



Sample Menu for Stabilising Blood Sugar Level

DAY ONE

Breakfast

Wholegrain cereal with fresh fruit, seeds and skimmed organic milk, glass of fresh-pressed apple juice

Mid-morning snack

Handful of dried fruits, seeds, nuts

Lunch

Wholemeal pitta bread filled with lean chicken and salad or hummus and salad, fresh fruit and 10 almonds

Mid-afternoon snack

Wholemeal scone with 100 percent pure fruit spread

Dinner

Steamed fish, quorn fillet or tofu with organic brown basmati rice and stir-fried vegetables in ginger and garlic; bowl of berries with low-fat or soy yoghurt and crushed amaretto biscuits on top

DAY TWO

Breakfast

Sugar-free baked beans on wholegrain toast, piece of fresh fruit

Mid-morning snack

Oatcakes with peanut or almond butter

Lunch

Big bowl of salad with tomatoes, green leaves, herbs such as basil, olives, nuts, onions, crumbling of feta cheese or other grated cheese; fruit tartlet

Mid-afternoon snack

Low-fat yoghurt with chopped banana and nuts

Dinner

Mixed vegetable home-blended soup with toasted sesame and pumpkin seeds, with a veggie sausage or lean chicken / seafood sandwich

DAY THREE

Breakfast

Two boiled eggs with wholegrain toast, piece of fresh fruit

Mid-morning snack

½ cup strawberries or blueberries with yoghurt

Lunch

Lean meat or fish, medium jacket potato, large helping of vegetables or salad; fruit-based dessert such as baked peaches or a crumble

Mid-afternoon snack

Vegetable sticks with low-fat cottage cheese

Dinner

Vegetable soup, 2 slices wholemeal bread with meat or fish and salad; fresh fruit

DAY FOUR

Breakfast

1 slice wholegrain toast with cottage cheese, ¼ cup of blueberries and a handful of toasted almonds

Mid-morning snack

Low-fat yoghurt with chopped nuts

Lunch

Carrot, orange and tomato salad, with lean meat or fish; gooseberry fool

Mid-afternoon snack

Dried fruit and a few almonds or seeds

Dinner

Tofu quiche, green salad, hot fruit compote with low-fat yoghurt

DAY FIVE

Breakfast

1 slice rye toast with caraway seeds, low-fat yoghurt, glass of freshly squeezed orange juice

Mid-morning snack

Dried fruit and sesame seed crackers

Lunch

Steamed fish and vegetables, fresh fruit salad

Mid-afternoon snack

Wholemeal scone with a little butter

Dinner

Cajun beans topped with 1 oz of shredded cheese; baked apples stuffed with raisins and cinnamon

DAY SIX

Breakfast

½ grapefruit, 2 whole eggs scrambled, 2 rye crisp breads

Mid-morning snack

Ryvita or an oatcake spread with hummous or a little cheese

Lunch

Lentil salad with Romaine lettuce; low-fat ice cream or frozen yoghurt with chopped fruit

Mid-afternoon snack

Low-fat cottage cheese and vegetable sticks

Dinner

Wholemeal pasta, broccoli, red onion and tomato salad with lemon juice; fruit strudel

DAY SEVEN

Breakfast

½ apple diced with granola / muesli and low-fat yoghurt

Mid-morning snack

¾ cup strawberries, nuts

Lunch

Vegetable fish pie, or tofu and vegetable pie, baked potato, green salad; raspberry mousse

Mid-afternoon snack

Banana and sesame seed crackers

Dinner

Fish croquettes, wholemeal rice and green beans; small bar of dark chocolate

DAY EIGHT

Breakfast

Bowl of fruit salad topped with low-fat yoghurt (or soya yoghurt) and chopped nuts; glass of fresh-presses juice

Mid-morning snack

Apple and a handful of nuts

Lunch

Hummus with wholegrain breadsticks and cucumber sticks; fruit smoothie; small bar of organic dark chocolate

Mid afternoon snack

Two ripe apricots and a glass of skimmed or soya milk

Dinner

Roasted butternut squash (sliced in half and baked for half an hour at 200°C/400°F/Gas Mark 6); tomato, onion and chickpea stew plus a green side salad topped with walnuts; pears poached in red wine and cinnamon with a spoonful of soya cream

DAY NINE

Breakfast

Slice of wholegrain toast with a teaspoon of peanut butter; small banana; fresh pressed juice

Mid-morning snack

Bowl of cherries, handful of nuts

Lunch

Large bowl of vegetable soup and lean turkey or low-fat cheese salad sandwich

Mid-afternoon snack

Apple and one oatcake

Dinner

Mixed bean and vegetable casserole with wholegrain basmati rice; bowl of raspberries sprinkled with cashews and a low-fat yoghurt topping

DAY TEN

Breakfast

Oatmeal porridge made with skimmed milk or soya milk, with chopped banana, half a teaspoon of cinnamon, and some berries; or Oatibix and hot milk with raisins and a half-teaspoon cinnamon

Mid-morning snack

Handful of fruit-and-nut mix

Lunch

Salad Nicoise (with tuna and hard-boiled egg); or white bean, red onion and tomato salad with garlic dressing plus a wholegrain bread roll; small strawberry tart

Mid-afternoon snack

Two rice cakes with cottage cheese and cucumber

Dinner

Thai stir-fried noodles with egg, peanuts, spring onions and vegetables or seafood; small grilled banana with two squares of dark chocolate grated on top

PAULINE
START
LCPH MARH
Registered Homeopath



PROMOTING HEALTH NATURALLY