

Steady Blood Sugar, 2-Star Meal Plan for Feel-Good Days

Proteins & Dairy

- Eggs (1 dozen)
- Chicken Breast or Thighs (1.5–2 lbs)
- Lean Ground Turkey (1 lb)
- Lean Ground Beef (½ lb)
- Plain Greek Yogurt (32 oz tub)
- Canned Black Beans (1–2 cans)

Carbs & Grains

- Rice (2 cups dry)
- Rolled Oats (1 container)
- Potatoes (4–5 medium)
- Whole Grain Bread (1 loaf)
- Tortillas (1 pack)

Produce & Frozen

- Bananas (3–4)
- Apples (2–3)
- Frozen Mixed Vegetables (1–2 bags)
- Greens, Spinach or Spring Mix (1 container)
- Onion (1)

Fats, Spices & Pantry

- Peanut Butter (1 jar)
- Olive Oil (1 small bottle)
- Taco Seasoning (1 packet)
- Soy Sauce or Coconut Aminos (1 bottle)
- Salt, Pepper, Garlic Powder, Cinnamon