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Welcome to the blood sugar nutrient-based eating meal plan. All of the foods this week include blood sugar health promoting nutrients. You can substitute any ingredient or meals as necessary with other blood sugar optimizing foods found in the Nutrevo Body food shopping list. Each meal is designed to be cooked in 30 minutes or less! The recipes are designed to cook 2 servings - one for dinner, one for lunch the next day. The goal is to always have your lunch prepped and ready to go from the night before! If you are cooking for others, you can simply double or triple the ingredients as needed per serving added. You can add mid-morning and mid-afternoon snacks to your meal plan as needed - you can pick items from the foods list for healthy options. You can increase or decrease your portion sizes based on your lifestyle and wellness condition needs. Here's to starting your journey!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Breakfast</p> <div data-bbox="100 362 346 414">  Blueberries </div> <div data-bbox="100 423 346 508">  Soft Scrambled Eggs </div>	<p>Breakfast</p> <div data-bbox="365 362 644 414">  Blueberries </div> <div data-bbox="365 423 644 475">  Avocado (Side) </div>	<p>Breakfast</p> <div data-bbox="663 362 919 414">  Soft Scrambled Eggs </div> <div data-bbox="663 423 919 475">  Green Tea </div>	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>	<p>Breakfast</p>
<p>Lunch</p> <div data-bbox="100 618 346 670">  Classic No-Bun Burger </div> <div data-bbox="100 683 346 735">  Avocado (Side) </div>	<p>Lunch</p> <div data-bbox="365 618 644 722">  Orange Rosemary Pork Chops (leftover) </div> <div data-bbox="365 761 644 865">  Bacon Wrapped Asparagus (leftover) </div>	<p>Lunch</p> <div data-bbox="663 618 919 722">  Cherry Tomato and Dill Salad (leftover) </div> <div data-bbox="663 761 919 865">  Barbecue Chicken (leftover) </div>	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>	<p>Lunch</p>
<p>Dinner</p> <div data-bbox="100 969 346 1053">  Orange Rosemary Pork Chops </div> <div data-bbox="100 1063 346 1148">  Bacon Wrapped Asparagus </div>	<p>Dinner</p> <div data-bbox="365 969 644 1021">  Barbecue Chicken </div> <div data-bbox="365 1031 644 1083">  Cherry Tomato and Dill Salad </div>	<p>Dinner</p> <div data-bbox="663 969 919 1021">  Ginger Baked Salmon </div> <div data-bbox="663 1031 919 1083">  Sautéed Spinach </div> <div data-bbox="663 1092 919 1144">  Cauliflower Rice </div>	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>	<p>Dinner</p>

Meal Plan Summary

Monday

Breakfast

Blueberries (p.5) , Soft Scrambled Eggs (p.5)

Lunch

Classic No-Bun Burger (p.5) , Avocado (Side) (p.6)

Dinner

Orange Rosemary Pork Chops (p.6) , Bacon Wrapped Asparagus (p.7)

Tuesday

Breakfast

Blueberries (p.5) , Avocado (Side) (p.6)

Lunch

Orange Rosemary Pork Chops (leftover) (p.6) , Bacon Wrapped Asparagus (leftover) (p.7)

Dinner

Barbecue Chicken (p.7) , Cherry Tomato and Dill Salad (p.8)

Wednesday

Breakfast

Soft Scrambled Eggs (p.5) , Green Tea (p.8)

Lunch

Cherry Tomato and Dill Salad (leftover) (p.8) , Barbecue Chicken (leftover) (p.7)

Dinner

Ginger Baked Salmon (p.8) , Sauteed Spinach (p.9) , Cauliflower Rice (p.9)

Shopping List

Real Plans

Produce

Refrigerated

- 1/2 pound asparagus
- 1/4 head cauliflower
- 1 tablespoon fresh parsley
- 4 ounces spinach

Non-refrigerated

- 1 avocado
- 1 head garlic
- 1/2 teaspoon minced garlic
- 1 shallot

Meat/Seafood

- 2 slices bacon
- 3/4 pound boneless pork chops
- 6 ounces salmon fillet

Eggs & Dairy

- 1 1/2 teaspoons butter

Spices

- 1 1/4 teaspoons coarse sea salt
- 1 1/4 teaspoons garlic powder
- 1/2 teaspoon ground coriander
- 1 teaspoon paprika

Vinegar and Oils

- 3 teaspoons coconut oil

Canned/Jarred Goods

- 1/4 cup beef broth

Drinks

- 8 ounces green tea
- 1/4 cup water

- 1 cup blueberries
- 1 tablespoon fresh dill
- 1 1/2 teaspoons fresh rosemary

- 2 cups cherry tomatoes
- 1/2 lemon
- 1/4 onion

- 1 1/4 pounds boneless chicken thighs
- 1/3 pound ground beef

- 4 egg

- 1/2 teaspoon cumin
- 1/2 teaspoon ground black pepper
- 1/8 teaspoon ground ginger
- 1/2 teaspoon sea salt

- 4 tablespoons extra virgin olive oil

- 1/4 cup orange juice

Blueberries

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1/2 cup blueberries

How to prepare

1. Distribute blueberries evenly. Enjoy!

Soft Scrambled Eggs

Active time: 15 minutes Total time: 15 minutes Servings: 1



Ingredients

2 eggs
1/8 cup water
1/4 teaspoon coarse sea salt
ground black pepper, to taste
3/4 teaspoon coconut oil

How to prepare

1. Whisk eggs, water, salt and pepper in bowl until uniform.
2. Heat oil in a skillet over medium heat until hot. Pour in the egg mixture.
3. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
4. Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

Classic No-Bun Burger

Active time: 10 minutes Total time: 18 minutes Servings: 1



Ingredients

1/3 pound ground beef
1/3 teaspoon sea salt
1/4 teaspoon garlic powder

How to prepare

1. Preheat the grill to 375 degrees F (medium-high).
2. In a large bowl, add the beef. Sprinkle evenly with sea salt and garlic powder. Use your hands to mix the ingredients until they are just combined.
3. Form into 6 oz patties that are about 3/4 inch thick.
4. Make an indentation in the middle of the patty to prevent bulging in the center of the hamburger as it cooks. Repeat with the remaining meat mixture.
5. Place the burgers on the grill. Cook 4-5 minutes on the first side. Flip the burgers over and cook an additional 4-5 minutes, until the burgers have reached the desired doneness.

Avocado (Side)

Active time: 5 minutes Total time: 5 minutes Servings: 1



Ingredients

1/2 avocado

How to prepare

1. Peel, pit and slice avocados.
2. Serve as a side dish.

Orange Rosemary Pork Chops

Active time: 20 minutes Total time: 20 minutes Servings: 2



Ingredients

1 1/2 teaspoons fresh rosemary
1/2 shallot
3/4 pound boneless pork chops
1/8 teaspoon coarse sea salt
1/8 teaspoon ground black pepper
1 tablespoon extra virgin olive oil
1/4 cup beef broth
1/4 cup orange juice

How to prepare

1. Chop rosemary. Peel and mince shallot.
2. Season pork chops with rosemary, salt, and pepper. Heat oil in a large skillet over medium-high heat. Add chops and cook until browned and cooked through, about 5 minutes per side. Remove pork chops to a serving platter and cover to keep warm.
3. Add shallots to the pan; sauté until shallots are soft. Add broth and orange juice, scraping to remove any browned bits from the bottom of the pan. Boil until liquid is reduced by half, about 3 minutes.
4. Pour sauce over pork chops and serve garnished with extra rosemary.

Bacon Wrapped Asparagus

Active time: 10 minutes Total time: 20 minutes Servings: 2



Ingredients

1/2 pound asparagus
2 slices bacon
1 1/2 teaspoons extra virgin olive oil
1/8 teaspoon sea salt
1/8 teaspoon ground black pepper

Publisher's note

This recipe was contributed by Laura -
@cookathomemom on Instagram.

How to prepare

1. Preheat oven to 400F.
2. Wash and pat dry the asparagus. Separate into equal sized bunches.
3. Wrap each with bacon, overlapping the bacon as little as possible. This will prevent undercooked parts of the bacon and allow as much fat to render as possible. Use a toothpick if necessary on the underside of each bunch to help hold the bacon together.
4. Lay each bunch on a slotted pan or use a cooling rack on top of a cookie sheet (this allows the fat to drip away from the bacon). Drizzle with olive oil.
5. Place in the oven for 8-10 minutes or until the bacon is cooked well and the asparagus is crispy. Sprinkle with pepper and salt to taste and enjoy!

Barbecue Chicken

Active time: 30 minutes Total time: 30 minutes Servings: 2



Ingredients

1 teaspoon garlic powder
1 teaspoon paprika
1/2 teaspoon ground coriander
1/2 teaspoon cumin
1/4 teaspoon ground black pepper
1/2 teaspoon coarse sea salt
1 1/4 pounds boneless chicken thighs

How to prepare

1. Mix spices in a bowl. Toss with chicken and rub around with your hands to thoroughly coat (don't forget to wash well afterward!).
2. Place on a hot grill. Cook approximately 10 minutes on the first side and 8 minutes on the second side, or until completely cooked. You may have to adjust your cooking time depending on the heat of your barbecue.

Cherry Tomato and Dill Salad

Active time: 10 minutes Total time: 10 minutes Servings: 2



Ingredients

1/2 lemon
1 tablespoon fresh dill
1/2 shallot
1/2 clove garlic
2 cups cherry tomatoes
1 1/2 tablespoons extra virgin olive oil
coarse sea salt, to taste
ground black pepper, to taste

How to prepare

1. Juice lemon. Chop dill. Mince shallot and garlic. Halve tomatoes.
2. In a bowl or jar, mix together the lemon juice, onion, garlic, dill, salt, and pepper. Slowly whisk in the olive oil.
3. Add the cherry tomatoes to the bowl and toss to coat. Taste and re-season if necessary.

Publisher's note

This recipe was contributed by Ashley Pardo, MLA, NTP - @grizzlykitchen on Instagram.

Green Tea

Active time: 2 minutes Total time: 2 minutes Servings: 1



Ingredients

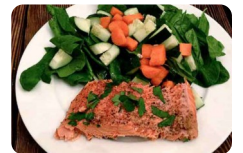
8 ounces green tea

How to prepare

1. Heat 8 oz. of water with green tea bag on stove

Ginger Baked Salmon

Active time: 10 minutes Total time: 30 minutes Servings: 1



Ingredients

6 ounces salmon fillets, ~ 6 oz per person
1 1/2 teaspoons coconut oil
1/8 teaspoon ground ginger
1/8 teaspoon sea salt
1 tablespoon fresh parsley

How to prepare

1. Preheat your oven to 400F.
2. Melt coconut oil. Mince parsley.
3. Wash and dry the salmon fillet and place on a oiled baking dish. Spread the coconut oil over the fillet and then sprinkle the ginger and sea salt all over. Bake for 15-20 minutes (depending on the thickness of your fillet), or until the thickest part barely flakes.

Sauteed Spinach

Active time: 10 minutes Total time: 10 minutes Servings: 1



Ingredients

4 ounces spinach
1 1/2 teaspoons butter
1/8 teaspoon coarse sea salt

How to prepare

1. Thoroughly wash spinach. Tear into bite sized pieces.
2. Heat butter or olive oil in a pan over medium high heat. Add damp spinach and sea salt; saute uncovered until spinach is just wilted and bright green and serve.

Cauliflower Rice

Active time: 25 minutes Total time: 25 minutes Servings: 1



Ingredients

1/4 onion
1/2 teaspoon minced garlic
1/4 head cauliflower
1 1/2 teaspoons extra virgin olive oil, or fat of choice
coarse sea salt, to taste
ground black pepper, to taste

How to prepare

1. Chop onion. Break cauliflower into florets, then use a food processor to pulse the cauliflower florets into a rice-like texture.
2. Heat oil in a skillet over medium heat.
3. Sauté the onion and garlic for 3–4 minutes, or until the onion is translucent.
4. Add in the cauliflower rice and sauté for an additional 4–5 minutes.
5. Season with salt and pepper.