

Steady Blood Sugar, 1-Star Meal Plan for Feel-Good Days

Proteins & Eggs

- Eggs (1 dozen)
- Chicken Breast or Thighs (1.5–2 lbs)
- Black Beans (2 cans)

Grains

- Rice, White or Brown (2 cups dry)
- Rolled Oats (1 container)
- Whole Grain Bread (1 loaf)
- Tortillas (1 pack)

Produce & Frozen

- Bananas (3–4)
- Apples (2–3)
- Frozen Mixed Vegetables (1 bag)
- Potatoes (5–6 medium)

Fats & Extras

- Peanut Butter (1 jar)
- Olive Oil (1 small bottle)
- Soy Sauce (optional, 1 bottle)
- Garlic Powder
- Cinnamon