

COOKING SCHEDULE #1

BLOOD SUGAR REGULATION DIET

A Blood Sugar Regulation Diet may be recommended by your Certified Nutritional Therapy Practitioner (NTP) to help regulate blood sugar and address adrenal dysfunction, which can be responsible for problems with weight, hormones, stress, inflammation, and other serious conditions. Most people will successfully regulate their blood sugar by following this diet for two to four weeks. After this time, following the remaining four weeks of cooking schedules will help maintain normal blood sugar levels and balanced health.

While following the Blood Sugar Regulation Diet, try to eat three square meals every day, and eat snacks close to meals if you are still hungry. Contrary to popular belief, it is better not to eat between meals in order to regulate your blood sugar. This menu will produce a lot of satisfying food, and will help stock your kitchen with staple ingredients. There should be no need for additional food consumption. Use leftovers for meals, or for ingredients in other recipes as directed. This diet is safe and effective for most people, but it may be necessary to follow this diet under the supervision of a Medical Doctor and/or Certified Nutritional Therapy Practitioner.

Base Recipes:

Homemade Basil Pesto (page 27)

Homemade Mayonnaise (page 27)

Optional:

Make **Homemade Chicken and Vegetable Broth** (page 26) as a base recipe to shorten cooking time on Day 4. (Making the soup on Day 4 is recommended.)

***Breakfast Smoothies** (page 14) can be substituted for the breakfast recommendations on this cooking schedule. Note special ingredients listed on the Blood Sugar Regulation Diet shopping list.

Breakfast Recipes, page 14

Lunch Recipes, page 17

Day 1:

Breakfast: **Eggs and Bacon Breakfast**

Lunch: **Mixed Salad with Homemade Buttermilk Pesto Dressing**

Dinner: **Roasted Butterflied Chicken with Roasted Sweet Potatoes and Garlic**

Approximate Time: 1 hour, 30 minutes

Day 2:

Breakfast: **Omelet Breakfast**

Lunch: **Chicken Caprese Salad with Creamy Italian Dressing**

Dinner: **Pan-Seared Steak with Steamed Veggies and Pesto Butter.**

Approximate Time: 25 minutes

Day 3:

Breakfast: **Leftovers Frittata**

Lunch: **Mixed Meats with Cheese and Sliced Vegetables and Melon**

Dinner: **Broiled Pesto Salmon with Creamy Spinach**

Approximate Time: 20 minutes

Day 4:

Breakfast: **Breakfast Italia**

Lunch: **Mixed Salad with Homemade Buttermilk Pesto Dressing**

Dinner: **Homemade Chicken and Vegetable Soup**

Approximate Time: 2-6 hours

(Approximate Time using pre-made “Homemade Chicken and Vegetable Broth,” 20 minutes)

Day 5:

- Breakfast: **Sunny Salmon Eggs**
- Lunch: **Mixed Meats with Cheese and Sliced Vegetables and Melon**
- Dinner: **Asian Style Stir Fry**
Approximate Time: 25 minutes

Day 6:

- Breakfast: **Eggs and Bacon Breakfast**
- Lunch: **Chicken Caprese Salad with Creamy Italian Dressing**
- Dinner: **One-Pot Chicken with Onions, Mushrooms, and Lightly Steamed Veggies**
Approximate Time: 1 hour, 15 minutes

Day 7:

- Breakfast: **Breakfast Italia**
- Lunch: **Mixed Meats with Cheese and Sliced Vegetables and Melon**
- Dinner: **Stuffed Vegetable Dinner**
Approximate Time: 1 hour

Snacks and Drinks permitted on the Blood Sugar Regulation Diet:

- “Raw Veggies with Organic Peanut Butter or Homemade Pesto Dip”
- “Raw Fruit with Cheese or Organic Peanut Butter”
- “Crispy Nuts”
- “Cultured Dairy Snacks”
- “Fruit with Fresh Whipped Cream”
- “Smoothies” (without sugary ingredients like honey or real maple syrup)
- Any of the “Other Healthy Drink Options,” except wine or beer

“BLOOD SUGAR REGULATION DIET” SHOPPING LIST

*Don't forget to check for some ingredients you already have!

*Shopping list amounts are for recipes serving 4-6 people.

 Multiply or divide amounts as necessary for your cooking!

*This shopping list is for all of the Breakfast, Lunch and Dinner recipes on the Blood Sugar Regulation Diet Menu, but does not include snacks and drinks.

Veggies:

Lettuce, for salads

1 bunch or bag of fresh or frozen spinach leaves

4-6 tomatoes

1 head of broccoli

4-6 zucchini

2-4 bell peppers

Additional fresh or frozen mixed vegetables, such as celery, carrots,
broccoli, cauliflower, green beans, peas, etc.

4 sweet potatoes

1 potato

10-12 ounces of mushrooms, such as porcini or portabella

4 head of garlic

2 onions

Green onions

Fruits:

1-2 lemons

Melon, such as cantaloupe or honeydew

*Mixed Frozen Fruits of Choice- optional, purchase if “Breakfast Smoothies” will be substituted for the breakfast recipes on the cooking schedule

Fresh Herbs:

2 bunches of basil

Meat, Poultry and Fish:

Prosciutto- only purchase nitrate/nitrite free, and other preservative-free meats, shrimp, or fish for lunch recipes

Bacon- only purchase uncured, nitrate/nitrite free

Smoked salmon

1 roasting chicken,

 plus an additional chicken or 6 pieces of cut chicken (for soup)

 plus 4-8 chicken legs

Rib Eye or New York steak, amount as needed

15-18 ounce Flank steak

1 pound ground beef

Salmon filets with skin, about 6 ounces per person

Dairy:

Milk (whole, raw milk from pasture-raised cows is preferred, but organic whole milk may be used)
Eggs- organic, free range; about 2 per person, per day
Butter
Cheese- such as Cheddar, Gouda, or Jack
(purchase raw milk cheese, if available)
Mozzarella cheese
Parmesan cheese
Mascarpone cheese
(Italian cream cheese. Use Crème Fraiche as a substitute.)
Whole milk yogurt
Buttermilk (only ½ cup is needed)
*Quefir/Kefir- optional, purchase if “Breakfast Smoothies” will be substituted for the breakfast recipes on the cooking schedule

Pantry:

Salt and Pepper
White pepper (optional, for mayonnaise recipe)
Cinnamon (optional)
Premixed herbs and seasonings for poultry
Premixed herbs and seasonings for red meats
*Make sure there are no additives or preservatives like MSG.
Arrowroot powder, found in the spices and/or baking area
*available in bulk at most health food stores
(substitute for cornstarch)
Extra virgin olive oil
Extra virgin coconut oil
Toasted sesame oil
Soy Sauce
White balsamic vinegar (for mayonnaise recipe)
Balsamic vinegar
Marsala wine (sweet cooking wine)
Pine Nuts

Substitutes for Base Recipes:

Ingredients for Base Recipes are included on this shopping list, but you may wish to buy these store-bought options instead:

Basil Pesto
Mayonnaise (purchase one without soybean oil, if possible)
Creamy herb or ranch salad dressing
Italian salad dressing
Chicken stock

Specialty:

*Nitro-Greens (A Biotics Research supplement available through your Nutritional Therapy Practitioner)- optional, purchase if “Breakfast Smoothies” will be substituted for the breakfast recipes on the cooking schedule.

BLOOD SUGAR REGULATION DIET

DINNER RECIPES

Roasted Butterflied Chicken with Roasted Sweet Potatoes and Garlic

Approximate Time: 1 hour, 30 minutes

Note: To butterfly a chicken, use kitchen shears or a sharp knife to cut along one side of the backbone of chicken. Slice 1 inch of top end of the breastbone a little so chicken can be pressed flat into baking dish, skin-side up.

Don't discard chicken bones and giblets! Whenever you have these parts, make "Homemade Chicken and Vegetable Broth" (page 26), or reserve in a freezer bag to make broth later. Keep pre-made broth in the refrigerator for up to 1 week as a mineral-rich hot drink or for other recipes. Broth can also be kept frozen in an airtight container.

1 roasting chicken, butterflied
extra virgin olive oil
salt and pepper
mixed herbs and seasonings for poultry
4 sweet potatoes, cleaned well
2 whole heads of garlic
4-8 tablespoons of butter

Preheat oven to 425°.

Place butterflied chicken, breast side up, in baking dish. Drizzle oil liberally over chicken, then liberally season with salt, pepper and mixed herbs and seasonings. Puncture sweet potatoes with a few holes using a fork or small knife, then place in dish with chicken. Slice tops of garlic heads to expose the cloves and place in dish with chicken and sweet potatoes. Drizzle a little oil on garlic, and place baking dish in oven for 15 minutes, then reduce oven temperature to 350°. Continue to roast for 45-60 minutes, until chicken skin is golden brown and crispy and breast meat is white. Sweet potatoes should be soft and garlic should be soft and caramelized. Serve sweet potatoes with butter and salt and pepper, as desired, and squeeze roasted garlic out of shells to serve with chicken and sweet potatoes. Save leftover meat for breakfast and lunch recipes, and "Homemade Chicken and Vegetable Soup."

Pan-Seared Steak with Steamed Veggies and Pesto Butter

Approximate Time: 25 minutes

Rib Eye or New York steak, amount as needed
extra virgin olive oil
mixed herbs and seasonings for red meats
salt and pepper
½ cup butter, at room temperature
2 tablespoons “Homemade Basil Pesto” (page 27),
or store-bought basil pesto
desired servings of mixed cut vegetables (frozen mix okay)

Heat large skillet over medium-high heat. Drizzle steak(s) with oil, then season liberally with salt, pepper and mixed herbs and seasonings. Sear steaks for 5-7 minutes per side for medium-rare (depending on thickness of steaks). Let stand for 3-5 minutes before slicing to serve.

Meanwhile, bring stock pot of water to a rolling boil, and season liberally with salt. Boil vegetables for 8 minutes, or until soft. Transfer to serving dish using a slotted spoon.

In a small serving bowl, mix butter and pesto until smooth and blended. Serve butter with steaks and vegetables.

Broiled Pesto Salmon with Creamy Spinach

Approximate Time: 20 minutes

salmon filets with skin, about 6 ounces per person

extra virgin olive oil

salt and pepper

4 tablespoons “Homemade Basil Pesto” (page 27),
or store-bought basil pesto

Parmesan cheese

¼ cup butter

2 cloves of garlic, minced

1 bunch or bag of fresh or frozen spinach leaves

¼ cup Mascarpone cheese

Preheat oven to 500°F.

Drizzle a small amount of oil on both sides of salmon filets, then sprinkle both sides lightly with salt and pepper. Place salmon filets skin side up in a baking dish, and spread pesto evenly over the salmon skin. Sprinkle freshly grated Parmesan cheese over fish, then place in oven. Cook for 8-10 minutes, depending on thickness of filets, until salmon is thoroughly cooked, light pink, and flaky.

While salmon is cooking, melt butter over medium heat and sauté garlic until it begins to brown. Stir in spinach. (If spinach is fresh, place in pan and cover until spinach wilts completely.) Simmer until water from spinach evaporates, then stir in Mascarpone cheese until mixture is smooth and creamy. Serve immediately with salmon.

Homemade Chicken and Vegetable Soup

Approximate Time: 2-6 hours

(Approximate Time with pre-made “Homemade Chicken and Vegetable Broth,” 20 minutes)

There are two ways to make this soup. If you already have “Homemade Chicken and Vegetable Broth” (page 26) made and stored, then bring 6 cups to a simmer and add chopped raw chicken meat until cooked. Add chopped vegetables such as carrots, celery, zucchini, onions and broccoli, and continue to simmer until vegetables are soft. Season with salt and pepper, as needed, and serve. This only takes about 15-20 minutes to prepare.

The other way to make the soup is to make it from scratch, which takes 2-6 hours. Make “Homemade Chicken and Vegetable Broth ” (page 26), using the optional whole chicken or cut, bone-in chicken pieces ingredient, and reserve cooked meat for the soup. Once the broth is made, return it to the stock pot and bring to a simmer. Add chopped vegetables such as carrots, celery, zucchini, onions and broccoli, and continue to simmer until vegetables are soft. Add cooked chicken meat, season with salt and pepper, as needed, and serve.

Asian Style Stir Fry

Approximate Time: 25 minutes

2 tablespoon coconut oil
2-3 garlic cloves, minced
2-4 cups broccoli florets, chopped
1-2 cups mixed vegetables, chopped (frozen and thawed okay)
15-18 ounce flank steak, thinly sliced
salt and pepper
½ cup green onions, finely chopped
2 tablespoons toasted sesame oil
2 tablespoons soy sauce
1 tablespoon arrowroot powder

Heat oil in large skillet and sauté garlic for 2-3 minutes. Add broccoli and vegetables and sauté for 3-5 minutes, until broccoli is softened. Stir in sliced steak, season with salt and pepper, then continue to sauté until meat is cooked. Stir in green onions, then sesame oil, soy sauce, and arrowroot powder and simmer until sauce is thickened, then serve.

One-Pot Chicken with Onions, Mushrooms, and Lightly Steamed Veggies

Approximate Time: 1 hour, 15 minutes

¼ cup butter

1 onion, sliced

1 cup mushrooms, sliced

2-3 cloves of garlic, minced

¼ cup Marsala wine (sweet cooking wine)

salt and pepper

4-8 chicken legs

desired servings of mixed cut vegetables (frozen and thawed mix okay)

Preheat oven to 425°.

Heat butter in large saucepan, then sauté onions for 5-7 minutes, until soft and translucent. Season with salt and pepper, then stir in mushrooms and garlic for 3 minutes. Stir in Marsala wine for 4-5 minutes, until liquid is evaporated. Season mixture with salt and pepper. Place chicken legs over mixture, coat with Marsala sauce, then season well with salt and pepper. Place in oven for 10 minutes, then reduce heat to 350° and continue to bake for 15 minutes. Remove pot from oven and place vegetables around chicken in pot. Place pan back in oven and continue to bake for 15 minutes, until skin is crispy golden brown and fully cooked and vegetables are soft. Pour onion and mushroom sauce over chicken and vegetables and serve.

Stuffed Vegetable Dinner

Approximate Time: 1 hour

- 4 large zucchini
- 2 tablespoons extra virgin olive oil or butter
- 1 ½ onions, finely chopped
- 1 ½ cups mushrooms, chopped
- 4 cloves of garlic, minced
- 2 eggs
- 1 cup milk
- 1 pound ground beef
- salt and pepper
- 2-4 bell peppers, seeded with tops cut off, and sliced in half
- 1-2 cups cheddar cheese, grated

Preheat oven to 375°.

Slice zucchini in half lengthwise, and hollow out center using a teaspoon-sized spoon or melon-baller. Set zucchini slices aside and reserve scooped out filling. Heat oil or butter in skillet and sauté onions, mushrooms, garlic, and scooped out zucchini filling for 5-7 minutes, until beginning to brown. Meanwhile, mix eggs, milk, beef, and sautéed vegetables in large bowl, and season liberally with salt and pepper. Place zucchini slices and bell peppers in baking dish, hollow-sides up. Fill each vegetable with beef filling. Sprinkle with cheese and bake for 25 minutes, until cheese is bubbling and beginning to brown, and serve.

CONGRATULATIONS!

You've taken control of your health with the Blood Sugar Regulation Diet! Now you are ready to enjoy the following four Cooking Schedules of weekly dinner recipes. You can add your favorite breakfast, lunch, snack and drink recipes to these schedules. Make sure you add the extra ingredients you need to the Shopping Lists!

These Cooking Schedules are themed based on specific ingredients, seasons, and styles. You don't have to follow these in order. Just start with the schedule that best fits the season and your appetite!

Have fun cooking and enjoy the convenience of knowing what's for dinner every night!