Healthy Blood Pressure

Free Dash Diet

BONUS FREE Weekly Meal Plan
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Praises for the BloodPressurePlan.com

"You program is fantastic! We have just gotten started using it and the recipes that I've tried are wonderful. I have not had time to read the introductory pages but look forward to doing that in the near future. I hope that you will put out another volume with more recipes in the future. Thanks for all the time and effort that was spent creating this fantastic tool for better health. Kevin"

- Kevin Melgaard (*)

"I found the recipes simple, easy and quick to prepare. They also introduced me to good food I normally would not eat like artichokes etc. I like the variety of food and the way you mix fruit to make smoothies. I have to admit I could not eat all the food per day, have not felt hungry and lost the first 5 lbs. after just one week. Thank you!"

- Angeline Gaffigan (*)

"I love the program! I haven't implemented any recipes into my diet yet. I'm a slow starter. But I can’t wait for all of my summer veggies to grow & that will make up a bulk of my new eating plan. I like that the recipes seems simple. I used to belong to Weight Watchers & I lost weight; however, the recipes were too much for a work night & I couldn’t afford the meetings anymore."

- Gretchen Hegwood (*)

"I am enjoying the Program. It takes the guesswork out of “what to eat”!"

- Deborah Williams (*)
"Looking through the program, I found it to be one of the very few I have confidence. I can follow with only a few tweaks. I have seen many "plans" in the past to correct cholesterol and/or regulate weight etc. but most include too many things that I do not eat. . . like red meat and artificial sweeteners and they rely on packaged food way too much. I found your site originally because I wanted to get off of my cholesterol medication - which I have done over the past year. I have fallen off the wagon of my very restrictive regimen and gained a few lbs and my blood pressure is up and most likely my cholesterol - so I am looking to again reduce it without going completely vegan. By the way - the natural result of changing my eating habits to correct my cholesterol was that I lost 22 lbs! I only need to lose 5 to get back where my numbers were good but feel confident this new "diet" will become the base for my regular eating plan going forward. I have been very happy with the recipes I have used from you in the past. Keep up the good work!!! Here's to a healthier tomorrow!"

- Dee Mellett (*)

"Hi Valerie....we are indeed enjoying our program......easing ourselves into it so as not to totally dump out the cupboards, as advised. It will take some practice to relate ALL of the 'optimal' ingredients and not just the calories when substituting.......We have found when we have had to 'step away' from an ideal meal or two when we are on the road - we do feel the difference in our digestive systems for certain. We attempt to do up meals to take with us but after several hours of 'salad' or whatever - we find ourselves slipping into a taboo 'cheat'. It will take some time but we are attempting to keep it moving into a lifestyle and our shopping cart DOES reflect that. Thank you kindly for your e-mails....Dorothy B."

- Dorothy Belland (*)

"I have been very pleased with all the information in the program. I'm so glad you included the meal planning to use it really helps. I lived in Greece for several years and I love the foods they eat, so this will work for me. Thank you so much for contacting me. I will watch my sugar levels closely after eating tomorrow. I think this diet will be perfect for me, thank you so much."

- Lady Carol (*)
"Hi Valerie, I like your program very much. I've begun to use the recipes and have even reduced our meat usage a bit. I'm sure I will see a difference in my weight by that one change alone. Thank you, Lynn"

- Lynn Schmidt  (*)

"Hi Valerie, I printed the pdf version and took it home for my husband. He had quadruple bypass about a year ago. We both need to lose weight. I like the idea that it is a complete plan and not just a recipe book. You don't have to think about “Well what are we going to eat tonight? I don't know. Want to just go somewhere and get something?” until the next thing you know you are out eating junk food. I have always said if someone would just cook something healthy for me and put it in front of me I would have no problem losing weight. It is just if I have so many choices, I don't tend to make the right ones. That is why healthy cookbooks don't work for me. I have to make decisions. My husband on the other hand tends to like to experiment. I told him we need to get the refrigerator and pantry cleaned out by the end of this month and restock using the shopping lists. Bonnie"

- Bonnie Rinard  (*)

"Hi Valerie, I did find the program interesting and easy to read. I like the fact I can download it on my computer and my Ipad. It means I can refer to the program in my office (where I have the Internet on my computer) and in town (2.5 hours’ drive away) where I can use my Ipad."

- Sue Smith

"I have been thinking about the diet for a long time and I have slowly been adding and omitting items to my regular diet. My former diet was lots of red meat, potatoes, gravy. Now, I can’t imagine eating that way. After reading through your program, I find there are not that many things I am going to need to change. That I really like! I have been adjusting my diet for about 10 to 12 years and have been following Dr. Weil’s suggestions. He also recommends the diet. That is the main reason I became interested in eating this way. I absolutely love the way you detail the food items by telling us the pros and cons. They is very helpful. I am enjoying good health and have my weight in control, so I love helpful hints and good food ideas. I think I'm really going to enjoy your program. Thanks, Carolyn"

- Carolyn Haynie  (*)

(*) Results may vary, and testimonial are not claimed to represent typical results. In addition, you assume certain risks inherent in a nutrition program. Enrico and Valerie are not doctors, and their advice is not a substitute for medical advice. Consult your physician before beginning any nutrition program. However, Enrico and Valerie cannot guarantee your results with the DASH eBook. The stories you see on this page are real. However, it must be disclaimed that these testimonials are not claimed to represent typical results with the program. They are meant as a showcase of what the most motivated and dedicated clients can do with the program. Your results may vary, and you may not get the same results when using this program due to differences in your individual exercise history, genetics, and personal motivation.
About the Authors

Enrico Forte is a certified nutrition and wellness consultant by the AFPA in NJ, USA, a bestselling author, and an internationally renowned nutrition educator.

Valerie Forte is a culinary professional and member of the Cuisine Academy.

We're Italians, and the same principles you'll find in this program have worked for our families for centuries.

*Enrico & Valerie Forte*
Introduction:

When most people hear the word diet, they cringe. That's because most of the "diets" that people try are faddish and have no long-term way to keep a person healthy or to help a person keep off weight that they've lost when they quit the diet.

Many of these fad diets are unhealthy as well. Instead of dieting, you need to adopt a different dietary lifestyle, and this program will show you what you need to do.

What You Will Discover?

You will discover how to hear your body and control yourself to eat right. Most people think they should not eat to lose weight.
It's not true because if you feel hungry and ignore it, your body could start to slow your metabolism. This way your body could stop burning calories.

You will learn that an excessive control of your intake of carbs, fat, cholesterol etc...will not result in long-term benefits.

By learning the simple rules in this program, you will learn how to plan balanced meals and get all the nutrients you need.

The Benefits of the Healthy Blood Pressure Plan

Women’s Health: What You Need to Know

Eating a healthful diet and staying active could reduce your risk of breast cancer, heart disease, and osteoporosis. Get more energy to enjoy life while staying healthy and feeling good about yourself.

Major Disease Risk Factors

The following factors could raise your risk for a whole host of diseases, from breast cancer to heart disease and beyond...

• Age
• Being overweight or obese
• Excessive alcohol use
• Family history/genes
• High blood pressure and/or cholesterol
• History of smoking
• Irregular blood sugar levels
• Poor diet
• Staying inactive

Breast Cancer: A Guide for Women

According to the National Library of Medicine, “Breast cancer affects one in eight women during their lives.”
In fact, not counting certain skin cancers and lung cancers, it is the most common cancer in women, no matter what their race or ethnicity.

Let's review key risk factors and breast cancer prevention strategies.

**Reduce Your Breast Cancer Risk**

Get active! The Office on Women’s Health asserts, “Women who are not physically active throughout life may have an increased risk of breast cancer.

Strenuous exercise for more than four hours per week may help lower breast cancer risk. Also, being active can help women prevent overweight and obesity, which are known risk factors for breast cancer in women who have reached menopause.”

Control your weight! Since a woman’s odds of getting breast cancer are higher if she is obese or overweight, controlling your weight is a good step toward breast cancer prevention. Eat a healthful, balanced diet and continue to exercise.

Consider getting screened for breast cancer. You could do self exams at home or have your doctor check for changes at your next physical.

**Heart Health: A Guide for Women**

Did you know that heart disease is the leading cause of death for women? Furthermore, 1 in 4 women will die of heart disease. Don’t become a statistic!

**Prevent Heart Disease**

The keys to heart disease prevention are twofold – eat a healthful diet and get active.

• The Office on Women’s Health asserts that “Being overweight raises your risk for heart disease,” so take steps to get your weight into a healthy range.
• Keep your diet low in salt, saturated fat, total fat, and cholesterol. Keep it high in fresh fruits and vegetables.

• According to the Office on Women’s Health, “Each week, aim to get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of moderate and vigorous activity.”

Osteoporosis: A Guide for Women

Half of all women older than 50 will have osteoporosis lead to a broken bone. Half -- that’s a lot! Moreover, over 40 million people have osteoporosis or are at high risk of getting it.

Reduce Your Risk of Osteoporosis

The Office on Women’s Health asserts, “The best way to prevent weak bones is to work on building strong ones.

No matter how old you are, it is never too late to start.” Your diet plays a huge role in osteoporosis prevention.

There are three major factors in your diet that affect your risk. The first is getting enough calcium, the second is getting enough vitamin D – so that you can absorb that much calcium – and the third is crafting a generally balanced and healthful diet.

Men’s Health: What You Need to Know

Eating a healthful diet and staying active could reduce your risk of diabetes, heart disease, and certain cancers. Stay healthy and vigorous – you could extend your prime of life by making healthful choices.
Prostate & Colon Cancer: A Guide for Men

Did you know that, according to the Centers for Disease Control and Prevention (CDC), “Not counting some forms of skin cancer, prostate cancer is the most common cancer in men, and second only to lung cancer in the number of cancer deaths.”

By the same token, colon cancer is the third leading cause of cancer deaths in men. Get the details about both diseases and learn how you could lower your cancer risk.

Reduce Your Cancer Risk

• Get screened for colon cancer. The CDC asserts, “At least 6 out of every 10 deaths from colorectal cancer could be prevented if all men and women aged 50 years or older were screened routinely.”

• Eat a diet rich in fruits, vegetables, and whole grains, with limited amounts of saturated fats, salt, and sugar.

• Exercise regularly. Consult your doctor before starting a new program.

Heart Health: A Guide for Men

Did you know that half of the men who die suddenly from coronary heart disease had exhibited no symptoms beforehand? Check out this handy guide to heart health for the latest research and prevention tips.

An Ounce of Prevention...

The keys to heart disease prevention are twofold – eat a healthful diet and get active.

• Keep your diet low in salt, saturated fat, total fat, and cholesterol. Keep it high in fresh fruits and vegetables.
• When it comes to exercise, start slowly and talk with your doctor before beginning a fitness routine. The CDC recommends taking a brisk, 10-minute walk 3 times per day, on 5 days per week.

Diabetes: A Guide for Men

25.8 million people have diabetes!

Hold on to your hat, because there are more shocking facts to come. Did you know that roughly 7 million people who have diabetes don't actually know that they have it?

And that 11.8% of all men age 20 and up have diabetes? Let's find out the risk factors and diabetes prevention information that you need to know.

Reduce Your Diabetes Risk

You could take steps to reduce your risk of type 2 diabetes.

• One of the most important steps you can take is to improve your diet.

• To lower your risk of diabetes, eat more high-fiber foods like fruits, vegetables, and whole grains, while eating less sugar, fat, and salt.

• It turns out that getting active plays a seriously huge role in diabetes prevention.

• Try to do at least 30 minutes of physical activity every day, with 2.5 hours per week as the minimum of your exercise routine. You could see greater benefits if you double that.

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Foods Linked to Lower Blood Pressure

Food List Index:

Fruits
Sweets & Sweeteners
Milk & Dairy
Herbs, Spices & Condiments

Dried Fruits
Drinks & Beverages
Meat & Fish
Frozen Foods

Grains
Beans & Legumes
Oils

Snacks & Bakery
Vegetables
Nuts & Seeds
<table>
<thead>
<tr>
<th>Food</th>
<th>Tips</th>
<th>Weight Loss Power</th>
<th>The Good</th>
<th>The Bad</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fruits:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apples</td>
<td>Buy organic, they may contain pesticides</td>
<td>☑</td>
<td>Antioxidant, Rich in fiber</td>
<td></td>
</tr>
<tr>
<td>Apricots</td>
<td></td>
<td></td>
<td>Antioxidant</td>
<td></td>
</tr>
<tr>
<td>Avocado</td>
<td></td>
<td></td>
<td>Rich in healthy fats and B vitamins</td>
<td></td>
</tr>
<tr>
<td>Banana</td>
<td></td>
<td></td>
<td>Good for Blood Pressure, Rich in fiber, Prebiotic</td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td>Do not store in the fridge for over 3 days. Wash them before consuming. Buy in season. Buy local. Raw are good for salads.</td>
<td>☑</td>
<td>Antioxidant, Prevent Cognitive Damages</td>
<td></td>
</tr>
<tr>
<td>Cantaloupe</td>
<td></td>
<td>Eat moderately</td>
<td>Antioxidant, Good for Blood Pressure</td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td>Buy organic, they may contain pesticides</td>
<td>Eat moderately</td>
<td>Anti Inflammatory, Antioxidant Contains Folic Acid</td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>Do not store in the fridge for over 3 days. Wash them right before consuming. Buy in season. Buy local. Raw is good for salads. Buy organic, they may contain pesticides</td>
<td>Eat moderately</td>
<td>Anti Inflammatory, Antioxidant rich in Resveratrol, Prevent Cognitive Damages</td>
<td></td>
</tr>
<tr>
<td>Kiwi</td>
<td></td>
<td>Eat moderately</td>
<td>Antioxidant</td>
<td></td>
</tr>
<tr>
<td>Oranges (Lemons, Lime, Grapefruit, Citrus, Tangerine)</td>
<td>Do not store in the fridge for over 3 days. Wash them right before consuming. Buy in season. Buy local. Raw is good for salads.</td>
<td>☑</td>
<td>Antioxidant, Good for Blood Pressure, Anti Inflammatory, Good for Cholesterol</td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>Do not store in the fridge for over 3 days. Wash them right before consuming. Buy in season. Buy local. Raw is good for salads. Buy organic, they may contain pesticides</td>
<td>☑</td>
<td>Antioxidant, Anti Inflammatory, Good for Cholesterol</td>
<td></td>
</tr>
<tr>
<td>Peaches, Canned in Syrup</td>
<td></td>
<td></td>
<td>Watch for the sugar content. They may not maintain 100% of their nutrients.</td>
<td></td>
</tr>
<tr>
<td>Food</td>
<td>Tips</td>
<td>Weight Loss Power</td>
<td>The Good</td>
<td>The Bad</td>
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<td>----------------------</td>
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<tr>
<td>Pears</td>
<td>Buy organic, they may contain pesticides</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pear, canned in pear juice</td>
<td></td>
<td></td>
<td>Watch for the sugar content. They may not maintain 100% of their nutrients.</td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td>Eat moderately</td>
<td></td>
<td>Antioxidant</td>
<td></td>
</tr>
<tr>
<td>Pomegranate</td>
<td></td>
<td></td>
<td>Anti Inflammatory, Antioxidant</td>
<td></td>
</tr>
<tr>
<td>Prunes</td>
<td>Eat moderately</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td>Buy organic, they may contain pesticides</td>
<td></td>
<td>Antioxidant, Rich in Calcium and Iron</td>
<td></td>
</tr>
<tr>
<td>Watermelon</td>
<td>Do not store in the fridge for over 3 days. Wash them right before consuming. Buy in season. Buy local. Raw is good for salads.</td>
<td>Eat moderately</td>
<td>Antioxidant rich in Lycopene, Heart Healthy</td>
<td></td>
</tr>
<tr>
<td><strong>Dried Fruit:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried Apples</td>
<td>Eat moderately</td>
<td></td>
<td>Rich in Fiber, Antioxidant</td>
<td>Watch the Caloric Intake</td>
</tr>
<tr>
<td>Dried Apricots</td>
<td>Eat moderately</td>
<td></td>
<td>Rich in Fiber, Antioxidant</td>
<td>Watch the Caloric Intake</td>
</tr>
<tr>
<td>Dried Dates</td>
<td>Eat moderately</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dried Figs</td>
<td>Eat moderately</td>
<td></td>
<td>Rich in Calcium, Good for Blood Pressure, Antioxidant</td>
<td>Watch the Caloric Intake</td>
</tr>
<tr>
<td>Dried Prunes</td>
<td>Eat moderately</td>
<td></td>
<td>Rich in Fiber, Antioxidant</td>
<td>Watch the Caloric Intake</td>
</tr>
<tr>
<td>Raisins</td>
<td>Are a good sugar substitute.</td>
<td>Eat moderately</td>
<td>Antioxidant, Rich in Iron</td>
<td>Watch the Caloric Intake</td>
</tr>
<tr>
<td><strong>Grains:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barley</td>
<td>Simmer 10-12 min.</td>
<td></td>
<td>Antioxidant, Metabolism Booster, Good for cholesterol, Prebiotic</td>
<td></td>
</tr>
<tr>
<td>Basmati Rice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast Cereals</td>
<td>Watch the ingredients list and avoid those with sugar added.</td>
<td>Eat moderately</td>
<td>May contain too much sugar.</td>
<td></td>
</tr>
</tbody>
</table>

...continues
### Meal Plan:

<table>
<thead>
<tr>
<th>Week 1: Day 1-7</th>
<th>Week 2: Day 8-14</th>
<th>Week 3: Day 9-21</th>
<th>Week 4: Day 22-28</th>
</tr>
</thead>
</table>

### Recipes List:

- Breakfast Recipes
- Lunch Recipes
- Snack Recipes
- Dinner Recipes
- Dessert Recipes

### Miscellaneous:

- Grocery Shopping List
- Cooking Tips
- Nutrition Tips
- Weight Loss Tips
- Supplements
- Disclaimer

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### Some Tips Before You Go Ahead...

<table>
<thead>
<tr>
<th><strong>Cooking Tip of The Week:</strong></th>
<th><strong>Nutrition Tip of The Week:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Use a heavy duty, zip-lock plastic bag to separate pan drippings. After roasting meat, pour the pan drippings into a zip-lock plastic bag. Let the fat rise to the top. Carefully snip off one of the bottom corners on the bag, and pour out the fat-free broth. The fat will stay in the plastic bag, and you will have a tasty broth as a base for gravy or a sauce.</td>
<td>Try to include more tomatoes in your meals. The biggest benefit from tomatoes is their high concentration of lycopene. Lycopene is a powerful antioxidant.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Weight Loss Tip of The Week:</strong></th>
<th><strong>Supplements: (Optional)</strong></th>
</tr>
</thead>
</table>
| When you are on a diet to lose weight, set up a day of the week or month where you have an "off" day. On that day, allow yourself to eat that junk food you've been craving. Telling yourself you can never eat ice cream again, for example, can just lead to breaking your diet. A brisk walk is really the best workout. Walk faster and for longer, and you will lose weight. Health experts recommend that we should walk least 16,000 steps a day to lose weight. A [Good Treadmill](#) offers softer and easier terrain than a hard road, placing less strain on your joints and back. | - [Multivitamin For Women](#)  
- [Multivitamin For Men](#)  
- [Omega-3](#) (May reduce the likelihood of heart attack and stroke)  
- [Lutein](#) (May prevent colon cancer, breast cancer, type 2 diabetes, and heart disease.)  
- [CoQ10](#) (Boosts energy levels)  
- [Alpha Lipolic Acid](#) (May protect against damage to the body's cells.)  
- [Lycopene](#) (May prevent heart disease and atherosclerosis)  
- [Beta-Carotene](#) (May slow the course of osteoarthritis and age-related macular degeneration) |

### If You Want to Print The Recipes
- [Cookbook Stand](#)
- [Recipes Binder](#)

### Navigation:
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Day: 1

### Breakfast

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Calories</th>
<th>Ready in</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Serv. Oat Bran -Banana Breakfast For One (View)</td>
<td>194</td>
<td>5 Min.</td>
</tr>
<tr>
<td>1 Serv. Monkey Shake (View)</td>
<td>204</td>
<td>5 Min.</td>
</tr>
</tbody>
</table>

### Lunch

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Calories</th>
<th>Ready in</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Serv. Almond Butter and -no-sugar-added- jelly Sandwich (View)</td>
<td>243</td>
<td>5 Min.</td>
</tr>
<tr>
<td>1 Serv. 1 Container Fat Free Yogurt</td>
<td>131</td>
<td></td>
</tr>
<tr>
<td>Greens Salad (View)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Snack

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Calories</th>
<th>Ready in</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Serv. Apple-Lemon Slush (View)</td>
<td>124</td>
<td>5 Min.</td>
</tr>
</tbody>
</table>

### Dinner

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Calories</th>
<th>Ready in</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Serv. Baked Chili Potato (View)</td>
<td>361</td>
<td>15 Min.</td>
</tr>
</tbody>
</table>

### Total Daily Nutritional Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>% Daily Value *</th>
<th>Nutrient</th>
<th>% Daily Value *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Carbohydrates: 231 g</td>
<td>77 %</td>
<td>Total Fat: 17 g</td>
<td>26 %</td>
</tr>
<tr>
<td>- Sugars (Naturally-Occuring): 70 g</td>
<td>-</td>
<td>- Saturated Fat: 3 g</td>
<td>15 %</td>
</tr>
<tr>
<td>- Dietary Fiber: 37 g</td>
<td>148 %</td>
<td>Cholesterol: 14 mg</td>
<td>4 %</td>
</tr>
<tr>
<td>Protein: 45 g</td>
<td>90 %</td>
<td>Sodium: 918 mg</td>
<td>38 %</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 cal. diet. Your daily values may be higher or lower depending on your calorie needs.

**Total Calories For The Day: 1257**

**Navigation:**

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...continues
Recipes for the Week #1

**Breakfast Recipes:**
- Oat Bran - Banana Breakfast For One
- Monkey Shake
- Egg White Scramble
- Muzlu Sut
- On- The- Run Natural Peanut Butter- Banana Toast Grand Slam Smoothie
- Cream of Wheat with Oranges
- Delicious Oatmeal
- Strawberry Smoothie
- Granola Go Cup
- Banana Nog Eggless
- Healthy Energy Oatmeal

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**Lunch Recipes:**
- Almond Butter and - no-sugar-added- jelly Sandwich
- Natural Peanut Butter and jelly Sandwich
- Gorp
- PB Toast
- Tuscan Chicken with Beans
- The Greatful Bread Sandwich
- Banana Express
- Hummus Wrap With Tomatoes and Spinach Quick Hummus and Vegetable
- Stuffed Pitas

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**Snack Recipes:**
- Apple-Lemon Slush
- Garlic-Parmesan Popcorn

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**Dinner Recipes:**
- Baked Chili Potato
- Cheesy Portobello Broccoli Cheese Potato
- Steamed Mussels In Garlic And Shallots
- Ravioli With No-Cook Heirloom No-Salt-Added Tomato Sauce White Pizza or Pizza Blanca
- White And Green Bean Salad

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**Dessert Recipes:**
- Mango Raspberry Sorbet Fruit Fondue

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### Salad Dressing

Consuming Vinegar before a meal containing carbs may lower blood sugar spikes. Simply eat this salad with a vinegar-based dressing before lunch or dinner. This is much more effective (and easy) than cutting massively on carbs. Fill your salad dressing container with these ingredients and shake to combine all ingredients well:

- 1/3 container with balsamic wine vinegar
- 1/3 container with apple cider vinegar
- 1/3 container with (EVOO) extra virgin olive oil
- Add a couple of Tsp of real maple syrup
- Add a touch of dried onion and garlic, and black pepper

### Side Dish Salad

The following foods can be finely grated, chopped, or minced and mixed together:

- Tomatoes
- Carrots
- Spinach or lettuce

### Beverages

Cinnamon is good to block blood sugar spikes after a carb-rich meal while Green tea is a powerful antioxidant that makes you shed belly pounds. You can make this easy detox drink and drink it during the day: Green Tea Lemon Water à la Mediterranean

- 1 cup boiling water
- 1 green tea bag
- 1 cinnamon stick
- ½- 1 tbsp raw honey
- Juice of ½ lemon
- pinch of cayenne

**Directions:**

1. Put cinnamon and tea in boiling water for 5-10 min
2. Stir in lemon juice, raw honey, and cayenne
3. Enjoy!

### Snack Attacks

This tasty Popcorn snack is an easy way to cut a lot of "Junk Calories" without feeling hungry.

- (It's perfect for late-night snacking)
- Ingredients: (Makes 3 Cups - 44 cal. per Cup - Diabetic Friendly, Gluten Free)
- 3 cups air-popped popcorn
- 10 sprays of Extra Virgin Olive Oil
- 2 tsp. of garlic powder
- 1 tbsp. of grated Parmesan
# Oat Bran -Banana Breakfast For One

**Makes:** 1  **Ready in:** 5 min  **Meal:** Breakfast

## Ingredients & Directions:
- 1/2 banana, chopped
- 1/3 cup Oat Bran (Certified gluten-free if you are gluten intolerant)
- 1 dash salt
- 3/4 cup water
- 1 tsp brown sugar (or honey)

Combine chopped banana, Oat Bran (Certified gluten-free if you are gluten intolerant), salt, water and sugar (use more or less sugar to taste) in a microwave-safe bowl.

Microwave on high for 3 mins, stirring after each min.

If using honey, stir it in after cooking.

If desired, serve with milk.

## Nutritional Facts x 1 Serving(s):
- Calories: 194
- Fat: 2 g
- Sat. Fat: 0 g
- Cholesterol: 0 mg
- Carbs: 38 g
- Sugars (Naturally-Occurring): 11 g
- Fiber: 6 g
- Protein: 6 g
- Sodium: 162 mg

## Diet Tags:
- Gluten:
- Dairy:
- Acidic:
- Low Sodium: Yes
- Low Cholesterol: Yes
- Low Carb:
- Diabetics: Yes

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Ingredients & Directions:

1/2 orange, peeled (leave white pithy part on or hand juice the orange)

1/2 papaya, peeled

1 banana

Juice orange with papaya.

Place juice and banana in a blender or food processor, and blend until smooth.

Garnish with the orange twist.

Pour into a tall glass and enjoy!

Nutritional Facts x 1 Serving(s):

- Calories: 204
- Fat: 0 g
- Sat. Fat: 0 g
- Cholesterol: 0 mg
- Carbs: 49 g
- Sugars (Naturally-Occurring): 29 g
- Fiber: 7 g
- Protein: 2 g
- Sodium: 5 mg

Diet Tags:

- Gluten:
- Dairy:
- Acidic: Yes
- Low Sodium: Yes
- Low Cholesterol: Yes
- Low Carb:
- Diabetics: Yes
Almond Butter and -no-sugar-added- jelly Sandwich

Makes: 1  Ready in: 5 min  Meal: Lunch

Ingredients & Directions:

2 slices 100% Whole Grain Bread (Gluten-Free Alternative: Brown Rice Bread) (Oat Bran (Certified gluten-free if you are gluten intolerant) is good)

1 tbsp almond butter (or more to taste)

1 tbsp Sugar-Free All Fruit Spread (or more to taste)

Spread the bread with almond butter and fruit spread.

Top with the other bread and cut sandwich in half.

Serve and eat!

Nutritional Facts x 1 Serving(s):

- Calories: 243
- Fat: 11 g
- Sat. Fat: 1 g
- Cholesterol: 0 mg
- Carbs: 29 g
- Sugars (Naturally-Occurring): 3 g
- Fiber: 4 g
- Protein: 7 g
- Sodium: 367 mg

Diet Tags:

- Gluten:
- Dairy: Yes
- Acidic: Yes
- Low Sodium: Yes
- Low Cholesterol: Yes
- Low Carb:
- Diabetics: Yes

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Apple-Lemon Slush

Makes: 1 serving  Ready in: 5 min  Meal: Snack

Ingredients & Directions:

1/4 cup Frozen Apple Juice Concentrate (Unsweetened)
2 tbsp lemon juice
1 cup crushed ice

Combine Unsweetened Apple Juice concentrate, lemon juice and ice in a blender and blend until slushy.

Nutritional Facts x 1 Serving(s):

Calories: 124
Fat: 0 g
Sat. Fat: 0 g
Cholesterol: 0 mg
Carbs: 31 g
Sugars (Naturally-Occurring): 12 g
Fiber: 0 g
Protein: 0 g
Sodium: 25 mg

Diet Tags:

Gluten:
Dairy:
Acidic: Yes
Low Sodium: Yes
Low Cholesterol: Yes
Low Carb:
Diabetics: Yes

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Baked Chili Potato

Makes: Serves 1  Ready in: 15 min  Meal: Dinner

Ingredients & Directions:

1 cup vegetarian chili, such as Quick and Easy Veggie Chili
1 tbsp nutritional yeast (not required)
1 small baked sweet potato
1 tbsp chopped fresh cilantro (not required)

In a small saucepot, bring chili to a simmer. Remove from heat and stir in nutritional yeast. Split sweet potato lengthwise and top potato with chili and cilantro.

Nutritional Facts x 1 Serving(s):

- Calories: 361
- Fat: 1 g
- Sat. Fat: 0 g
- Cholesterol: 0 mg
- Carbs: 69 g
- Sugars (Naturally-Occurring): 14 g
- Fiber: 20 g
- Protein: 19 g
- Sodium: 200 mg

Diet Tags:

- Gluten: Yes
- Dairy:
- Acidic:
- Low Sodium: Yes
- Low Cholesterol: Yes
- Low Carb:
- Diabetics: Yes

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