

# Diabetes Freedom

## Meal Preparation Guide



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## Meal Preparation Guide

The recipes that we offer in this guide shouldn't be taken too literally. Instead, you should think of them as examples, and take inspiration from them, adapting them to fit whatever fruit, vegetables and meats you like.

In general, it's better to consume as many whole foods as you can, and avoid processed foods as much as possible, since they can prove to be very addictive.

It's far better to eat foods with a higher concentration of nutrients and make these the basis of your diet, unlike the vast majority of the population (90%). Lean proteins, nuts, fruit, vegetables, and tubers feature amongst those foods which are highest in nutrients.

Personally, I encourage simple cooking, based on whole foods. This has a number of advantages, such as being able to calculate the number of calories you're consuming more easily, avoiding complex preparation, and being certain that you're eating healthily without increasing the number of ingredients.

You might have already heard my philosophy when it comes to dieting, but even if you have, you will definitely find some valuable advice for improving and maintaining your health in this guide.

## Drinks

Water is the best drink to consume throughout the day: drink as much as you can, and make an effort to drink water and nothing else! Just staying hydrated can help you to control your appetite.

You can also safely drink fresh juice, but avoid sugary or carbonated drinks at all costs.

Some drinks which contain antioxidants and caffeine (black coffee, black tea, green tea, etc.) can help you to burn calories because of their ability to speed up your metabolism.

Drinking alcohol in small quantities (a glass or 2 per day) can have a beneficial effect on life expectancy, by make sure you don't have too much because it can be toxic for your body. In addition to this, alcohol is similar to fats, carbohydrates and proteins, in the sense that it's a macronutrient which provides energy, and therefore calories too. The relative number of calories in alcohol is quite high (7 calories per 1g).

Red wine contains a high level of a natural antioxidant (resveratrol) which is known for its anti-ageing properties, and may therefore be better for you than other types of alcoholic drinks.



## Smoothies

As part of your breakfast, smoothies are a very good (and simple) way of getting lots of fiber, protein, and micronutrients over the course of the same meal.

Most fruit- and vegetable-based mixtures provide the necessary amount of fiber, vitamins, and minerals.. To bring it all together and add moisture, you can use a milk substitute or fruit juice (making sure you buy one which is good quality). You can add certain types of seeds or nuts, which fit in perfectly with the smoothie's ingredients You could also use almond milk, because this can be easily digested by most of the population, and it's a great source of magnesium. To increase the protein content, you can use whey protein powder, or Greek yogurt.

It's very simple to prepare smoothies: just put all the ingredients into a blender, let it run, and serve...

Below, you'll find some examples of smoothie recipes, which you can use as inspiration, or use as they are.

### Banana and berry:

- 2 tbsp Greek yogurt
  - ½ cup berries (fresh or frozen): raspberries, boysenberries, blueberries (you could use just one of these types, or combine them)
  - 1 banana
  - 5 macadamia or cashew nuts (optional)
- ⇒ *Bring this all together with vanilla protein powder (one portion) dissolved in water or almond milk.*



**Benefits**: according to the studies which have been carried out, the calcium present in yogurt reduces the amount of fats which are absorbed by the intestines, whereas the berries provide antioxidants, and the banana gives you potassium, fiber, healthy carbohydrates, and vitamins.

If you want to take this opportunity to increase the amount of greens that you consume each day, add a few florets of broccoli (fresh or frozen), or one full spoonful of wheatgrass or baby spinach..

### Banana/cinnamon

- 2 bananas (frozen)
- Cinnamon (optional)
- 2 tbsp Greek yogurt
- Vanilla protein powder or almond milk



Some extra smoothie ideas:

### Citrus fruit and kiwi

- 2 kiwis
- 1 banana
- 2 peeled oranges or mandarins

⇒ Blend these with (good quality) fruit juice – mango or orange juice, for example.

### Tropical

- A few slices of pineapple (fresh or frozen)
- A bit of frozen or fresh mango, or canned and drained
- 1 banana
- Some papaya or tropical melon

⇒ Blend with coconut milk with added water, or (canned) coconut water



## Sweet potatoes

If you want something other than banana in your smoothies, you can use steamed or boiled sweet potatoes instead. Their texture is quite similar to that of bananas once they've been blended, and you will get the same creamy consistency and the same thickness as you would if you used bananas. In addition to this, the extra carbohydrates, fiber, and micronutrients that they contain will leave you feeling full for longer.

You can replace one banana with one half or one sweet potato in any of these smoothie recipes. Sweet potatoes are great when combined with any fruit (and cinnamon).

## Juice

Fruit juice which you have prepared yourself is an excellent way of making the most of fruit's antioxidants, vitamins, and minerals, although the juice contains less fiber than whole fruits. However, you should do everything you can to avoid juice boxes and other sweetened drinks (coffee, soda, etc.).

Here are a few examples of some juices you could have:

- Pineapple, cucumber and apple
- Apple, carrot and orange
- Lemon, ginger and orange

Beetroot juice is well-known for its ability to reduce blood pressure, as well as providing nitrates, making it an ideal candidate for making juice. In addition to this, athletes often use beetroot juice during their preparation.

Other vegetables such as Swiss chard, celery, spinach or kale are also perfect for juicing.



## Breakfast

The main problem with breakfast comes from the lack of time we have to prepare it. However, this is the perfect time to consume ingredients which are healthy, and rich in vitamins.

There are lots of possibilities when it comes to preparing a balanced breakfast which is hearty enough for us to go out and face the day. For example, we could eat cooked or raw (whole) oats with milk (or almond milk instead), or water, to which we can add some protein. We can also add other whole grains to the breakfast menu, to enjoy the fiber that they provide, and add nuts, dried fruit, berries, etc. to them.

Omelets can offer a great alternative, because they are high in protein, and can be complemented with vegetables or other ingredients.

### **Tortilla (or Spanish omelet)**

- Brown some mushrooms and onions in some olive oil
- Add in a small amount of mushrooms
- Pour in 2 or 3 eggs, beaten with a fork
- Grill the mixture in the oven, or turn it over in the frying pan
- Make sure that the eggs are cooked properly, by lifting up the edges (so that all parts of the eggs are cooked) and enjoy!

### **(Lean) ham and mushroom omelet**

- Heat the olive oil in a frying pan
- Beat 2 or 3 eggs, and pour them into the pan
- Make sure that the eggs are cooked properly, by lifting up the edges (to make sure that all parts of the eggs are cooked)
- On one half of the omelet, add mushrooms, lean ham, and whatever vegetables you want (onion, peppers, etc.) and fold the other half on top of it



Enjoy! You could also have spinach with your omelet, if you like.

## Salads

Salads are perfect if you're not eating at home, because they can be easily transported in an airtight container. They're rich in nutrients, and they can be prepared quickly and simply.

Of course, greens form the basis for any salad, and on top of this you can add a source of protein, and finish it all off with sliced vegetables, dried fruit, seeds, nuts, fruits, and a vinaigrette.

The photo on the left hand side below shows a salad which is made up of slices of apple, beetroot (which has been steamed), carrots, sunflower seeds, and pieces of roasted pork. The sauce is made of Greek yogurt.

The photo on the right shows a salad with carrots, orange segments and smoked salmon, all seasoned with a balsamic vinaigrette.

The third image displays a salad made up of citrus fruits, grapes, and cashew nuts, topped with bits of grilled steak, and seasoned with extra virgin olive oil.

These three examples of salads contain more fruit and vegetables than most people eat in one day!





## Pan-fried dishes

One of the quickest ways to cook lean meats (a great source of protein) is to fry them in a pan, or to grill them. Just choose the meat you want, and make up your meal with this, a root vegetable, and a bit of salad.

Here are a few meal ideas:

### Steak

Start the process with the side:

- Cut some purple sweet potatoes into quarters
- Coat them in olive oil
- Next, put them in the oven for 30 minutes, at 350°F

Note : you can also steam, boil, or mash sweet potatoes

For the meat:

- While you're cooking the potatoes, rest your meat out of the fridge to bring it to room temperature, then heat some coconut oil or similar in a skillet on a medium heat.
- Sear the meat for 3 to 5 minutes on each side

=> *Serve the meal with steamed broccoli, Swiss chard, a salad of baby spinach or any other vegetable that takes your fancy.*



## Salmon

Preparation:

- Heat the frying pan on a medium flame
- Season the salmon with salt and pepper
- Sear it in the skillet, starting with the skin side, and turning it over when the skin starts to go crispy.

Note : in most cases, 2 minutes on each side should be enough, but cooking times may vary depending on the size of the piece of fish.

⇒ *You can serve this with any green or root vegetables you like, and even combine it with some exotic flavors (oriental vegetables, oyster sauce, garlic, etc.).*





## Pork loin

As with the other examples, start with the side:

- Cut an apple and a squash into segments
- Place into an oven at 350°F and roast until the flesh becomes darker, and you can pierce it with a fork.

For the meat:

- When the accompaniment is half way through cooking, heat a skillet on a medium flame
- Sear the slices of pork loin on each side, so that they become a golden brown color.

Note : You can use a meat thermometer to make sure that the meat is cooked through, and you may even want to place the meat in the oven along with the accompaniment to finish off the pork.

⇒ *Garnish with a salad of cabbage, spinach, or any other green vegetables, then season to taste (avoid any dressing which contain too much fat).*





## Roasted dishes

Cooking meat by roasting it is recommended by the “paleo” method, which encourages you to eat unprocessed meat which is simply roasted, like our ancestors did. The method is simple, as with pan-fried. All you have to do is choose a meat that you like, add in a root vegetable and a green vegetable, and cook it all in the oven.

Here is an example using pork belly:

- Peel 4 cloves of garlic
- Cut 2 apples into segments (removing the cores)
- Place these ingredients in a roasting tin
- Prepare the pork belly by adding salt and pepper, drizzle some olive oil over its skin, and place in the tin (on top of the apples)
- Wash the potatoes and cut them in half, leaving the skin on (with the skin left on, potatoes are rich in vitamin C, fiber, and potassium)

Add these to the tin, and cook in the oven for 50 minutes at 320°C

**Note :** you will get crispier skin if you use the grill setting in the oven.



- ⇒ *Serve this roast with snow peas fried in garlic*
- ⇒ *Despite what you may think, potatoes are healthy and rich in nutrients, provided that they haven't been fried in oil!*

Here are a few more ideas for roast dishes:

Any meat can be roasted: turkey, beef, lamb, pork, or chicken.

Root vegetables or other vegetables which can be roasted: onions, garlic, squash, carrots, rutabaga, #parsnips, sweet potatoes, yams, and potatoes (feel free to cook more than you need for one meal, so that you can use them over the next few days in salads or other meals).

Always serve with a fresh (or frozen) green vegetable, such as green beans or peas.

## Grabbing a quick lunch

The ideal scenario for preparing a quick lunch is using the leftovers from the root vegetables and meat from a previous meal, with a bit of salad on the side.

If you don't have any leftovers and you have to make a quick lunch, don't worry about the health risks. Naturally, the perfect diet doesn't exist, and a few lapses won't have serious consequences if you make sure that you always eat food with enough nutrients.

Here are a few quick meal ideas:

- Salad bars are a great solution for a quick, healthy meal
- Sushi is also perfect for a quick meal. If you have the option, choose brown rice, since the fiber will keep you feeling full for longer
- If you choose to go to a restaurant, choose fish, poultry or lean meats with green vegetables or potatoes (but not fries) on the side.
- You could also consider eating pitas or wraps, provided that they're filled with lean protein and vegetables.
- Similarly, a sandwich served with vegetables and lean meats (turkey or chicken) and drizzled with a light sauce is not, in itself, bad.
- Eating fresh vegetables, whether they're whole or turned into juice throughout the day, isn't easy so you might want to consider fresh fruit juice as a good alternative.

## TYPE 2 DIABETES FREEDOM

If, at the end of all this, you choose to go to a fast food restaurant, choose a salad, paying attention to the amount of sauce on it, as this could equal the fat content of a hamburger. Avoid fries at all costs, and if you choose a burger anyway (as an exception for that week) go for fish or chicken instead of beef, and avoid cheese.

Note : Always pay attention to the amount of food you eat, by eating slowly, allowing the brain time to register how full you are.

## Desserts

Obviously, we recommend that you try and steer clear of tarts, ice cream and cakes, but since it's important to enjoy yourself from time to time in order to stick to a diet for any significant length of time, we recommend that you only give in to your favorite desserts in good restaurants (and only very occasionally!).

It's quite possible and healthy to eat sweet foods, as long as you opt for the type of sugar which occurs naturally in fruits (fructose) rather than added (processed) sugar. As well as satisfying your desire for sugar, you will benefit from the variety of nutrients offered by fruit.

Here are a few tasty, healthy dessert ideas:

You can blend frozen bananas and get delicious sorbets with a similar texture to ice cream. In the image below, you can see a dish which is made from blueberries blended with frozen bananas, and covered with coconut and almond flakes.





## TYPE 2 DIABETES FREEDOM

When blended, frozen fruits such as watermelon offer a number of possibilities for sorbets. Why not try to reproduce the flavor of a Piña Colada (an alcohol free one!) by blending bananas and frozen pineapple with coconut milk?

Yogurt is also an excellent foundation for making a succulent dessert: blend it with mixed frozen berries, and you'll get a delicious, creamy frozen yogurt, with huge antioxidative properties.

Add a banana cut lengthways, desiccated coconut, and thick yogurt, and you'll get a light banana split, like in the photo below!



## Light meals (or snacks)

Of course, we'd recommend that you avoid snacking between meals, but it's likely that this change in diet and the reduction in the amount of processed food that you will be eating will make you want to snack. If this is the case, it's better to eat something light rather than rushing to a fatty, addictive food product (such as a bag of chips).

There are a number of possibilities to make nutritious snacks, which won't put your diet at risk:

- Since we've already mentioned chips, it is possible to make them yourself by cutting large potatoes (choose the least fatty ones) into thin slices and dry roasting them in the oven.
- Dark chocolate is great for preventing hunger and will help you keep your desire to snack between meals under control (although you should only have a few pieces of it).
- It's obviously also recommended to eat raw vegetables, which can be flavored with almond butter.
- Dried or whole fruits can make an excellent snack
- Roasted or raw nuts are also great, but pay attention to how much of these you eat (especially when they're grilled)

Fish terrines can be an original and interesting alternative, especially given how simple they are to prepare: mix canned fish (salmon or tuna) with potatoes, and crush it all, adding chopped herbs (parsley or chives). Roll the mixture in sesame seeds, drizzle with olive oil, and place in the oven to bake.



## Slow cooking

One of the biggest advantages of slowing cooking is that it's possible to make any piece of meat melt in your mouth. Even the cheapest, toughest piece of meat will be tender after being cooked for a whole day.

Any type of root vegetable can be cooked in your slow cooker and combined with any type of meat.

Here is an example of some slow cooked beef cheek, which you can adapt to suit your taste, with another type of meat or some other vegetables.

### Slow cooked beef cheek:

Start by searing the pieces of beef cheek in a frying pan until they go brown.

Next, cook it in boiling water in your slow cooker.

While this is cooking, fry some celery and carrot slices in a frying pan, then add these to the slow cooker as well.

splash of red wine, and some (canned) chopped tomatoes and cook on a low heat for 8 to 10 hours.

⇒ *Serve the beef cheek with mashed root vegetables, brown rice, or sweet potato.*

### Minced beef:

- Add minced beef, sliced tomatoes, onions, and a tomato-based sauce (Bolognese or spaghetti) to your slow cooker.
- Cook for one whole day, or overnight.

When the dish has finished cooking, you will get a rich sauce, which you can use as a base for lots of different dishes.

- ⇒ Add Italian herbs and mushrooms, and you will have a Bolognese sauce which is perfect to serve with (gluten free) pasta or rice noodles.
- ⇒ Add some mashed root vegetables on top, then bake in the oven to get a shepherd's pie.
- ⇒ Create a chili con carne by adding chili spices and beans (for added fiber). Serve with brown rice.

## TYPE 2 DIABETES FREEDOM

### Note :

- I would advise you to choose grass fed beef (which is leaner) or replace the beef with minced turkey or chicken (for even fewer calories).
- Cooked tomatoes contain large quantities of the antioxidant lycopene, which will help your skin fight damage caused by the sun.



## Grocery store guide

The first rule is simple but important: never go to the grocery store before a meal (or when you're hungry)! This will lead to you buying products which are bad for your diet. So, where possible, go to the grocery store after eating (and if possible, after eating a healthy meal).

There is another simple rule as well: when you're in a grocery store, start with the aisles on the sides of the supermarket, because that's where you will find natural, perishable (and therefore fresh) items. The central aisles in a grocery store essentially contain processed items which are full of carbohydrates and fats, which don't need to be stored in a cold place to be kept for a long time. In large grocery stores, the fruit and vegetable aisles are often at the back of the store, so that you have to go past all the other shelves before you get there.

Try and go to your local produce dealer rather than going to large grocery stores.

Here are a few pieces of advice for each food category:

### **Meat and seafood:**

For shellfish, fish, eggs, beef, turkey, chicken and offal, choose items with the lowest calorie content – this means the leanest cuts. In general, the best thing to do is to choose high quality free range, naturally raised meat.

### **The best types of vegetables:**

All green vegetables (or green leaves), provided that they're in season. Prepackaged and prewashed salads are also very good: baby spinach, mixed salad leaves, romaine lettuce, etc.

Root vegetables such as parsnips, carrots, yams, beetroots, potatoes, sweet potatoes and rutabaga are excellent, as they have a high starch content.

Any vegetable from the squash and marrow family.

Whole frozen vegetables.

## **“Staple” foods**

Dry (or canned) beans, oats, rice noodles and brown rice make up the basis of a good diet.

## **Alternatives to dairy products**

Almond milk or Greek yogurt

## **Fruit:**

Any fruit in season, frozen berries, canned fruit for smoothies, and dried fruits are recommended. For slow cooking, canned tomatoes are a great option.

## **Grains and nuts:**

Treat yourself to pistachios, nuts, sunflower seeds, Brazil nuts, sesame seeds or pumpkin seeds.

For seasoning your dishes or coating root vegetables, use olive oil, use coconut oil for cooking, and use nut butters to go with fresh vegetables.