

# Free One Day Diabetes Meal Plan

 17 items

## Fruits

1/2 Lemon

## Breakfast

1/2 cup Steel Cut Oats

## Seeds, Nuts & Spices

1/4 cup Hemp Seeds

1 1/2 tsps Italian Seasoning

1 cup Pistachios

Sea Salt & Black Pepper

## Frozen

1 cup Frozen Cherries

## Vegetables

4 stalks Celery

1 cup Cherry Tomatoes

1/2 Garlic

3 cups Green Beans

## Boxed & Canned

2 cups Mixed Beans

## Bread, Fish, Meat & Cheese

10 ozs Salmon Fillet

## Condiments & Oils

1 tbsp Apple Cider Vinegar

2 1/2 tsps Extra Virgin Olive Oil

1/4 cup Sunflower Seed Butter

## Other

1 1/2 cups Water

# Sweet Cherry Steel Cut Oats

 4 ingredients  20 minutes  2 servings

## Directions

1. In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
2. Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
3. Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

## Notes

**No Cherries** Any fruit will work.

## Ingredients

**1/2 cup** Steel Cut Oats  
**1 1/2 cups** Water  
**1 cup** Frozen Cherries  
**1/4 cup** Hemp Seeds

# Celery with Sunflower Seed Butter

 2 ingredients  5 minutes  2 servings

## Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk).  
Happy munching!

## Notes

**No Celery**      Use cucumber instead

## Ingredients

**4 stalks**      Celery (sliced into sticks)  
**1/4 cup**      Sunflower Seed Butter

# Marinated Mixed Bean Salad

 8 ingredients  15 minutes  2 servings

## Directions

1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinade in the fridge overnight for more flavour.

## Notes

**No Mixed Beans** Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

**Leftovers** Keeps well covered in the fridge up to 4 to 5 days.

## Ingredients

<b>1 cup</b>	Green Beans (fresh or frozen)
<b>2 cups</b>	Mixed Beans (cooked)
<b>2 tbsps</b>	Extra Virgin Olive Oil
<b>1 tbsp</b>	Apple Cider Vinegar
<b>1 1/2 tsps</b>	Italian Seasoning
<b>1/2</b>	Garlic (clove, minced)
<b>1/2</b>	Lemon (juiced)
	Sea Salt & Black Pepper (to taste)

# Pistachios

 1 ingredients  1 minute  2 servings

## Directions

1. Divide into bowls, peel and enjoy!

## Ingredients

**1 cup** Pistachios (in the shell)

# One Pan Salmon with Green Beans & Roasted Tomato

 5 ingredients  25 minutes  2 servings

## Directions

1. Preheat oven to 510. Line a baking sheet with parchment paper.
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

## Notes

- No Salmon** Use any type of fish fillet. Baking times will vary depending on thickness.
- Vegan** Use roasted chickpeas instead of salmon.
- More Carbs** Serve with quinoa or rice.
- Added Touch** Toss the green beans in balsamic vinegar before serving.

## Ingredients

- 2 cups** Green Beans (washed and trimmed)
- 1 cup** Cherry Tomatoes
- 1 1/2 tsps** Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 10 ozs** Salmon Fillet