

Well + Easy

LOW GLYCEMIC STARTER KIT

**CLEAN UP YOUR KITCHEN +
EAT BETTER THIS WEEK**





ABOUT YOUR NUTRITIONIST, JEN

women's Low GI lifestyle coach

I studied holistic health at the Institute for Integrative Nutrition and started Well + Easy in 2014.

I began my specialization in low glycemic diet & nutrition shortly after working with family members with diabetes, PCOS, insulin resistance and obesity amongst others. But the truth is, all degenerative diseases, which are diseases of the cells, can be prevented, helped, or healed with a low glycemic diet, so I created this all-in-one resource to help others be successful with this lifestyle change.

I'm also the author of Whole Low Glycemic and various other low glycemic cookbooks.

Who I help

I work with women who are done researching aka scouring the internet for solutions and ready to commit! In other words, you're done being overwhelmed with information and ready for the guidance to change your life.

HOW TO USE THIS STARTER KIT

It's easy!

Step 1: Take inventory of your kitchen. Most people have more low GI foods in their pantry than they know. Use the checklist to see what you have, what you don't have, and what you need to get. Having a low gi, weight loss-friendly kitchen makes it so much easier to stick to this diet.

TIP: Put all of your low GI foods in the same place, that way they're easy to identify.

Step 2: Start your 7-day meal plan. We recommend starting on a Monday. Now that your kitchen is clean and prepped with the right foods, we made a meal plan based off of the essentials in your pantry. Follow the plan and feel the difference.

We REALLY want to know how it goes! Leave a comment on this Pinterest post to let us know.

[LEAVE COMMENT ON PINTEREST](#)



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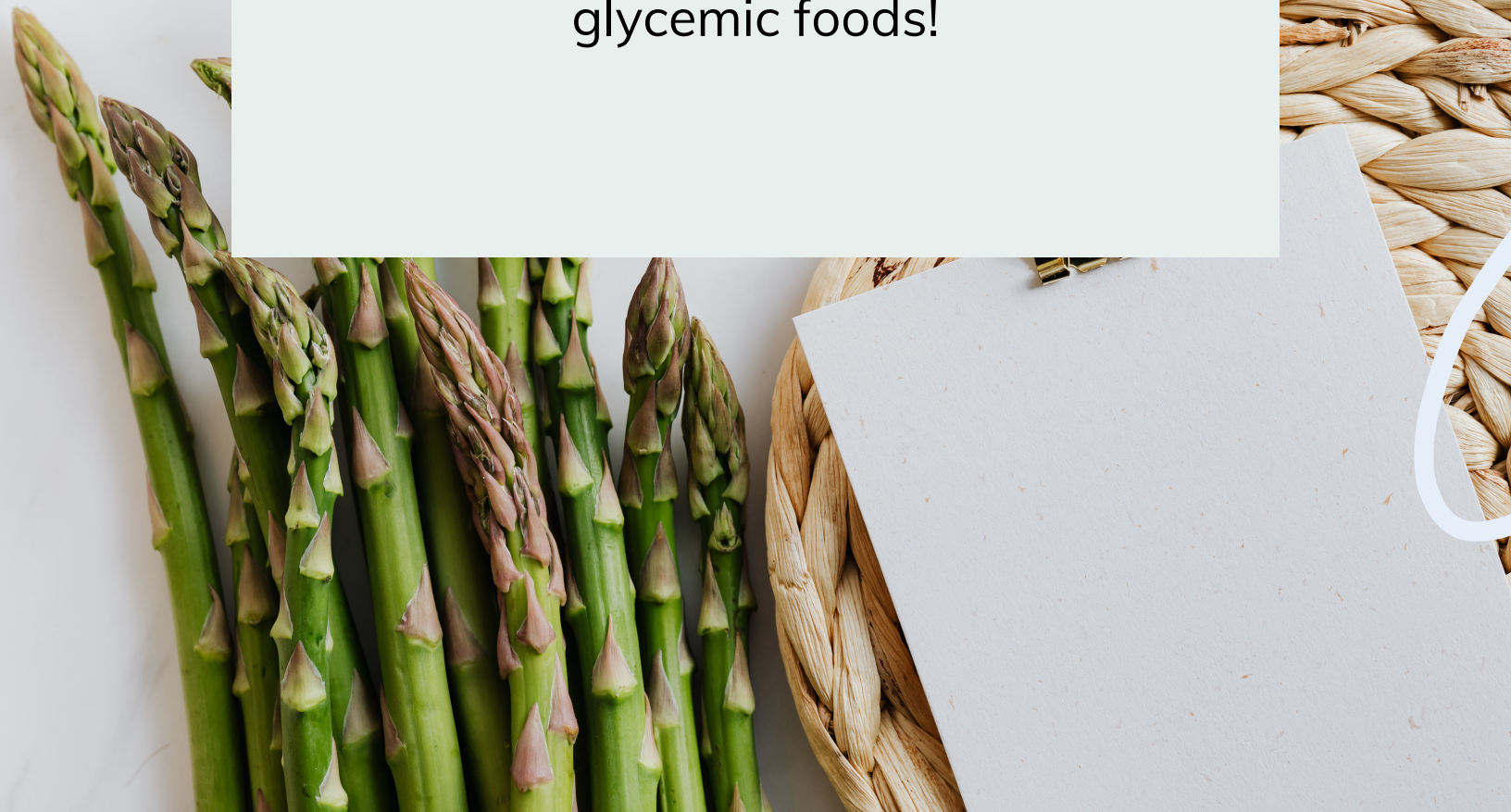
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KITCHEN ACTIVITY & CHECKLIST

Take inventory of your kitchen
and stock up on more low
glycemic foods!



Low Glycemic Grocery List

Kitchen essentials

Fresh and frozen fruits
and vegetables

Grains and legumes

Herbs and spices (for
flavor)

Healthy fats

Healthy protein

Healthy drinks



Did you know?

Most grocery stores are designed the same. In the outer perimeter you'll find fresh produce (fruits and vegetables, meats, and dairy.

The inner zigzag formed aisles with shelves have all the dry and canned goods, junk foods, frozen foods, and packaged foods.

As a best practice, focus on filling your cart with foods along the outskirts.





Pantry

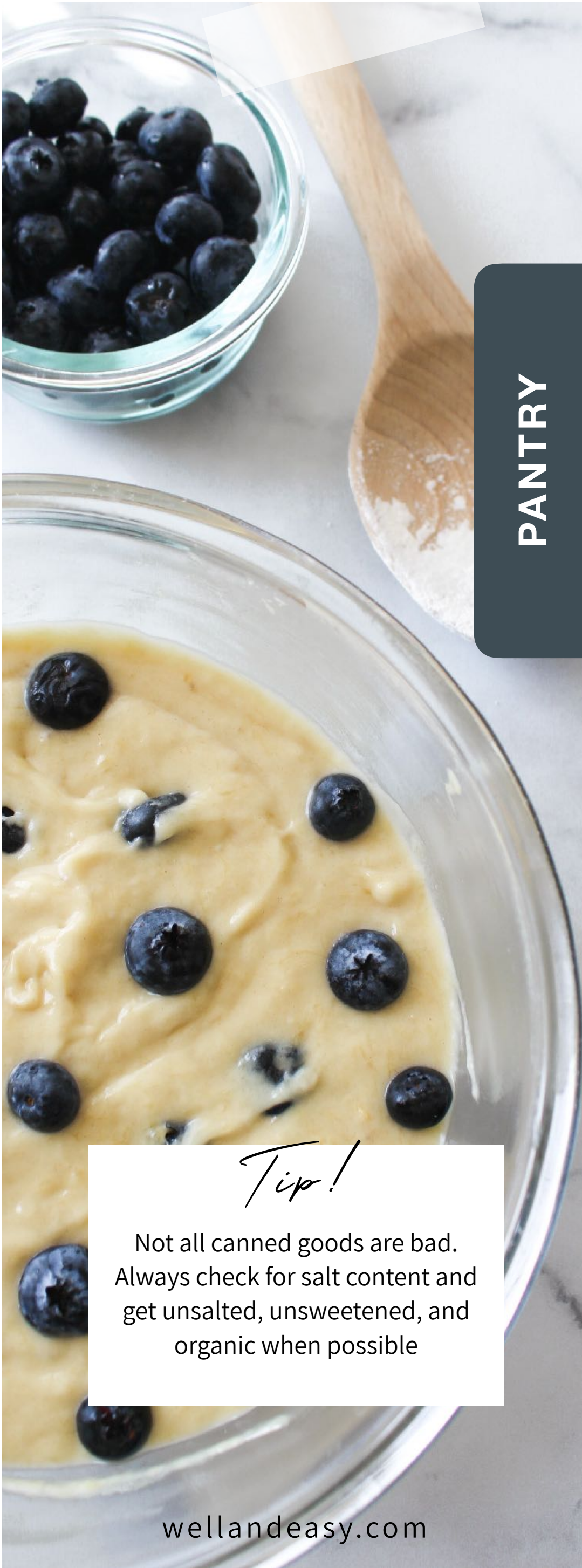
Low Glycemic Grocery List

In the pantry

There’s a ton of delicious, nutritious, and easy meals you can create with the right ingredients in your pantry. Keep these items in stock at all times.

The list:

- Canned unsweetened coconut milk ☐
- Brown rice ☐
- Canned beans ☐
- Canned chili peppers ☐
- Chicken or vegetable stock ☐
- Apple cider vinegar ☐



PANTRY

Tip!

Not all canned goods are bad. Always check for salt content and get unsalted, unsweetened, and organic when possible

Low Glycemic Grocery List

Pantry list

- Coconut oil ☐
- Extra virgin olive oil ☐
- Canned tomatoes ☐
- Canned chili peppers ☐
- Whole grain bread, pastas, and flours ☐
- Rolled or steel cut oats ☐
- Dried beans and lentils ☐
- Albacore tuna in a can ☐
- Chicken breast in a can ☐
- Nuts and seeds ☐
- Flaxseeds, chia seeds, and other “super foods” ☐



Super foods

Cacao nibs, cacao powder, hemp seeds, maca, goji berries, and matcha

Low Glycemic Grocery List

Pantry list

- Almond butter ☐
- Sprouted grains ☐
- Balsamic vinegar ☐
- Rice vinegar ☐
- 100% natural peanut butter ☐
- Ground black pepper ☐
- Sea salt ☐
- Cinnamon ☐
- Cumin ☐
- Paprika ☐
- Other dried herbs (basil, parsley, etc) ☐



Spice things up

Dried herbs and spices can bring flavor to the most basic meal. Try some or try them all, create a spice rack you love.

The image shows four meal prep containers arranged in a 2x2 grid. Each container is filled with a different combination of ingredients: chickpeas, rice, and avocado. The containers are light purple and have rounded corners. The background is a light-colored, marbled surface. There are decorative wavy lines in blue and orange around the containers. A central white box with a blue border contains the text "Fridge & Freezer".

Fridge & Freezer

Low Glycemic Grocery List

Freezer + Refrigerator

A well stocked fridge is your best friend. The following food groups should be on your grocery shopping list to create healthy, low GI meals + snacks

The list:

- Frozen fish (wild caught salmon) ☐
- Frozen vegetables ☐
- Frozen berries ☐
- Eggs ☐
- Chicken or turkey breasts ☐
- Lemons ☐



Tip!

Frozen fruits and vegetables are a super smart option if you don't eat your produce within 1 week. Frozen foods are flash-frozen and preserve all of their nutrients.

Low Glycemic Grocery List

Freezer + Refrigerator

- Fresh fruits and berries ☐
- Fresh vegetables ☐
- Fresh herbs ☐
- Unsweetened nut milk ☐
- Small potatoes with the skin on ☐
- Unsweetened tea ☐
- Sparkling water ☐
- Red wine vinegar ☐
- Lemon juice ☐
- Ginger juice ☐
- Unsweetened sauces (ketchup and mustard) ☐



FREEZER + FRIDGE

Drinks

Always choose unsweetened drinks, so you're not consuming hidden or unwanted extra sugar.

The background of the page is a collage of food-related images. In the upper right, there are two burgers on buns, one with a sesame seed bun. In the lower left, there is a dark bowl filled with fresh spinach leaves and two golden-brown falafel balls. The entire page is framed by decorative, wavy lines in shades of blue and orange. A white rectangular box with a blue border is centered on the page, containing the word "Extras" in a dark blue, sans-serif font.

Extras

Low Glycemic Grocery List

Healthy options

(Choose organic whenever possible)



Brown rice

Organic jasmine rice, organic long or short grain rice, organic wild rice, organic basmati rice, organic black rice



Pastas

100% Whole grain pasta, chickpea pasta, lentil pasta, quinoa pasta, almond flour pasta, brown rice pasta

Always cook al dente as this slows the digestion process and keeps blood sugar from spiking



Nuts + Seeds

Brazilian nuts, macadamia, almonds, walnuts, pecans, pine nuts, sunflower seeds, pumpkin seeds.

Unsalted, raw, or roasted



Flour

Chickpea flour, almond flour, brown rice flour, coconut flour, oat flour, 100% whole grain flour



Bread

100% whole grain bread, brown rice bread, oat bread, almond bread, seed bread

HEALTHY OPTIONS

Good news

You can still eat your favorite pasta or grain meals, just with better ingredients! Check out this list to see your new healthy options

Low Glycemic Grocery List

Food swaps

Cow milk	Unsweetened coconut milk, unsweetened almond milk, or unsweetened oat milk
White refined sugar	Date sugar, real maple syrup, raw honey, or stevia
White crackers	Whole grain crackers, seed crackers, brown rice puffs, nut crackers
Peanut butter	Unsweetened almond butter, sunflower seed butter, unsweetened cashew butter
Traditional salad dressing	Olive oil + sea salt, red wine vinegar + honey, Stone ground mustard + honey.
Sauces + Condiments	Unsweetened ketchup, unsweetened bbq sauce, tahini, hot sauce, stone ground mustard, avocado (instead of mayo!)



FOOD SWAPS

Salad dressing has the most hidden calories! It can turn any salad from being healthy to unhealthy. Check the labels

This for that
You can almost always find a healthy alternative to common foods/ingredients. Well + Easy shares these swaps on Pinterest! pinterest.com/wellandeasy

Low Glycemic Grocery List

Read the labels

Nutrition labels can be tricky. To determine if something is healthy and how much to eat, look at the serving size.

1 Everything listed on a label is **PER THE SERVING SIZE** and **NOT** the entire contents inside.

Nutrition Facts	
About 63 servings per container	
Serving size 1 tbsp (15 mL)	
Amount per serving	
Calories	35
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	1%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 0g	

Not a significant source of dietary fiber, vitamin D, calcium, iron, and potassium.

4 63 servings, 5 grams of sugar per serving = 315 total grams of sugar in one 32 oz. bottle of creamer

2

35 calories PER SERVING SIZE. The serving size for this standard coffee creamer is 1 tablespoon. (So, 10 tbsp = 350 calories)

3

5 grams of sugar PER SERVING SIZE. 1 tablespoon of creamer has 5g of sugar. If you typically just pour creamer into your coffee, it could be anywhere from 10-15 tablespoons, totaling over 50g of sugar in one cup!

FOOD LABELS

Low Glycemic Grocery List

What next?

Use this guide as the basis for your next trip to the grocery store. We hope it serves you well and makes choosing healthy, easier.

That's why we're here after all.

If you have any questions, feel free to contact us at wellandeasy.com/contact



7-day weight loss meal plan

Grocery shop, and follow this exact plan for the next 7 days to improve your blood sugar, energy, and health!



FREE: 7 Day Weight Loss Meal Plan

WELL + EASY

Welcome to your meal plan! On the next pages, you will find the customized plan we have created for you, along with an itemized grocery list and delicious recipes.

GROCERY LIST TIPS

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

MON



BREAKFAST
Oatmeal with Blueberries, Banana



SNACK 1
Hard Boiled Eggs



LUNCH
Meal Prep Pasta & Meat Sauce



SNACK 2
Apple with Peanut Butter



DINNER
Ground Beef, Broccoli & Rice



SNACK 3
Blueberries, Almonds

TUE



BREAKFAST
Oatmeal with Blueberries, Banana



SNACK 1
Apple



LUNCH
Ground Beef, Broccoli & Rice



SNACK 2
Turkey & Egg Snack Box



DINNER
Chicken, Kale & Avocado Bowl



SNACK 3
Dark Chocolate Almond Mousse

WED



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Turkey & Egg Snack Box



LUNCH
Meal Prep Pasta & Meat Sauce



SNACK 2
Apple with Peanut Butter



DINNER
Chicken, Kale & Avocado Bowl



SNACK 3
Dark Chocolate Almond Mousse

THU



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Apple



LUNCH
Chicken, Kale & Avocado Bowl



SNACK 2
Hard Boiled Eggs



DINNER
Lentils, Rapini & Mashed Potatoes



SNACK 3
Breakfast Oatmeal Cookies

FRI



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Hard Boiled Eggs



LUNCH
Lentils, Rapini & Mashed Potatoes



SNACK 2
Apple with Peanut Butter



DINNER
Chicken, Asparagus & Sweet Potato



SNACK 3
Breakfast Oatmeal Cookies

SAT



BREAKFAST
Oatmeal with Blueberries, Banana



SNACK 1
Apple



LUNCH
Chicken, Asparagus & Sweet Potato



SNACK 2
Hummus & Veggies Snack Box



DINNER
Lentils, Rapini & Mashed Potatoes



SNACK 3
Breakfast Oatmeal Cookies

SUN



BREAKFAST
Oatmeal with Blueberries, Banana



SNACK 1
Hummus & Veggies Snack Box



LUNCH
Lentils, Rapini & Mashed Potatoes



SNACK 2
Apple with Peanut Butter



DINNER
Chicken, Asparagus & Sweet Potato



SNACK 3
Breakfast Oatmeal Cookies

FRUITS

- 7 Apple
- 2 1/4 Avocado
- 5 1/2 Banana
- 3 2/3 cups Blueberries
- 2 Navel Orange

BREAKFAST

- 3/4 cup All Natural Peanut Butter
- 1 2/3 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 1/4 cup Almonds
- 1/3 cup Chia Seeds
- 1/3 tsp Dried Thyme
- 1/8 tsp Garlic Powder
- 1/3 tsp Onion Powder
- 1/8 tsp Oregano
- 2 1/16 tsps Sea Salt

FROZEN

- 1 1/2 cups Frozen Berries
- 3/4 cup Frozen Cauliflower

VEGETABLES

- 2 1/4 cups Asparagus
- 2 cups Broccoli
- 4 stalks Celery
- 1/2 cup Cherry Tomatoes
- 6 cups Kale Leaves
- 1 bunch Rapini
- 1 Red Bell Pepper
- 4 Russet Potato
- 2 1/4 Sweet Potato
- 9 White Button Mushrooms
- 1 1/2 Zucchini

BOXED & CANNED

- 2 cups Green Lentils
- 1/2 cup Jasmine Rice
- 2 cups Whole Wheat Penne

BAKING

- 3 1/4 tbsps Cocoa Powder
- 2 tbsps Dark Chocolate Chips
- 1 1/4 tbsps Monk Fruit Sweetener
- 3 cups Oats
- 1/3 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 15 ozs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 12 ozs Extra Lean Ground Chicken
- 1/2 cup Hummus
- 8 ozs Sliced Turkey Breast

CONDIMENTS & OILS

- 1 3/4 tsps Avocado Oil
- 1 1/8 tbsps Extra Virgin Olive Oil
- 1/2 cup Kimchi
- 1 cup Tomato Sauce

COLD

- 16 Egg
- 3 cups Plain Coconut Milk
- 3/4 cup Unsweetened Almond Milk

OTHER

- 3/4 cup Vanilla Protein Powder
- 4 cups Water

Oatmeal with Blueberries

1 SERVING 10 MINUTES



INGREDIENTS

- 1 cup Water
- 1/2 cup Oats (quick or rolled)
- 1/2 cup Blueberries (fresh or frozen)

DIRECTIONS

- 01 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 02 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

NOTES

EXTRA TOPPINGS

Peanut butter, almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

NO BLUEBERRIES

Top with raspberries, strawberries, peaches or bananas.

NO STOVE TOP

Cook oats in the microwave instead.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NOTES

MORE PROTEIN

Dip in almond butter.

Berry Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Coconut Milk (unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO CHIA SEEDS

Use flax seeds instead.

NO AVOCADO

Use almond butter or sunflower seed butter instead.

ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

Hard Boiled Eggs

6 SERVINGS 15 MINUTES



INGREDIENTS

12 Egg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

Meal Prep Pasta & Meat Sauce

2 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Whole Wheat Penne (dry, uncooked)
8 ozs Extra Lean Ground Beef
1 cup Tomato Sauce

DIRECTIONS

- 01 Cook the pasta according to the instructions on the package.
- 02 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 03 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

NOTES

NO GROUND BEEF

Use any type of ground meat instead.

LEFTOVERS

Keeps well in the fridge for 3 to 4 days. Freeze up to two months.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

NO TOMATO SAUCE

Use canned crushed tomatoes instead.

GLUTEN-FREE

Use a gluten-free pasta like chickpea, quinoa or rice.

MORE VEGGIES

Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.

Apple with Peanut Butter

1 SERVING 3 MINUTES



INGREDIENTS

1 Apple
2 tbsps All Natural Peanut Butter

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Turkey & Egg Snack Box

2 SERVINGS 5 MINUTES



INGREDIENTS

1 tsp Avocado Oil
4 Egg
1/2 cup Kimchi
8 ozs Sliced Turkey Breast
1/2 cup Cherry Tomatoes
2 Navel Orange

DIRECTIONS

- 01 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 02 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add sliced green onions, avocado, nuts, cheese, or crackers.

NO KIMCHI

Use sauerkraut, pickles, salsa, or olives instead.

Hummus & Veggies Snack Box

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Red Bell Pepper (sliced)
4 stalks Celery (cut into small stalks)
2/3 cup Blueberries
1/2 cup Hummus

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

NO HUMMUS

Use guacamole or a ready-made dip instead.

Ground Beef, Broccoli & Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry, rinsed)
2 cups Broccoli (chopped into florets)
8 ozs Extra Lean Ground Beef
1/8 tsp Sea Salt

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 03 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 04 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

NOTES

NO JASMINE RICE

Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.

Chicken, Kale & Avocado Bowl

3 SERVINGS 20 MINUTES



INGREDIENTS

3/4 tsp Avocado Oil
9 White Button Mushrooms (sliced)
6 cups Kale Leaves (chopped)
1/8 tsp Sea Salt (divided)
12 ozs Extra Lean Ground Chicken
1/3 tsp Dried Thyme
1/3 tsp Onion Powder
1/8 tsp Oregano
1/8 tsp Garlic Powder
1 1/2 Avocado (sliced)

DIRECTIONS

- 01 Heat a large skillet over medium heat and add the avocado oil and then the mushrooms. Cook for 8 to 10 minutes, until cooked through. Add the kale leaves and stir, cooking until just wilted. Season with half of the sea salt. Remove from the skillet and set aside.
- 02 In the same skillet, over medium heat, add the chicken, thyme, onion powder, oregano, garlic and the remaining sea salt. Cook for 10 to 12 minutes or until cooked through.
- 03 Add the mushrooms, kale and chicken to a bowl and top with sliced avocado. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the mushrooms and kale with additional spices or herbs.

ADDITIONAL TOPPINGS

Top with fresh herbs such as parsley.

NO AVOCADO OIL

Use olive or coconut oil instead.

Lentils, Rapini & Mashed Potatoes

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 1/2 tsps Sea Salt (divided)
- 4 Russet Potato (medium, peeled and chopped)
- 1 bunch Rapini (chopped, divided)
- 2 cups Green Lentils (cooked, drained and rinsed)

DIRECTIONS

- 01 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 02 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 03 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 04 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

NOTES

EXTRA CREAMY

Mash the potatoes with coconut or almond milk for extra creaminess.

NO RAPINI

Use broccoli, broccolini or green beans instead.

LESS BITTER RAPINI

Saute the rapini in your choice of oil and seasoning after boiling.

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

SERVING SIZE

One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.

Chicken, Asparagus & Sweet Potato

3 SERVINGS 30 MINUTES



INGREDIENTS

- 2 1/4 Sweet Potato (medium, diced)
- 1 1/8 tbsps Extra Virgin Olive Oil (divided)
- 2 1/4 cups Asparagus (woody ends trimmed)
- 15 ozs Chicken Breast (boneless, skinless)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Toss the diced sweet potato in half of the olive oil and spread across the baking sheet. Roast in the oven for 15 minutes.
- 03 Meanwhile, toss the asparagus in the remaining olive oil. Once the sweet potatoes have been roasting for 15 minutes, remove the pan from the oven, move the sweet potato to one side, and add the asparagus to the other side. Place back in the oven and bake for 12 to 15 more minutes, or until asparagus is tender.
- 04 While the veggies cook, bring a large pot of water to a boil. Drop in the chicken breasts and poach for 15 to 20 minutes, or until cooked through. Remove the chicken from the water and shred them using two forks.
- 05 Divide the chicken between plates or containers and add the roasted sweet potatoes and asparagus. Top with your spices of choice and enjoy!

NOTES

NO ASPARAGUS

Use zucchini, green beans, broccoli or cauliflower instead.

NO SWEET POTATO

Use carrots or regular potato instead.

VEGAN

Swap out the chicken for roasted chickpeas or marinated lentils.

LEFTOVERS

Keeps well in the fridge up to 3 days.

Blueberries

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Blueberries

DIRECTIONS

01 Wash the berries and enjoy!

Almonds

1 SERVING 2 MINUTES



INGREDIENTS

1/4 cup Almonds (raw)

DIRECTIONS

01 Place in a bowl and enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the pantry.

MORE FLAVOR

Roast, toast and/or season with salt.

Dark Chocolate Almond Mousse

2 SERVINGS 3 HOURS 5 MINUTES



INGREDIENTS

3/4 cup Unsweetened Almond Milk
3 1/4 tbsps Chia Seeds
3 1/4 tbsps Cocoa Powder
1 2/3 tbsps Almond Butter
1 1/4 tbsps Monk Fruit Sweetener
1/3 tsp Vanilla Extract
1/4 tsp Sea Salt

DIRECTIONS

- 01 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 02 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Stir well before serving.

SERVING SIZE

One serving is roughly 1/2 cup.

ADDITIONAL TOPPINGS

Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

NO ALMOND BUTTER

Use another nut or seed butter instead.

Breakfast Oatmeal Cookies

4 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Oats (rolled)
1 1/2 Banana (mashed)
1/4 cup All Natural Peanut Butter
1/16 tsp Sea Salt
2 tbsps Dark Chocolate Chips

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 03 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 04 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

NOTES

NO PEANUT BUTTER

Use almond, cashew, or sunflower seed butter instead.

GLUTEN-FREE

Use certified gluten-free oats.

SUGAR-FREE

Use sugar-free chocolate chips or dried cranberries.

LEFTOVERS

Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

SERVING SIZE

One serving is equal to one cookie.

LOVE THESE RECIPES? WANT TO BE HEALTHY ALL YEAR LONG?

What if you could... lose 1-2 pounds a week, have more energy, eat the foods you crave, and improve your symptoms?



MEAL PLANS

Done for you, delicious meal plans so you don't have to think about what to cook

RECIPES

Hundreds of perfectly balanced low GI recipes for endless meal inspiration



CLASSES

Health and lifestyle classes to help you shift your mindset and create lifelong habits

COMMUNITY

Like minded people to connect with and get support when you need it



EAT WELL, FEEL BETTER

Consider signing up for our low glycemic diet & lifestyle program

Even when you've equipped yourself with loads of helpful advice on how to best manage your symptoms, you may still wonder how exactly to put everything into practice. In many cases, it's useful to sign up for a lifestyle program.

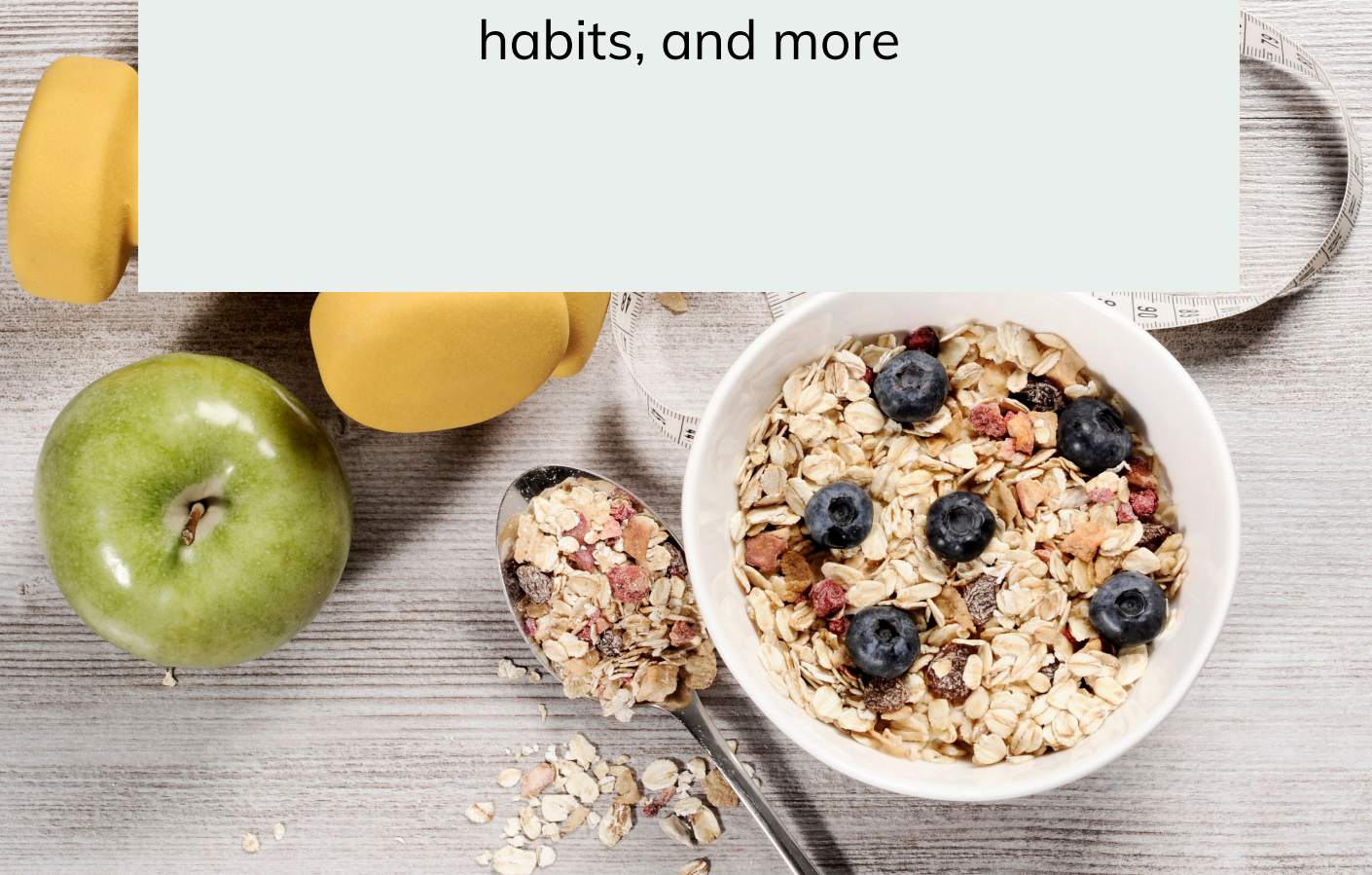
Well + Easy's lifestyle program is community-based, and can provide the support you need to get inspired, create healthy meals, and change your mindset to create life time habits.

Research shows that when you engage in a yearlong lifestyle change program that includes diet and nutrition, you can drastically reduce or reverse your symptoms and change your life.

[LEARN MORE ABOUT THE PROGRAM](#)

Additional meal planning sheets

Plan your next meals, track
your progress, form new
habits, and more



DAILY MEAL PLAN

Plan your meals!



breakfast



snack



lunch



dinner

WEEKLY MEAL PLAN

MON	breakfast	lunch	dinner	snacks
TUE	breakfast	lunch	dinner	snacks
WED	breakfast	lunch	dinner	snacks
THU	breakfast	lunch	dinner	snacks
FRI	breakfast	lunch	dinner	snacks
SAT	breakfast	lunch	dinner	snacks
SUN	breakfast	lunch	dinner	snacks

WEEKLY MEAL PLAN

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Extra Weekly Tips

YOUR RECIPE NAME:

Prep Time:

Cooking Time:

Serves:

Ingredients:

Instructions:

Notes:

YOUR RECIPE NAME:

Prep Time:

Cooking Time:

Serves:

Ingredients:

Instructions:

Notes:

[illegible][illegible]

YOUR RECIPE NAME:

Prep Time:

Cooking Time:

Serves:

Ingredients:

Instructions:

Notes:

GROCERY SHOPPING LIST

Category:

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MONTHLY GOAL TRACKER

My Goal:

Month:

Reward:

Start:		1	2	3	4	5
		6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
You did it!!						

>> Progress Tracker <<

5 days	10 days	15 days	20 days	25 days	THE END!
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HABIT TRACKER

INSTRUCTIONS: Track your habits!

[illegible]

HABIT TRACKER

INSTRUCTIONS: Track your habits!

LOW GI LIFESTYLE QUIZ

INSTRUCTIONS: Where are you on a low glycemic lifestyle spectrum? This quiz will determine where you are with this diet and where you want to be.

From 1 to 10, 1 being do not agree, and 10 being strongly agree. Rate yourself and add up your results.

I know how to make balanced low GI meals on my own



I fully understand how the glycemic index works



I am confident ordering low GI meals when eating out



I am confident grocery shopping for low glycemic foods



I am successful on this diet and have lost weight



I know how to maintain my blood sugar even at parties and events



Your Score Results

01-25

Low GI student. You're still at the beginning with much to learn! You're in the right place, we're here to support you!

26-50

Low GI lifestyle enthusiast. You know the basics and ready to learn more to change your life.

51-60

Low Glycemic lifestyle maven. You fully understand the principles of the diet and how to apply them in most situations. Yay!