

# Blood Sugar Friendly Cookbook

FOR BETTER BLOOD SUGAR BALANCE





**Hello! My name is Kim Rose, and I am a Registered Dietitian Nutritionist and Certified Diabetes Expert with over a decade of experience.**

I created this e-cookbook to help YOU achieve better blood sugar levels.

Everything is changing with lightning speed, and so are your blood sugar levels. The traditional approach of eating six small meals to balance blood sugar isn't effective anymore. Now, it's essential to be intentional about your protein and fiber intake. As you know I want you to be successful on your journey - again and AGAIN. If you'd like to work with me one-on-one but find it hard to make time, no worries!

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### **ROADMAP TO BETTER BLOOD SUGAR BALANCE START KIT**

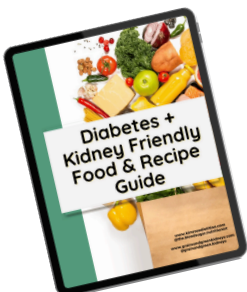
Whether you've been trying to improve your blood sugar levels for one year or even twenty, the Better Blood Sugar Starter Kit was designed to help you tackle those challenging issues head-on. This kit includes 23 additional recipes, self-paced video guides, and the best part is that you only need to commit 2 hours a week for 6 weeks.

**\*\*NOW \$77 (was \$220)\*\***



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I'm here to make nutrition attainable and simple, so you can balance your blood sugars with confidence. This 1-hour masterclass teaches you how to incorporate carbohydrates, protein, and healthy fats into every meal. Gain the confidence to know exactly what to do, when to do it, and how to do it. **\*\*\$77\*\***



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# K

KIM ROSE DIETITIAN

✉ [kimrosedietitian@gmail.com](mailto:kimrosedietitian@gmail.com)

📷 [@the.bloodsugar.nutritionist](https://www.instagram.com/the.bloodsugar.nutritionist)

🌐 [www.kimrosedietitian.com](http://www.kimrosedietitian.com)

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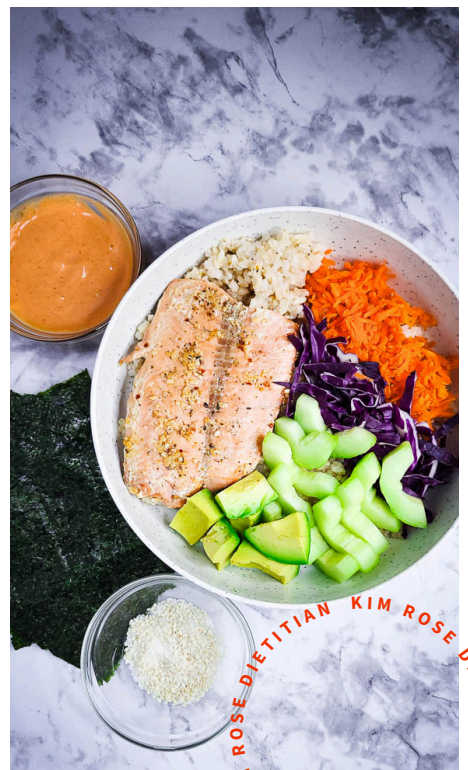
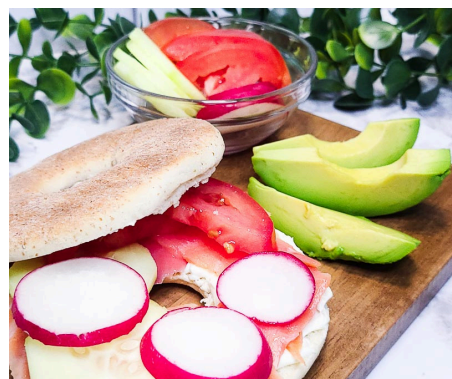
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# Breakfast



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# Light & Easy Egg White Breakfast Burritos

2 SERVINGS

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES



## INGREDIENTS

- 4 egg whites divided
- 1/4 teaspoon Salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon garlic powder
- 2 teaspoons chopped green onions
- 1/4 cup low-fat shredded cheddar cheese
- 2 - (8-inch) whole wheat (low carb) tortillas
- Salsa for serving

### FACTS

Egg whites are a good source of choline, which is essential for brain development and function. The first breakfast burrito was invented in 1975 by Tia Sophia's in Santa Fe, New Mexico.

### NUTRITION FACTS: 1 BURRITO

Total Calories: 95 cal; Total Fat: 5 g; Total Carbs: 14 g; Total Protein: 17 g; Fiber: 10 g; Added Sugar: 0 g

## COOKING STEPS

1. Preheat oven temperature to 200 degrees F. Prepare a small baking sheet by wrapping it with foil or parchment paper.
2. Spray a small skillet with a nonstick spray over medium-high heat.
3. Whisk four egg whites in a small bowl with 1/4 teaspoon of salt, 1/8 teaspoon of pepper, and 1/8 teaspoon of garlic powder.
4. Cook the egg mixture in the skillet over medium heat, stirring occasionally, until set. Sprinkle eggs with 2 tablespoons of shredded cheese and 1 teaspoon of green onions.
5. Cook the eggs without stirring until they are almost done, about 2 minutes. Use a spatula to loosen the eggs from the edge of the pan.
6. Lay a tortilla over the eggs and press down lightly. Cook for another 30 seconds. Flip the tortilla and egg whites together and cook until the egg whites are firm, about 30 seconds to 1 minute more.
7. Use a spatula to fold one-third of the tortilla over the eggs, then fold again to make a burrito. Cook for another 30 seconds to crisp up the tortilla.
8. Turn the burrito over and cook for 30 seconds more.
9. Move the burrito from the skillet to the baking sheet and place it in the oven. Make another burrito with the remaining ingredients.
10. Serve with salsa and chopped green onions.

# Turkey Sausage Powerhouse Quiches

4 QUICHES

PREP TIME: 5 MINUTES

COOK TIME: 15-20 MINUTES



## INGREDIENTS

- 2 whole eggs
- 2 egg whites
- 1/8 cup milk
- 1/8 cup diced tomatoes and spinach
- 1/8 teaspoon black pepper
- 1/8 cup Shredded Cheddar Cheese
- 2 turkey breakfast sausage links

## COOKING STEPS

1. Preheat the oven to 400 degrees F.
2. Place a small skillet over medium-high heat, and cook the non-pork sausage slices by breaking them up with a spatula until browned and crisp. After cooking the sausage, set the links aside on a small plate.
3. Whisk the whole egg, egg white, and milk in a small bowl. Add remaining ingredients and mix well.
4. Spray a metal muffin tin with cooking spray, or use silicon baking cups, and fill each cup with the egg mixture, leaving some space at the top.
5. Bake for 10-15 minutes or until the knife inserted comes out clean.

### FACTS

The word 'quiche' comes from the German word for cake, 'Kuchen'. Spinach is a superfood rich in iron, vitamin K, and antioxidants.

### NUTRITION FACTS: 1 MINI QUICHE

Total Calories: 82 cal; Total Fat: 4 g; Total Carbs: 3 g; Total Protein: 9 g; Fiber: 0 g; Added Sugar: 0 g

# Berry Delicious Refrigerator Oats

1 SERVING

PREP TIME: 5 MINUTES

COOK TIME: 5 HOURS



## INGREDIENTS

- 1/3 to 1/2 cup water
- 1/3 to 1/2 cup of old-fashioned rolled oats
- 1/3 to 1/2 cup high protein plain Greek yogurt
- 1 teaspoon of stevia sweetener
- 1 teaspoon chia seeds
- 1/3 cup mixed fresh or frozen berries
- 1/4 cup nuts (walnuts, almonds, etc.)
- An 8 oz mason jar or larger container with a lid

## COOKING STEPS

1. In a jar or container with a lid, add the desired amounts of water, oats, yogurt, stevia sweetener, chia seeds, and cinnamon to a jar or container. Mix all ingredients well.
2. Refrigerate overnight or for at least 5 hours.
3. Add more water to achieve the consistency you want, top it with fruit and nuts.

### FACTS

Chia seeds are rich in omega-3 fatty acids, fiber, protein, calcium, magnesium, and iron. Oats help lower cholesterol and stabilize blood sugar levels. Oats contain beta-glucan, a fiber that can enhance your immunity.

### NUTRITION FACTS: 1 JAR

Total Calories: 375 cal; Total Fat: 18 g; Total Carbs: 34 g;  
Total Protein: 25 g; Fiber: 7 g; Added Sugar: 0 g



# Salmon & Tomato Bagelwich

1 SERVING

PREP TIME: 5-10 MINUTES

COOK TIME: 10 MINUTES



## INGREDIENTS

- 1 Thinly sliced bagel
- 2-3 Tablespoons low fat Cream cheese
- 2 oz. Salmon lox
- 4-6 Slices of cucumbers
- 4-6 Slices of tomatoes
- 4-6 Slices of radishes
- 1/2 cup sliced avocado

## COOKING STEPS

1. Prepare your toppings, slice the radishes and tomatoes, and peel the cucumbers and slice them.
2. Cut the avocado in half; remove the pit, peel off the skin, and cut it into cubes.
3. If the bagel isn't scored, slice the bagel.
4. Spread cream cheese on the bagel and add lox and toppings. You can also add your favorite toppings.

### FACTS

A 2-ounce serving of salmon lox has 12 grams of protein, omega-3 fatty acids, vitamin B12, D, and selenium.

### NUTRITION FACTS: 1 SERVING

Total Calories: 450 cal; Total Fat: 26 g; Total Carbs: 39 g;  
Total Protein: 23 g; Fiber: 12 g; Added Sugar: 2 g

# Protein-Packed Stuffed Bell Peppers

4 SERVINGS

PREP TIME: 10 MINUTES

COOK TIME: 40 MINUTES



## INGREDIENTS

- 2 large bell peppers, cut in half lengthwise and remove inner seeds and stems
- 1/2 tablespoon olive oil
- 1/2 cup white onion
- 3 turkey breakfast sausage links
- 1 cup spinach
- 1 cup mushrooms
- 1 whole egg
- 1 egg white
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 6 tablespoons low-fat shredded mozzarella

## COOKING STEPS

1. Preheat oven to 350°F/180°C. Lightly grease a 9x13 baking dish.
2. Arrange the bell peppers side-by-side in the greased baking dish -cut side up. Set baking dish aside.
3. Filling
  - a. Warm up 1/2 teaspoon olive oil in a large skillet and the onions and mushrooms. Cook the onion and mushroom mixture for about 5 minutes to soften.
  - b. Cut up the sausage links and add them to the onion and mushroom mixture. Cook the sausage links until they are no longer pink.
  - c. Mix in the spinach and cook for 1-2 minutes until wilted. Remove from the heat.
  - d. In a medium bowl, whisk together the eggs, salt, and pepper in a medium-sized mixing bowl. Mix in the cheese in the egg mixture.
4. Assembly
  - a. Spoon the sausage mixture evenly into the prepared peppers, then add the egg mixture. Top each bell pepper with the remaining cheese.
  - b. Bake for 35-40 minutes until the cheese is golden.

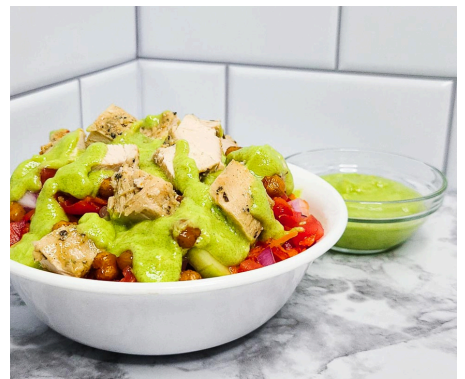
### FACTS

Bell peppers can help boost the immune system and are rich in vitamins C, A and antioxidants.

### NUTRITION FACTS: 1 SERVING

(half of a bell pepper)  
Total Calories: 90 cal; Total Fat: 3 g;  
Total Carbs: 2 g; Total Protein: 13 g; Fiber: 1 g;  
Added Sugar: 0 g

# Lunch



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# Avocado Chickpea Power Salad

3 SERVINGS

PREP TIME: 15 MINUTES

COOK TIME: 10 MINUTES



## INGREDIENTS

- 1/2 cup canned chickpeas
- 1/2 cup tomatoes
- 1/2 cup cucumbers
- 1/2 cup carrots
- 1/2 medium bell pepper
- 3/4 cup cooked chicken

### Dressing:

- 1/2 cup avocado
- 2 tablespoons lemon juice
- 3 tablespoons olive oil
- 1/4 teaspoons salt
- 1 clove garlic
- 1/4 cup plain Greek yogurt

## COOKING STEPS

1. Drain and rinse chickpeas. Dry chickpeas with paper towels. And set aside. You can use chickpeas as is, or you can roast them. The recipe for roasting chickpeas is listed below.
2. Preheat oven to 425 F and drain and rinse chickpeas. Dry chickpeas with paper towels and transfer them to a large bowl. Drizzle olive oil on chickpeas, add a dash of paprika, garlic powder, and salt to chickpeas, and coat evenly. Put chickpeas on a baking sheet and roast for 15-20 minutes. Take out to cool.
3. Chop up cucumbers, bell peppers, and tomatoes, shred the carrots, cut cooked chicken into cubes, and add to a large bowl.
4. Cut the avocado in half and remove the seed with a spoon. In a bowl, mash avocado using a fork or potato masher until smooth for the dressing. Mince garlic clove and add to avocado. Whisk in lemon juice, olive oil, salt, and Greek yogurt. Add more or less salt and lemon juice to your liking.
5. Add the dressing, chickpeas, and chicken to the vegetable mixture.
6. Toss all ingredients together until combined, and serve.

### FACTS

Chickpeas are one of the powerhouses of plant-based protein, rich in fiber that helps feel fullness and digestive health. They are one of the oldest crops to be domesticated by humans.

### NUTRITION FACTS: 1 SERVING

Total Calories: 288 cal; Total Fat: 16 g;  
Total Carbs: 15 g; Total Protein: 23 g; Fiber: 4 g;  
Added Sugar: 0 g

# Low-Carb Veggie Rainbow Pizza

2 PIZZAS

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES



## INGREDIENTS

- 2 - 8" or 10" low-carb flour tortillas
- 1/2 cup pizza sauce
  - (1/4 cup sauce for each pizza)
- 1/2 cup shredded mozzarella low-moisture part-skim
  - (1/4 cup of cheese for each pizza)
- Assorted vegetable toppings (olives, mushrooms, bell peppers, onions, spinach)

## COOKING STEPS

1. Set your oven rack in the center. Preheat oven to 425 degrees F.
2. Place both tortillas on a baking sheet and spoon 1/4 cup of pizza sauce onto each tortilla, leaving a small margin around the edges.
3. Sprinkle on the 1/4 cup of shredded mozzarella cheese on each pizza.
4. Chop up vegetable toppings and sprinkle onto the pizzas.
5. Bake pizzas for 5 minutes or until the cheese is melted and bubbly.
6. Let cool for a few minutes before cutting and serving.

### FACTS

The iconic Margherita pizza was named after Queen Margherita of Italy. Created in 1889, it features tomato sauce, mozzarella cheese, and fresh basil, all representing the colors of the Italian flag.

### NUTRITION FACTS: 1 PIZZA

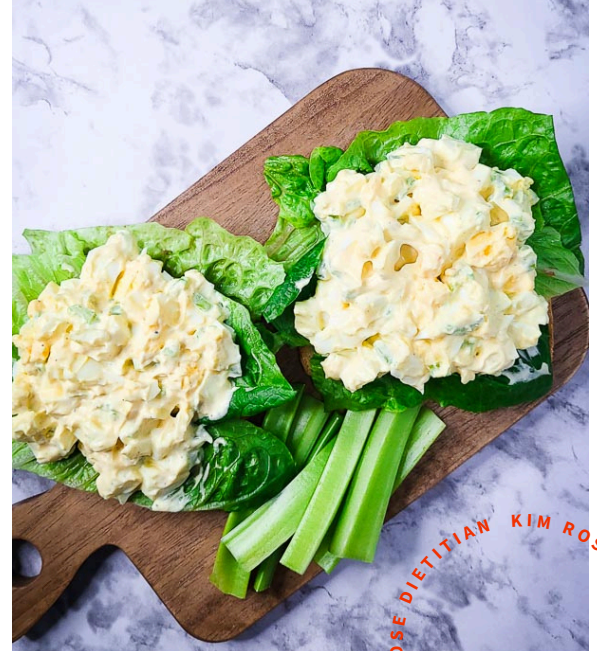
Total Calories: 207 cal; Total Fat: 12 g; Total Carbs: 30 g;  
Total Protein: 13 g; Fiber: 17 g; Added Sugar: 0 g

# Eggceptional Brunch Sandwich

2 SERVINGS

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES



## INGREDIENTS

- 4 Slices - Low carb bread
- 2-4 large romaine lettuce leaves
- 2 large hard-boiled eggs
- 2 teaspoons diced celery
- 2 tablespoon mayonnaise
- 2 tablespoon high protein plain Greek Yogurt
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 2 Celery stalks

## COOKING STEPS

1. For a bread sandwich, heat a nonstick skillet over medium-high heat. Brush on olive oil to one side of each sliced bread and toast them on the pan for 1 to 2 minutes per side until golden.
2. Wash the lettuce leaves and dry them with paper towels for lettuce wraps.
3. If you don't have store-bought hard-boiled eggs, boil the eggs for 8-10 minutes and set aside to cool down.
4. Dice 2 tablespoons of celery and cut up the 2 stalks to make celery sticks.
5. Mix the mayonnaise, yogurt, black pepper, salt, and diced celery in a small bowl. Cut up the boiled eggs and add to the mixture.
6. Make sandwiches with bread slices and lettuce leaves, or use lettuce leaves to make wraps.
7. Enjoy the celery sticks on the side.

### FACTS

Eggs are one of the rich sources of high-quality protein and contain 9 essential amino acids. During the early Renaissance, artists used egg yolks mixed with pigments to create durable paints known as egg tempera.

### NUTRITION FACTS: 1 SANDWICH

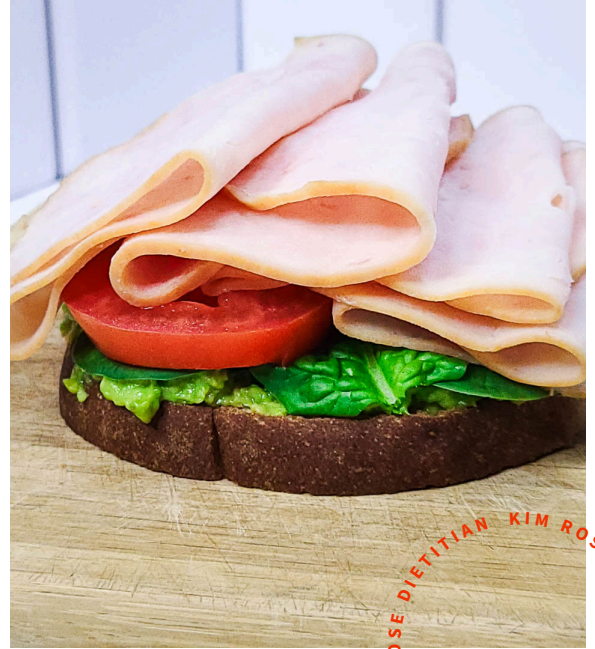
Total Calories: 287 cal; Total Fat: 18 g; Total Carbs: 22 g;  
Total Protein: 13 g; Fiber: 7 g; Added Sugar: 0 g

# Ultimate Avocado Turkey Stack

1 SERVING

PREP TIME: 10 MINUTES

COOK TIME: 5 MINUTES



## INGREDIENTS

- 2 slices low carb bread
- 1/4 ripe avocado
- 1/4 cup fresh spinach
- 2-4 slices tomato
- 3 ounces lean sliced turkey

## COOKING STEPS

1. Using a toaster, toast your bread until golden brown.
2. Take the avocado, and using a fork, mash until it reaches a smooth consistency.
3. Take one piece of the toasted bread and generously spread the mashed avocado.
4. Add some spinach leaves, slice up some tomatoes, and place them on top of the avocado.
5. Next, add slices of turkey. Choose your favorite variety, whether roasted, smoked, or sliced thin turkey.
6. Finally, top it off with the second piece of toasted bread.

### FACTS

Avocados date back over 10,000 years and are believed to have originated in Central and South America. Avocados have monounsaturated fats and can support overall heart health.

### NUTRITION FACTS: 1 SERVING

Total Calories: 247 cal; Total Fat: 7 g; Total Carbs: 30 g;  
Total Protein: 21 g; Fiber: 10 g; Added Sugar: 0 g

# Crunchy Tuna Medley Salad

2 SERVING

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES



## INGREDIENTS

- 2 stalks of celery
- 1/4 cup mini bell peppers
- 1/4 cup red onion
- 2 – 5 ounce cans of water-packed tuna
- 4 tablespoons high-protein plain Greek yogurt
- 2 tablespoons light mayonnaise
- 2 tablespoons relish
- Salt
- Black pepper
- 2-4 large lettuce leaves
- Low carb bread

## COOKING STEPS

1. Dice celery stalks, bell peppers, and red onion and add to a bowl.
2. Drain tuna cans and add tuna to the vegetable mixture.
3. In a separate small bowl, mix light mayonnaise, yogurt, relish, salt, and pepper to taste.
4. Pour the mayo mixture into the tuna and vegetable mixture and stir until combined.
5. Serve as a sandwich or salad with chopped lettuce leaves of your choice.

### FACTS

The first canned tuna was sold in grocery stores in 1903 in the USA. Introduced as "Chicken of the Sea" brand. Tuna is low in saturated fat but rich in omega-3 fatty acids. They help with heart health, brain function, and reducing inflammation.

### NUTRITION FACTS: 1 SANDWICH

Total Calories: 343 cal; Total Fat: 7 g; Total Carbs: 45 g;  
Total Protein: 29 g; Fiber: 14 g; Added Sugar: 0 g



# Dinner



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# Ground Turkey Stuffed Bell Peppers

2 SERVINGS

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES



## INGREDIENTS

- 2 Tablespoons Extra-virgin Olive Oil
- 1 Medium Onion
- 1 cup mushrooms
- 2 Garlic Cloves
- 1/2 pound Ground turkey
- 1 ½ Cup Cooked Brown Rice
- 1 - 14.5 ounces Can Diced Tomatoes
- Salt
- Black pepper
- 4 Large Bell Peppers
- 1 Cup Shredded Low fat Cheddar Cheese
- 2 oz low-sodium vegetable broth

## COOKING STEPS

1. Preheat your oven to 375 F. Take bell peppers, remove the tops and stems, and remove the core of the seeds. Set bell peppers cut side up into a 8 x 8 baking dish or a rimmed tray.
2. Prep vegetables, dice onions, mushrooms, and mince garlic.
3. Place a large skillet over medium heat. Add oil, onions, mushrooms, garlic, and sauté until they soften.
4. Add the ground turkey to the skillet. As it cooks, break up the meat with a spatula. Cook until browned, for about 5-6 minutes.
5. Stir in brown rice and diced tomatoes and cook until sauce is slightly reduced, about 4-5 minutes. Add salt and pepper to your liking.
6. Stuff each pepper with the turkey mixture, and pour the vegetable broth into the baking dish. Cover the dish with foil and bake the peppers until they are tender, for about 20 minutes.
7. After 20 minutes, uncover the bell peppers, sprinkle each bell pepper with cheese, and bake uncovered for 5-10 minutes more. Garnish with fresh chopped parsley before serving.

### FACTS

The Inca's first domesticated bell peppers were later introduced to Europe by Spanish explorers. The color of a bell pepper indicates its ripeness. Green bell peppers are unripe, while red, orange, and yellow bell peppers are ripe.

### NUTRITION FACTS: 1 PEPPER

Total Calories: 343 cal; Total Fat: 7 g; Total Carbs: 45 g;  
Total Protein: 29 g; Fiber: 14 g; Added Sugar: 0 g

# Salmon Rice Bowl

2 SERVINGS

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES



## INGREDIENTS

- 1 cooked salmon fillet
- 1/4 cup raw purple cabbage
- 1/8 cup carrots
- 1/2 cucumber
- 1/2 avocado
- 1/4 cup uncooked brown rice
- 1 tablespoon mayonnaise
- 1 tablespoon Sriracha
- 1/8 teaspoon coarse salt
- 1/8 teaspoon sesame seeds
- 1 sheet seaweed

## COOKING STEPS

1. Shred raw purple cabbage and carrots. Peel and remove the seeds with the cucumber and cut into thin slices. Cut the avocado in half, remove the pit, peel off the skin, and cut it into cubes.
2. Cut the seaweed sheet into four equal pieces.
3. Use a fork to break up the cooked salmon fillet into small pieces. If you have a raw salmon fillet, you can cook it by pan-searing and breaking it into small pieces.
4. Mix the 1 tablespoon Sriracha and 1 tablespoon mayonnaise in a small bowl. Combine coarse salt and sesame seeds in a small dish.
5. Cook 1/4 cup brown rice according to the package directions.
6. If you're limited on time to cook brown rice, you can use ready-made rice that takes less than 5 minutes to cook.
7. Toss the shredded salmon, rice, carrots, purple cabbage, cucumber, and avocado in a large bowl.
8. Top with Sriracha sauce and mixed coarse salt and sesame seeds.
9. Serve with seaweed pieces on the side.

### FACTS

Salmon has omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA); they support heart and brain health and reduce inflammation.

### NUTRITION FACTS: 1 SERVING (1 BOWL)

Total Calories: 263 cal; Total Fat: 13 g; Total Carbs: 23 g;  
Total Protein: 15 g; Fiber: 5 g; Added Sugar: 1 g

# Ranch Chicken Veggie Bowls

4 SERVINGS

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES



## INGREDIENTS

- 2 cups cubed baked chicken
- 1 (16-ounce) frozen veggie mix
- 1 (15.5 ounces) can of chickpeas, rinsed
- 1/3 cup creamy ranch dressing

## COOKING STEPS

1. Cut up baked chicken into cubes.
2. Prepare frozen veggie mix according to package directions.
3. Drain the chickpeas, rinse them with cold water, and pat them dry with paper towels.
4. In a bowl, mix together veggie mix, chicken, and chickpeas. Add 1/3 cup of ranch salad dressing to the mixture.
5. Simply combine the ingredients, toss to coat, and enjoy!

### FACTS

Baked chicken is not only the most budget-friendly meal, but baking chicken is a healthier cooking method. It retains the flavors while reducing excess fat as it renders off.

### NUTRITION FACTS: 1 SERVING

Total Calories: 382 cal; Total Fat: 6 g; Total Carbs: 21 g;  
Total Protein: 28 g; Fiber: 5 g; Added Sugar: 0 g

# Ground Turkey Tacos

6 SERVINGS

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES



## INGREDIENTS

- 2 teaspoons Extra-virgin olive oil
- 1/2 red onion - diced
- 1/2 lb. lean ground turkey
- 6 teaspoons of 1 packet of low-sodium taco seasoning
- 6 - 6-inch low-carb tortillas
- 1 large avocado (diced)
- 4 tablespoons high-protein plain Greek yogurt
- 1/4 cup chopped lettuce
- 1/4 cup chopped purple cabbage

## COOKING STEPS

1. Place a large skillet over medium heat. Add oil and onions. Cook onions until they soften.
2. Mix the ground turkey into the onions with a spatula, and cook until browned.
3. Add the taco seasoning mix to the turkey mixture and stir to combine.
4. Fill each tortilla with turkey mixture, 1 tablespoon of diced avocado, and 1 tablespoon of Greek yogurt, lettuce, and purple cabbage to assemble the tacos.
5. Serve immediately and enjoy!

### FACTS

The introduction of the hard taco shell is credited to Mexican immigrants in the United States. In the early 20th century, they started frying tortillas into a U-shape to create a crispy shell, giving birth to the iconic hard-shell taco.

### NUTRITION FACTS: 1 SERVING (1 TACO)

Total Calories: 186 cal; Total Fat: 12 g; Total Carbs: 18 g;  
Total Protein: 12 g; Fiber: 11 g; Added Sugar: 0 g

# Broccoli Chicken Stir-Fry

2 SERVINGS

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES



## INGREDIENTS

- 1 (14-oz) bag of frozen mixed vegetables
- 1 1/2 cup cooked chicken

Soy sesame stir fry sauce: Makes 1/2 cup

- 1/2 garlic clove
- 1/8 c chicken broth
- 1/8 c soy sauce
- 1 tsp sesame oil
- 1 tsp rice wine vinegar

Zucchini noodles: Makes 2 servings

- 1 tbsp EVOO
- 2 medium zucchini, spiralized or julienned
- 2 garlic cloves
- Salt and black pepper to taste

## COOKING STEPS

1. Make the soy-sesame stir-fry sauce: In a small bowl, whisk together the minced garlic, chicken broth, soy sauce, sesame oil, and rice wine vinegar.
2. Make the zucchini noodles: Heat the olive oil in a large skillet over medium heat. Add the zucchini noodles, minced garlic, salt, and pepper. Sauté for 2-3 minutes or until the zucchini noodles are tender.
3. Heat the same skillet over medium heat. Add the frozen vegetables and sauté for 5-8 minutes or until tender-crisp.
4. Add the chicken and sauce to the skillet with the vegetables. Cook for 2-3 minutes or until the sauce is thickened.
5. Serve the stir-fry over the zucchini noodles.

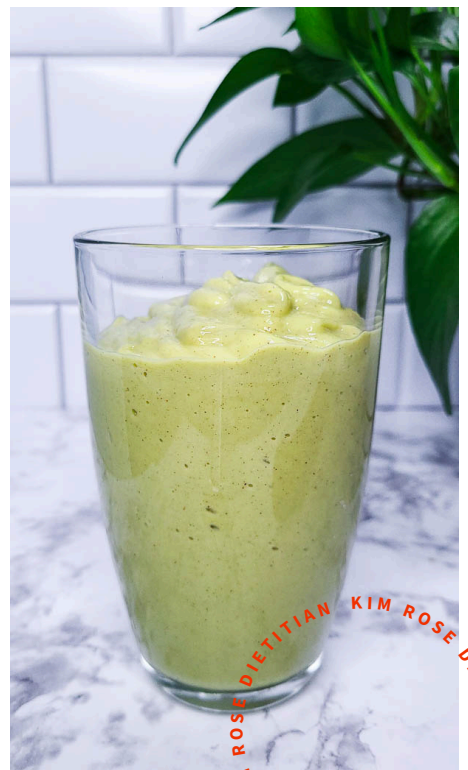
### FACTS

Stir fry is a cooking technique that originated in China over 2,000 years ago. It is also a better cooking method as it preserves the nutrients and freshness of the ingredients due to the short cooking time.

### NUTRITION FACTS: 1 SERVING (1 BOWL)

Total Calories: 273 cal; Total Fat: 12 g; Total Carbs: 15 g;  
Total Protein: 32 g; Fiber: 4 g; Added Sugar: 0 g

# Dessert



# Avocado Mango Delight Smoothie

2 SERVING

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES



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## INGREDIENTS

- 1 cup frozen or fresh mango
- 1/2 cup ripe avocado, pitted and peeled
- 1 cup unsweetened plant-based milk of your choice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Optional: Add stevia sweetener to taste

## COOKING STEPS

1. Place all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into 2 chilled glasses and enjoy.

### FACTS

Mangoes are incredibly delicious as well as nutritious. They are rich in vitamins C and A, fiber, and antioxidants and low in fat and calories. Mango trees can live for over 100 years and grow up to 100 feet tall, producing thousands of mangoes yearly.

### NUTRITION FACTS: 1 SMOOTHIE

Total Calories: 117 cal; Total Fat: 7 g; Total Carbs: 18 g;  
Total Protein: 2 g; Fiber: 5 g; Added Sugar: 0 g



# Strawberry Peachy Keen Smoothie

2 SERVING

PREP TIME: 5 MINUTES

COOK TIME: 5 MINUTES



## INGREDIENTS

- 1 cup frozen strawberries and peaches
- 1/2 cup Plain Nonfat Greek yogurt
- 1 cup water
- 1/4 cup almonds
- 1 cup spinach
- Dash of cinnamon on top

## COOKING STEPS

1. Combine all ingredients in a blender.
2. Blend until smooth and thick.
3. Pour into 2 glasses and top with a dash of cinnamon.

### FACTS

There are two main types of peaches: clingstone and freestone. Clingstones have flesh that clings to the pit, while freestone has flesh that separates easily from the pit.

### NUTRITION FACTS: 1 SMOOTHIE

Total Calories: 170 cal; Total Fat: 8 g; Total Carbs: 14 g;  
Total Protein: 8 g; Fiber: 4 g; Added Sugar: 0 g

# Berries & Whipped Cream

4 SERVINGS

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES



## INGREDIENTS

- 4 tablespoons plain Greek yogurt
- 4 tablespoons light whipped topping (thawed)
- 2 tablespoons lemon juice
- 1 teaspoon Stevia sweetener
- 2 cup blueberries
- 2 cups Strawberries (sliced)

## COOKING STEPS

1. Combine Greek yogurt, whipped topping, lemon juice, and Stevia sweetener in a medium bowl.
2. Stir until well combined.
3. Serve the yogurt mixture in 4 bowls.
4. Top the yogurt mixture with the blueberries and strawberries.
5. Serve dessert immediately or store it in the refrigerator for later.

### FACTS

Blueberries are a good source of anthocyanins, antioxidants that improve cognitive function.

### NUTRITION FACTS: 1 SERVING (1 BOWL)

Total Calories: 88 cal; Total Fat: 1 g; Total Carbs: 20 g;  
Total Protein: 2 g; Fiber: 4 g; Added Sugar: 1 g

# Chia Fusion Pudding

1 SERVINGS

PREP TIME: 5 MINUTES

COOK TIME: 2 HOURS



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## INGREDIENTS

- 2 tablespoons chia seeds
- 1/2 cup milk of choice
- 1 teaspoon stevia sweetener, optional
- Dash of cinnamon
- 1/3 cup strawberries for topping

## COOKING STEPS

1. Combine Greek yogurt, whipped topping, lemon juice, and Stevia sweetener in a medium bowl.
2. Stir until well combined.
3. Serve the yogurt mixture in 4 bowls.
4. Top the yogurt mixture with the blueberries and strawberries.
5. Serve dessert immediately or store it in the refrigerator for later.

### FACTS

Strawberries are a good source of vitamin C, potassium, and fiber. They are the only fruit with seeds on the outside.

### NUTRITION FACTS: 1 SERVING

Total Calories: 89 cal; Total Fat: 5 g; Total Carbs: 2 g;  
Total Protein: 0 g; Fiber: 1 g; Added Sugar: 0 g

# Baked Pears Wonder Bowl

4 SERVINGS

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES



## INGREDIENTS

- 2 large pears diced
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- ¼ cup heavy whipped cream
- 1 tablespoon stevia sweetener
- Sea salt

## COOKING STEPS

1. Toss the pears with the cinnamon and vanilla extract in a medium skillet over medium heat.
2. Cook the pears for 5-8 minutes or until soft and fragrant.
3. Divide the pear mixture between 4 bowls. Top each with a generous dollop of whipped cream.

### FACTS

There are over 3,000 varieties of pears, but the most common types include Bartlett, Bosc, Comice, and Anjou.

### NUTRITION FACTS: 1 SERVING (1 BOWL)

Total Calories: 124 cal; Total Fat: 6 g; Total Carbs: 13 g;  
Total Protein: 1 g; Fiber: 3 g; Added Sugar: 0 g