable soup

Side spring salad with 1oz feta cheese or nuts

Total carbs: 25g

Dinner

Low carb pizza (bake low carb tortilla wrap or homemade cauliflower crust topped with ¼ cup sauce, ½ cup shredded cheese, meats, and diced vegetables)

Total carbs: 30-45g



FRIDAY

Breakfast

Smoothie (blend 1 cup unsweetened almond milk, 1 cup fresh spinach, 1-2 scoops protein powder, ½ banana, ½ cup berries, and 1 tbsp chia seeds or flax meal)

OR ready-made protein shake (check nutrition label for carb content). Can add a small piece of fruit or ½-¾ cup berries

Total carbs: 21g

Lunch

1 cup tuna salad/chicken salad/egg salad

Serve over 2 cups of mixed leafy greens, or make into a wrap or sandwich using low carb bread

Optional: 1oz cheese, walnuts, or almonds

Serve with 1 cup mixed fruit

Total carbs: 25g (44g with wrap)

Dinner

4-5oz steak

Roasted Brussels sprouts (10)

1 small baked potato

Optional: 1 tbsp sour cream or 1oz shredded cheese

Total carbs: 30g



SATURDAY

Breakfast

Egg bites (whisk together 2-3 eggs, chopped onion, peppers, tomato, spinach, mushrooms, seasoning, and 1-2oz cheese of choice. Pour mixture into muffin tin and bake at 350 degrees for 15-20 min or until set)

1 small fruit

Total carbs: 20g

Lunch

Cobb salad (2-3 cups lettuce or salad mix, 4-5oz diced chicken or tuna, ½ diced avocado, tomatoes, cucumber, and 2 tbsp blue cheese dressing. Add ⅔ cup cooked quinoa)

Total carbs: 42-45g

Dinner

Chicken fajitas (4-5oz chicken, 1 cup sautéed non-starchy vegetables, 2 tbsp sour cream, and ½ avocado. Serve with 1-2 low carb tortilla wraps)

Total carbs: 48g



7-DAY SAMPLE MEAL PLAN

Lacto-Ovo Vegetarian Low Carb Meal Plan (50-130g per day)

50-130g
per day

Are you wondering what to eat on a low carbohydrate lifestyle? Look no further! Here is a sample Lacto-Ovo Vegetarian 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.

SUNDAY		
Breakfast	Lunch	Dinner
<p>1 cup plain Greek yogurt topped with 1oz mixed nuts and ¼ cup blueberries</p> <p>Total carbs: 20g</p>	<p>Quinoa bowl (¾ cup cooked quinoa, ½ cup baked marinated tofu, ½ cup roasted sweet potato cubes, 1 cup lightly sautéed kale, 2 tbsp oil and vinegar dressing)</p> <p>Total carbs: 56g</p>	<p>Cauliflower dal and lentil curry made by simmering a large head of chopped cauliflower, red lentils, garlic, and onion in a large pot with stock. Add in your favorite spices and finish off sautéed garlicky spinach</p> <p>Total carbs: 45g</p>
MONDAY		
Breakfast	Lunch	Dinner
<p>Tofu scramble. Crumble a block of extra firm tofu and sauté with diced vegetables. Flavor with turmeric, garlic, onion, and cayenne powder. Serve with sliced avocado and some fruit</p> <p>Total carbs: 25g</p>	<p>Egg bites. Whisk together 3 eggs, chopped onion, peppers, spinach, mushrooms, seasoning, and 1-2oz cheese. Pour mixture into muffin tin and bake at 350 degrees for 20 min or until set</p> <p><i>Serve with side salad (spring mix, olive oil, lemon juice, salt/pepper, almonds)</i></p> <p>Total carbs: 20g</p>	<p>Chickpea and tomato stew. Simmered chickpeas in a rich tomato sauce with onions, garlic, bell pepper, and spices (cumin, paprika, coriander). Stir in fresh or frozen spinach and cook additional 5 min. Top with chopped almonds</p> <p>Total carbs: 47g</p>
TUESDAY		
Breakfast	Lunch	Dinner
<p>Moroccan-style eggs. Cook low-sugar marinara with diced bell pepper and onion. Cook until soft. Create 2-3 wells using the back of a spoon and crack an egg into each. Cover and simmer for 4-6 min or until desired doneness</p> <p>Total carbs: 25g</p>	<p>Black bean salad. Over a bed of leafy greens, sprinkle your favorite toppings like ½ cup black beans, ¼ cup avocado, tomato, cucumber, 2 tbsp salsa, ¼ cup cheese, and dressing (try ranch or lemon and olive oil vinaigrette)</p> <p>Total carbs: 44g</p>	<p>Spaghetti squash with lentil sauce. Cook diced onion, garlic, celery, and mushrooms in olive oil. Add brown lentils and a can of crushed tomatoes. Simmer on low for 20 min. Season and serve over a bed of spaghetti squash or other low carb pastas (like Palmini)</p> <p>Total carbs: 53g</p>

WEDNESDAY

Breakfast

Chia pudding bowl. Combine ¼ cup chia seeds with 1 cup unsweetened almond/soy milk. Mix and refrigerate for 2 hrs or overnight. Top with ¾ cup plain Greek yogurt, ½ cup berries, and 1 oz nuts

Total carbs: 26g

Lunch

Creamy white bean soup. In a large pot, cook chopped onion, garlic, carrots, and celery in olive oil. Add in 2 cans of white beans, 5 cups broth, and 1 can coconut milk. Simmer for 20 min and season to taste. Add 3 cups chopped kale or collards and some lemon juice
Delicious with cheese crisps!

Total carbs: 28g

Dinner

Roasted chickpea and tempeh bowl. Place diced cauliflower, cubed tempeh, and a can of drained chickpeas on a tray. Coat with olive oil and season as desired. Bake at 375 degrees for 30 min. Serve with a creamy yogurt dressing and chopped cilantro. *Optional dessert: ½ cup berries and whipped cream*

Total carbs: 43g

THURSDAY

Breakfast

Blueberry cheesecake smoothie. Combine 6oz silken tofu, ½ banana, 1oz cream cheese, 1 cup blueberries, and 2/3 cup unsweetened soy or almond milk. Blend with ice cubes and serve

Total carbs: 45g

Lunch

Egg salad lettuce boats. Hard boil 3-4 eggs, peel and mash together with ½ cup mayonnaise, 1.5 tsp mustard, 1 sliced green onion, diced celery, and chopped chives or dill. Spoon over romaine lettuce 'cups' and serve

Total carbs: 25g

Dinner

Grilled tofu skewers. Marinate tofu chunks in a peanut sauce. Assemble skewers with tofu, onion, zucchini, mushrooms, bell peppers. Grill or roast in the oven (375 degrees for 10-15min) until golden. Serve with cooked quinoa

Total carbs: 55g

FRIDAY

Breakfast

PBJ overnight oats. Combine 1 cup rolled oats, 2 tbsp chia seeds, ½ cup plain Greek yogurt, 1.5 cups unsweetened soy or almond milk, cinnamon powder and 2 tbs peanut butter. Refrigerate overnight

Top with mashed raspberries and serve

Total carbs: 49g

Lunch

Taco salad. Crumble a block of tofu, cook and flavor with taco seasoning. Make your taco bowl with shredded lettuce and top with tofu, guacamole, sour cream, salsa, cheese, diced onions, cilantro, and a squeeze of lime

Total carbs: 17g

Dinner

Lentil sloppy joes. Cook diced bell peppers and onion in olive oil. Add brown lentils, stock, and canned crushed tomatoes. Season to taste with chili powder and spices. Add stevia for some sweetness. Simmer on low for 1hr

Serve over cooked greens or roasted jicama/kohlrabi

Total carbs: 45g

SATURDAY

Breakfast

Egg scramble. Whisk 3 eggs and set aside. Sauté diced onion and bell peppers in olive oil, then add the eggs and stir to cook. Fold in spinach and shredded cheese

Serve with sliced apples or berries

Total carbs: 24g

Lunch

Chickpea salad. On a bed of spinach, add diced bell pepper, onion, tomato, ½ cup chickpeas, avocado, and sliced almonds. Sprinkle feta cheese or cheese of choice. Season and toss with lemon and olive oil dressing

Total carbs: 37g

Dinner

Black bean burrito bowl. Cook cauliflower rice and serve in a bowl. Top with seasoned black beans, diced onion, cheese, guacamole, salsa, sour cream, and cilantro. Sautéed onions and peppers are delicious too!

Total carbs: 41g

LOW CARB GROCERY SHOPPING LIST

Stock your fridge and pantry with low carb foods

Meats & Meat Alternatives

Beef (ground, steaks, ribs, or roast)
Chicken/Turkey
Duck
Lamb
Pork (ground, chops, ribs, or roast)
Veal
Goat
Venison or other game
Tempeh with no starches added
Tofu with no starches added

Dairy

(no added sugars or starches)
Butter
Cheeses (full-fat – all types)
Cottage cheese
Cream cheese
Eggs
Cream (heavy or whipping)
Ricotta
Sour cream
Yogurt (unsweetened Greek)

Fats & Oils

Avocado/Avocado oil
Coconut oil
Ghee/Lard
Olives/Olive oil
Sesame oil
Canola oil
Nut and seed oils



Deli counter

(no added sugars or starches)
Egg salad
Tuna salad
Chicken salad
Deli meat (best choices are low sodium)

Canned or packaged meats & seafood

(no added sugars or starches)
Anchovies
Sardines
Canned tuna, mackerel, salmon, or crab
Canned chicken
Meat jerky (check labels for carb content)



Beverages

Water (still, sparkling, fruit/herb infused)
Coffee (any unsweetened variety)
Tea (any unsweetened variety)
Carbonated beverages with no added sugar
Unsweetened almond milk
Unsweetened soy milk

Vegetables

Artichoke
Arugula
Asparagus
Baby corn
Bean sprouts
Broccoli
Bok choy
Brussels sprouts
Cabbage

Seafood

Crab
Fish of all types
Lobster
Mussels
Octopus
Oysters
Scallops
Shrimp
Squid

Vegetables (cont.)

Cauliflower
Celery
Collards
Cucumber
Eggplant
Fennel
Fresh herbs
Garlic
Ginger
Green/red chillies
Greens (all types)
Green beans
Green onions/chives
Kale
Kohlrabi
Leeks
Lettuces of all types
Mushrooms
Okra
Onions
Peppers (all varieties)
Radishes
Rhubarb
Rutabaga
Seaweed
Shallots
Snap peas/snow peas
Sprouts
Sugar snap peas
Swiss chard
Tomatoes
Turnips
Watercress
Zucchini



Canned & Pantry Items

Alfredo sauce
Artichoke hearts
Broth or bouillon cube
Bone broth
Capers
Canned/crushed tomatoes
Canned beans/lentils
Canned vegetables
Chipotle peppers
Coconut milk
Evaporated milk
Nut butters
Olives

Pasta sauce
Pesto
Roasted red peppers
Salad dressing
Soy sauce/tamari
Sun dried tomatoes
Tomato paste
Vinegar

Tip: Always check the nutrition label of packaged items for accurate carb content.



Cooking & baking items

Almond and coconut flour
Cocoa powder
Dark chocolate (80% or greater)
Spices and herbs
Sugar substitutes (stevia, monk fruit, erythritol etc.)
Vanilla and almond extract

Condiments

Guacamole/salsa
Horseradish
Hot sauce
Pickles
Mayonnaise/mustard
Kimchi
Sauerkraut



Nuts & seeds

Almonds
Brazil nuts
Chia seeds
Flax seeds
Hazelnuts
Hemp seeds
Macadamia nuts
Peanuts
Pecans/walnuts
Pumpkin seeds
Sunflower seeds



Other

Protein powders and shakes (check labels)
Psyllium husk powder
Hearts of palm noodles and rice
Shirataki/konjac noodles and rice
Spiralized vegetable noodles
Spaghetti squash
Low carb products (check labels)

Starchy vegetables

Beans
Beets
Carrots
Corn
Green peas
Lentils
Potatoes/Sweet potatoes
Squash
Taro
Yams



Higher Carb Foods

Whole grains

Brown rice
Barley
Farro
Quinoa
Oats

Fruits

Apples
Banana
Berries (all kinds)
Canned fruit (in water)
Cherries

Kiwi
Lemons/limes
Mango
Peach
Pear
Plum

Pineapple
Watermelon
Orange
Grapes



LOW CARB SNACK IDEAS

Try some of these delicious snack options

As you make your grocery list, consider adding some tasty low carbohydrate snacks from the list below or look for more snack options from our recommended resources!

- ☐ Boiled eggs
- ☐ String cheese or 1-1.5oz cheese (2 dice-sized cubes)
- ☐ Chicken/tuna/egg salad, served with vegetable slices like cucumbers, bell peppers, celery
- ☐ Palmful of nuts/seeds (1oz) - walnuts, almonds, pecans, sunflower/pumpkin seeds, etc.
- ☐ Plain Greek yogurt with $\frac{1}{4}$ - $\frac{1}{2}$ cup berries
- ☐ Vegetable platter with dip (ranch, spinach and artichoke dip, etc.)
- ☐ Mini meat and cheese board with olives/nuts/vegetables
- ☐ Roast beef with mustard/horseradish
- ☐ Meat jerky (with no added sugars)
- ☐ Low carbohydrate smoothie ($\frac{1}{2}$ cup plain Greek yogurt, $\frac{1}{2}$ cup berries, 1 cup coconut milk, 1 handful ice cubes, stevia to taste) or ready-made low carbohydrate shake
- ☐ Tortilla 'chips' made with sliced low carbohydrate tortillas (bake 8-10 min or until golden at 400 degrees), served with guacamole or salsa dip
- ☐ Celery sticks with natural unsweetened peanut/almond butter
- ☐ Sugar free Jell-o cup
- ☐ Sliced apples and cheese
- ☐ Turkey roll-ups (roll up 1oz of sliced turkey in lettuce leaves with mustard, avocado, and cheese)



Scan the QR code to find snack lists!



MAKE IT YOUR OWN

Customize your low carb lifestyle to fit your preferences

Starting a low carb lifestyle doesn't mean you have to give up all the foods you like or are used to eating. There are many ways to adapt your favorite foods to fit within a low carb lifestyle. We have created some of these resources to help you get started.

Southern United States Cuisine

FIND AN ALTERNATIVE FOR...

CORNMEAL OR CORN FLOUR: Swap cornmeal with almond flour to make cornbread
Recipe for low carb cornbread from Wholesome Yum: michmed.org/w874D
Try this interesting spin on low carb grits using ground lupin beans from Keto Focus: Keto Grits Recipe (only 3g net carbs & NUT FREE): michmed.org/3x2Gw

MAC AND CHEESE: Swap pasta with cut up cauliflower
Recipe for cauliflower mac and cheese from Wholesome Yum: michmed.org/RRJBr

POTATO DISHES LIKE: Swap potatoes for these other vegetables
Cauliflower (Creamy mash "potato" salad)
Kohlrabi (Roast/pan-fry/stew)
Dakota radish (Roast/pan-fry/stew)
Jicama (Roast/pan-fry/stew)
Turnip (Roast/pan-fry/stew)

SWEET BBQ SAUCE ON: Add sugar-free flavor to your meats
Dry spice rubs or marinades
Sugar-free BBQ sauce (e.g., Hughes BBQ sauce)

Examples of low carb Southern United States cuisine:
Note: All carb counts are estimations and may vary depending on ingredients used.
*Crisp in moderation based on your carb goal

Beef brisket or slow cooked pork (1 cup) 2g carbs
Tomato and okra stew (1/2 cup) 6.5g carbs
Cooked greens (1 cup) 7.5g carbs
(collards, turnips/mustard greens)
Southern-style green beans (1 cup) 10g carbs
Southern-style bean stew* (1/2 cup) ~25g carbs
(lima beans, pinto beans, black-eyed peas)

Baked sweet potatoes* (1/2 cup) 29g carbs

Celebrating Food Diversity Booklet

michmed.org/reGeR

It can be easier to make changes to your eating patterns and stick to them if they fit with your lifestyle, preferences, and family and cultural traditions. This booklet includes some ideas for low carb adaptations influenced by diverse global cuisines and regions to help spark ideas for adapting your favorite meals.



Scan the QR code to download the booklet!

7-DAY SAMPLE MEAL PLAN
Low Carb South Asian Meal Plan (Non-Vegetarian)

Here is a sample 7-day meal plan inspired by South Asian cuisine for those who are interested in following a low-carbohydrate meal plan. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.

Find these recipes in detail and snack options at michmed.org/wrkJm

SUNDAY

Breakfast	Lunch	Dinner
Egg Bhurji made with 3 eggs, diced onion, tomato, and green bell pepper, and spices Serve with 1/2 cup sliced mango	Rohu Fish Curry made with 1lb fish, diced onion, tomatoes and spices Serve with 2 low carb rotis	Patta Gobi Matar made with 4 cups shredded cauliflower, 1 cup green peas, diced onion and tomato, and spices Serve with 2 low carb rotis
Total carbs: 32g	Total carbs: 20g	Total carbs: 45g

MONDAY

Breakfast	Lunch	Dinner
Low Carb Uttapam x3 made with 1 1/2 cups almond flour, 1 cup coconut milk, 1/2 cup diced onion, 1/2 cup diced tomato, 1/2 cup green chili, and spices Rasam made with 3 chopped tomatoes, 2 cups of water, and an assortment of spices	Masala Bhindi made with 2 cups bhindi/okra, diced vegetables, and spices Serve with 2 low carb rotis	Chicken and cauliflower rice biryani made with 1 1/2 lbs boneless chicken, 1/2 cup Greek yogurt, 5 cups cauliflower rice, and spices Kachumber salad made with 1/2 cup diced cucumber, 1/2 cup diced tomato, 1/2 cup diced onion, and fresh herbs
Total carbs: 34g	Total carbs: 45g	Total carbs: 20g

TUESDAY

Breakfast	Lunch	Dinner
1 medium Dosa*, approx. 10-inch *can swap with 2 low-carb rotis for less carbs Masala Bhindi made with 2 cups bhindi/okra, diced vegetables, and spices Serving with 2 tbsp coriander chutney and 2 tbsp fresh curd	Egg Curry made with 5 eggs, 1 onion cut into quarters, 2 tomatoes cut into quarters, 1 green chili, and spices Serve with 2 low carb rotis	Chicken Tikka Skewers made with 1 1/2 lbs boneless chicken, 1 green bell pepper, 1 red bell pepper, 1 onion, and a tikka spice blend Paneer tikka skewers made with 1 1/2 cups paneer and spices Serve with 2 cups spiced cauliflower rice and mint chutney
Total carbs: 45g	Total carbs: 32g	Total carbs: 31g

MCT2D.org

South Asian Meal Plan (Vegetarian and Non-Vegetarian)

7-day sample meal plan inspired by South Asian cuisine. Breakfast, lunch, and dinner meals are listed with total carbohydrate estimates.

Hispanic Meal Ideas
7-DAY LOW CARB SAMPLE MEAL PLAN

Here is a sample 7-day meal plan inspired by Hispanic cuisine for those interested in a low carbohydrate (carb) lifestyle. Breakfast, lunch, and dinner meals are listed below with total carb estimates.

Find these recipes in detail and snack options at michmed.org/wrkJm

SUNDAY

Breakfast	Lunch	Dinner
Huevos Banderos 2 scrambled eggs, 1/2 tomato diced, 1/2 onion diced, 1 green bell pepper diced, olive oil, and salt and pepper to taste Substitute vegetables with any you like Total carbs: 10g	Tortilla Soup with Queso Fresco and Avocado made with 2 corn tortillas (6" wide), 1 tbsp queso fresco, 1 green chili, 1/2 cup of pasilla pepper, sliced, and 1 cup of tomato soup Total carbs: 36g	Shrimp and Mushroom Casserole with garlic made with 2 tbsp olive oil, 3 cloves garlic, minced, 1 lb raw shrimp, 1/2 lb button mushrooms, 50 grams guajillo chili, juice of 1 lemon, 1/2 tsp Paprika powder, salt and pepper to taste, 1.5 tbsp white wine Total carbs: 20g

MONDAY

Breakfast	Lunch	Dinner
Chilaquiles Fried tortilla strips with chicken made with 1 chicken breast, 1/2 onion, 1 clove garlic, 3 oz queso panela, 1/2 cup sour cream, 120 g tortilla chips (about 40 chips) Served with salsa Total carbs: 32g	Spanish Tortilla with Serrano Ham Spanish-style omelet casserole made with 3 tbsp olive oil, 1 large potato, 1 large onion, 1 green bell pepper, 1 green chili, 5 eggs, 1 oz serrano ham, diced and a pinch of salt Total carbs: 13g	Low Carb Pozole Soup made with 8 cups of water, 1 lb boneless chicken thighs, cut into chunks, 1/2 onion, diced, 4 cloves garlic, sliced, 1 tbsp each thyme, marjoram, bay leaves, 2 cups hominy (20g), salt and pepper to taste Total carbs: 15g

TUESDAY

Breakfast	Lunch	Dinner
Huevos Revueltos Comforting beef soup made with 1 lb beef, onion, garlic, guajillo peppers, 2 ears of corn, 2 carrots, 1 large potato, and salt and pepper to taste Total carbs: 29g	Caldo de Olla Comforting beef soup made with 1 lb beef, onion, garlic, guajillo peppers, 2 ears of corn, 2 carrots, 1 large potato, and salt and pepper to taste Total carbs: 32g	Agachillo de Pescado made with 6oz (160 g) 1 filet seasonal fresh fish, 1 cup (230 ml) Lemon juice, salt and pepper to taste, cilantro, 1/2 cucumber, 1 green chili, 1 clove garlic, 1 oz (30g) white onion, 1 cup (250 ml) sparkling water, 2 oz (60g) net onion, 1/2 avocado Total carbs: 10g

MCT2D.org

Hispanic Meal Plan

7-day sample meal plan inspired by Hispanic cuisine. Breakfast, lunch, and dinner meals are listed with total carbohydrate estimates.

Find these meal plans and more at michmed.org/NrVrq

Scan the QR code to these meal plans and more!



CONNECT:

Low Carb Lifestyle Resources



LOW CARB LIFESTYLE RESOURCES

Apps, websites, and videos

We know that a low carbohydrate lifestyle can come with many challenges. The following handout is designed to provide some additional resources to help you stay on track, learn additional information, and find recipes to help you enjoy your meals and achieve your goals!

APPS

Keeping track of your food intake can help you stay within your carbohydrate goals. One of the easiest ways to track your meals, snacks, and beverages is through the use of an application (app).

Most apps are free to download and user-friendly. These tracking tools can be especially helpful during the early stages of your low carbohydrate journey. They can help you determine your baseline carbohydrate intake, understand what foods contain carbohydrates, and adjust your meals to the right level for you. Below are a few examples of food tracking apps:

Quick tip: One of the easiest ways to look up carbs is through a Google Search. Simply type "Carbs in [food item]" into the Google search bar.

Banana / Carbohydrate Amount	
27 g	
Total Carbohydrate	
Type	Quantity
Bananas	1 medium (7" to 7-7/8" long)



Carb Manager carbmanager.com

Carb Manager is a highly recommended smartphone app for low and very low carb dietary plans. The app's features include nutrition and food trackers, recipe database, personalized meal plans, educational materials and a supportive community.

\$ Optional paid membership



MyFitnessPal myfitnesspal.com

MyFitnessPal is another highly recommended diet and exercise tracking app. The app allows you to easily log foods and exercise, with detailed nutrition information. You can create personalized meal plans, grocery shopping lists, and exercise plans.

\$ Optional paid membership



Senza senza.us

Senza is a one-stop shop for everything Keto. The app offers nutrition tracking, meal planning, and helps you find low carbohydrate foods at nearby restaurants.

\$ Free with optional purchases



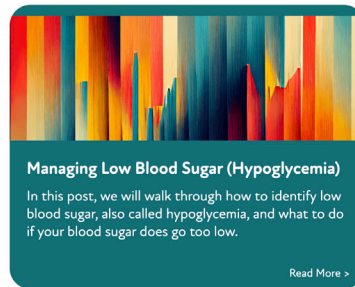
Lose It! loseit.com

Lose It offers free and easy to use food and nutrition tracking options. The app also offers weight loss support.

\$ Optional paid membership

WEBSITES & VIDEOS

Whether you are a visual learner or enjoy watching videos to absorb additional information, there are plenty of resources explaining the science behind low carbohydrate meal plans and additional advice on many topics relating to the low-carbohydrate lifestyle.



JUMPSTART Blog

jumpstart.mct2d.org/learn/blog

Find helpful quick-read articles on topics like managing low blood sugar, low carb on a budget, eating low carb at fast food restaurants, and more.



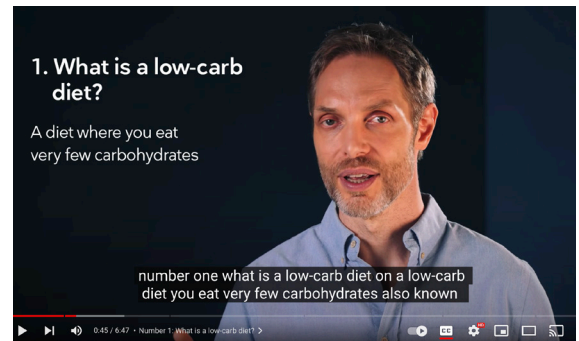
Diet Doctor dietdoctor.com

Diet Doctor is one of the most well-known websites for low and very low carb (keto) dietary plans. This is a great resource for recipes, education, meal plans, and more. Diet Doctor aims to provide unbiased and evidence-based information, as well as free and inspiring tools to help people improve their health.

\$ Optional paid membership

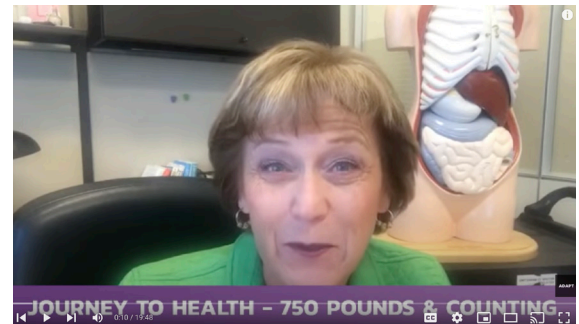
ruled.me ruled.me

This website offers many tools, tips, and easy-to-read articles on starting a keto diet. We recommend checking out their keto food pyramid.



Diet Doctor Informational Videos

youtube.com/c/DietDoctorVideo



Dr. Eric Westman's Adapt Your Life

youtube.com/c/AdaptYourLife



Low Carb Meal Prep Recipes by Sweet Peas Saffron

youtube.com/watch?v=MdarLkKDjWA

Virta Health Blog

virtahealth.com/blog

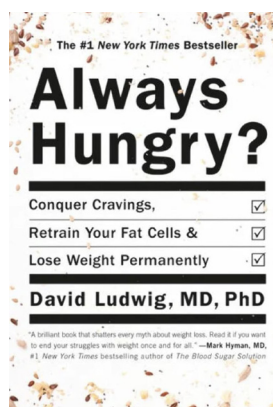
This blog offers a robust selection of articles, tips, and stories from patients with type 2 diabetes.

LOW CARB LIFESTYLE RESOURCES

Books and recipe blogs

BOOKS

Always Hungry?



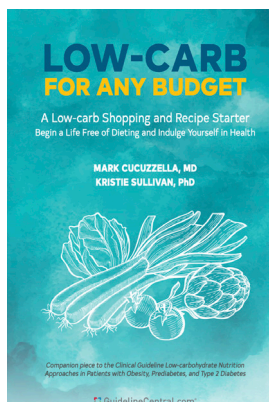
By Dr. David Ludwig

Always Hungry? changes how we think about dieting with a three-phase program that ignores calories and targets fat cells directly. The recipes and meal plan include luscious high-fat foods (like nuts and nut butters, full-fat dairy, avocados, and dark chocolate), savory proteins, and natural

carbohydrates. This program will help achieve weight loss and reduce carbs without battling cravings and constant hunger.

Low Carb for Any Budget (Free ebook)

By Mark Cucuzzella, MD and Kristie Sullivan, PhD



cookingketowithkristie.com

This free ebook is full of information about getting started on low carb and includes shopping lists along with two dozen simple recipes to help you get started.

All of the ingredients in these recipes can be purchased at stores like Dollar General or Dollar Tree,

which are easy to find even in rural locations. You also don't need a lot of fancy equipment to make these recipes. Lastly, the recipes are intended to appeal to families, so if you have a picky eater at home, then you might find something they like.

RECIPE BLOGS

Are you looking for ways to cook simple yet delicious low carbohydrate meals?

Then look no further! Use the resources below to find a large collection of recipes to suit your needs and taste buds, from quick and easy breakfasts to more elaborate low carbohydrate baked goods for those days you are feeling adventurous in the kitchen. You can also save time and money during the week by implementing some make-ahead and batch cooking strategies!

JUMPSTART Low Carb Recipes

jumpstart.mct2d.org/cook

Find dozens of simple, low carb recipes and shopping lists on the JUMPSTART website. Each recipe includes step-by-step instructions, nutrition information, and estimated time and cost.

Diabetes Food Hub

diabetesfoodhub.org/all-recipes.html

An enticing selection of delicious and diabetes-friendly recipes that includes nutritional information.

Cooking Keto With Kristie

cookingketowithkristie.com/recipes

A list of Kristie's favorite low carb recipes, including excellent dessert options.

Wholesome Yum

wholesomeyum.com

A diverse selection of low carb recipes with 10 ingredients or less. Check out their delicious low carb snack list.



THE LOW CARB JUMPSTART



**Blue Cross
Blue Shield**
of Michigan

A nonprofit corporation and independent licensee
of the Blue Cross and Blue Shield Association

*Support for The Michigan Collaborative for Type 2 Diabetes
(MCT2D) is provided by Blue Cross Blue Shield of Michigan
as part of the BCBSM Value Partnerships program.*



**MCT2D**