

PureDiabetes 5-Day Blood Sugar Assessment

Shopping List, Menu, Meal Schedule and Recipes

Shopping List/Cabinet Check:

- Green vegetables or cauliflower (optional no-carb "free food" vegetables to be eaten with meals) - celery, cucumber, broccoli
- Lettuce or mixed greens for "free foods" or as sandwich garnish
- Bananas (2-3 for the recipe)
- 1 green bell pepper
- Cilantro (optional)
- 1 16-oz package of baby carrots (or baby-cut carrots)
- No-carb salad dressing (<1 gram per serving) - typically creamy dressings are lower carb than vinaigrettes or italians. [Click here to access Kara's Mom's famous salad dressing and salad recipe, including a GF option.](#)
- Your favorite lunch meat (enough for 5 sandwiches) (Gastroparesis option: low fat turkey breast)
- A selection of 3-5 of your favorite cheeses or dips/spreads (for the crackers - can be hard cheese, sliced cheese or spreads but must contain few to no carbs)
 - 1 package (10-14 oz) of Kielbasa or smoked sausage (GF and Gastro option: Johnsonville Turkey Smoked Sausage)
 - 1 box Triscuits (regular) - 10g of carbs in 3 crackers (GF alternative: Crunchmaster Crackers - 10g in 6 crackers. Gastroparesis option: Low fat triscuits)
- 1 box Wheat thins (regular) - 10 grams of carbs in 8 crackers (GF alternative: Blue Diamond Nut Thins - 10g in 7 crackers. Gastroparesis option: Low fat wheat thins)
 - 10-20 slices of Low carb bread - ~10 grams of net carbs* per slice (GF Alternative: Udi's - 11g per slice)
 - Hellman's mayonnaise with olive oil - optional for sandwiches (GF alternative: other GF mayonnaises.)
 - Unsweetened mustard - optional for sandwiches (GF alternative: most French's brand mustards)
 - Dill Pickles or olives (optional "free foods" to be eaten with meals)
 - Salsa (need 8oz of salsa for recipe. Should be approx 13g of carbs for 8 oz of salsa).
 - 1 can of black beans (Gastroparesis option: No beans. Sub 1/2 cup white minute rice)
 - 32oz box of chicken or beef broth (get low sodium for heart healthy option)
 - Quinoa -need one cup dry quinoa for recipe.
 - Olive oil (just a few tablespoons to saute some ingredients)
 - Ground cinnamon

- Splenda (the kind in the bag that you can use in place of sugar for cooking)
- Shortening (crisco) (Gastro option: Use I-can't-believe-it's-not-butter instead - already part of this list)
- Vanilla extract
- Baking soda
- Salt
- White Flour - need 1 cup for the recipe - (GF option: need 1 cup GF all-purpose baking flour for banana bread recipe)
- Quick Oats - need 1 cup for the recipe - (GF Option: get GF quick oats (quaker sells them) or get rolled oats and pulse them a few times in the food processor)
- Milk
- 2 dozen eggs
- Butter (optional for sandwiches) - (Gastroparesis option: use I-can't-believe-it's-not-butter LIGHT because it has only 1g of saturated fat per serving)
- Make sure you have at least 70 test strips, as you will likely check your bg 14x per day or more.

*What's a net carb? It's the total amount of carbs MINUS the total fiber. Yeah. You get to subtract the fiber.

**REMEMBER: DAY 0 IS YOUR SHOP/PREP DAY.
GET ALL INGREDIENTS AND COOK THE
FOLLOWING TWO RECIPES THE NIGHT BEFORE
YOU START YOUR ASSESSMENT.**

Recipes:

RECIPE 1 OF 2: SAUSAGE AND BELL PEPPER THICK SOUP/PILAF RECIPE

(makes 7 1-cup servings, 25g carbs per 1 cup serving)

*Use low sodium ingredients if you are on a low sodium diet

Ingredients:

- 1 12-14oz package of kielbasa sausage, chopped into ½ inch pieces
- 1 green bell pepper (~5 grams carbs), diced
- Olive Oil (0 grams carbs) - enough to fry sausage and bell pepper in a skillet
- 1 can of black beans (77 grams of carbs/31 grams fiber for a net of 46 grams of carbs), drained and rinsed (Gastroparesis option: sub with 1/2 cup of white minute rice)
- 32 oz box of chicken or beef broth (1 g carbs)
- 4-8oz salsa (6-13 grams carbs)
- 1 cup of Quinoa (112 grams carbs/12 grams fiber for a net of 100 grams of carbs)

Directions:

1. Sauté kielbasa sausage in oiled skillet for 5 minutes, add green pepper, sauté for 2 more minutes
2. Pour broth into pasta pot, bring to boil
3. Add sautéed sausage/bell pepper mix to boiling broth, bring to boil again
4. Add quinoa to boiling pot, lower heat to simmer, and cook everything according to the quinoa package instructions (typically simmer for 10-15 minutes.)
5. Remove from heat based on quinoa package instructions, add salsa and rinsed black beans (Gastroparesis option: sub 1/2 cup of white minute rice for the beans)
6. Turn off burner
7. Let sit for 5-7 minutes on the hot burner
8. Stir/fluff with spatula or spoon

Total volume: 7 cups. If desired, divide and store in 1 cup increments.

RECIPE 2 OF 2: LOWER CARB BANANA BREAD RECIPE

(cut into 7 equal slices to make 7 servings, which will be 32 g carbs each)

Ingredients:

- ½ cup shortening (or I-can't-believe-it's-not-butter-LIGHT)
- ½ cup Splenda/Sucralose
- 2 eggs, beaten
- ½ teaspoon vanilla extract
- 1 cup flour (or gluten free all-purpose flour)
- 1 cup quick oats (or gluten free quick oats, or gluten free rolled oats pulsed in the blender)
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¼ cup milk
- ½ teaspoon ground cinnamon
- 1½ cups mashed bananas (about 2 large or 3 small bananas)

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5-inch loaf pan and set aside.
2. Cream together the shortening and sugar. Add eggs and vanilla; beat until fluffy.
3. Sift together the flour, oatmeal, baking soda, salt and cinnamon. Add dry ingredients alternately with bananas and milk. Mix/stir until blended.
4. Pour into prepared pan. Bake for 50 to 60 minutes; remove from oven and cover for 5 minutes.

Divide and store in 7 equal slices to make 7 servings @ 32 g carbs per serving. GF option is 35 g carbs per serving.

Menu/Schedule:

Meals must be eaten 4 hours apart. Please prepare to eat from this schedule for the next 5 days. If you choose not to follow my recipes and instead want to eat your own prepared meals, just make sure that you eat the right amount of carbs per meal. Also include some protein and fat.

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|-----------------------------------|---|---|---|---|---|
| Meal 1 (10g of carbs) Time: | <ol style="list-style-type: none"> 3 eggs, cooked any way you want 2 triscuits with your desired topping Free foods as desired | <ol style="list-style-type: none"> 3 triscuits with your desired topping Free foods as desired | <ol style="list-style-type: none"> 3 eggs, cooked any way you want 5 wheat thins with your desired topping Free foods as desired | <ol style="list-style-type: none"> 8 wheat thins with your desired topping Free foods as desired | <ol style="list-style-type: none"> 3 eggs, cooked any way you want 2 triscuits with your desired topping Free foods as desired |
| Meal 2 (20g of carbs) Time: | <ol style="list-style-type: none"> Lunchmeat or cheese Sandwich (stack bread as needed to reach 20 carbs) Free foods as desired | <ol style="list-style-type: none"> Lunchmeat or cheese Sandwich (stack bread as needed to reach 20 carbs) Free foods as desired | <ol style="list-style-type: none"> Lunchmeat or cheese Sandwich (stack bread as needed to reach 20 carbs) Free foods as desired | <ol style="list-style-type: none"> Lunchmeat or cheese Sandwich (stack bread as needed to reach 20 carbs) Free foods as desired | <ol style="list-style-type: none"> Lunchmeat or cheese Sandwich (stack bread as needed to reach 20 carbs) Free foods as desired |
| Meal 3 (30g of carbs) Time: | <ol style="list-style-type: none"> 1 cup of sausage/bell pepper soup 5 baby carrots Free foods as desired | <ol style="list-style-type: none"> 1 cup of sausage/bell pepper soup 5 baby carrots Free foods as desired | <ol style="list-style-type: none"> 1 cup of sausage/bell pepper soup 5 baby carrots Free foods as desired | <ol style="list-style-type: none"> 1 cup of sausage/bell pepper soup 5 baby carrots Free foods as desired | <ol style="list-style-type: none"> 1 cup of sausage/bell pepper soup 5 baby carrots Free foods as desired |
| Meal 4 (40g of carbs) Time: | <ol style="list-style-type: none"> 1/7th of your banana bread 6 oz milk | <ol style="list-style-type: none"> 1/7th of your banana bread 6 oz milk | <ol style="list-style-type: none"> 1/7th of your banana bread 6 oz milk | <ol style="list-style-type: none"> 1/7th of your banana bread 6 oz milk | <ol style="list-style-type: none"> 1/7th of your banana bread 6 oz milk |

Meal Schedule options:

- Option 1: eat at 6am, 10am, 2pm, 6pm
- Option 2: eat at 7am, 11am, 3pm, 7pm
- Option 3: eat at 8am, 12pm, 4pm, 8pm
- Option 4: eat at 9am, 1pm, 5pm, 9pm

When to check your blood sugar:

1. Check at wake-up
2. Check JUST before you eat a meal
3. Check 1 hour after you eat a meal
4. Check 2 hours after you eat a meal
5. (repeat steps 2-4 throughout the day)
6. Check before bed *

*If you take insulin or sulfonylurea drugs, please be sure your blood sugar is at a safe level before going to sleep. This may mean eating 10-15 grams of extra carbs with some fat, or eating a protein snack.



BootCamp
for
Betics

Blood Sugar Log Instructions

Use with the BootCamp for Betics Blood Sugar Log Form

Using the Glucose section

Enter your blood sugar/blood glucose level (ex. 129)

Using the Carbs section

Enter the grams of carbohydrates you ate (ex. 40g)

Using the Med/Insulin section

If you take oral diabetes meds, enter a letter or an abbreviation that corresponds to the type of diabetes meds you took. If you take insulin, enter the number of units and an abbreviation that indicates the type of insulin you took. Below are some **examples**:

M - took Metformin

V - took Victoza

J - took Januvia

4N - took 4 units of Novolog

4log - took 4 units of Novolog

12L - took 12 units of Lantus

G - took Glimepiride

Glip - took Glipizide

14mix - took 14 units of insulin mix (70/30 or 75/25)

4H/15L - took 4 units of Humalog, then took 15 units of Levemir

The above examples are just that - examples! You can feel free to invent your own abbreviations, as long as you are able to communicate them to your doctor when you show him/her your blood sugar log.

Using the Other section

You can use the Other section to add additional information, such as how much exercise you experienced, whether you had ketones, and/or whether you experienced an external factor that caused your blood sugar to go up or down. Here are some examples:

15min - engaged in 15 minutes of exercise

+Ket - had positive Ketones

Sick - you were sick or felt sick

↑ - experienced an event or other external factor that caused an increase in blood sugar

↓ - experienced an event or other external factor that caused a decrease in blood sugar

You can invent your own abbreviations, as long as you are able to communicate them to your doctor when you show him/her your blood sugar log.

