



Weekly Planner

Meals to Repeat and Remix

WHOLE FOOD WEDNESDAY

Focus on whole grains, unprocessed proteins, and fresh vegetables.

Flavor Tip: Try quinoa, farro, or brown rice with thyme, oregano, and a citrus zest.

SALAD SUNDAY

Big, beautiful, fiber-rich salads. Crisp greens, vibrant veggies, and bold dressings. Build hearty salads with lean proteins, beans, seeds, or whole grains.

Flavor Tip: Use spice blends like cumin-lime or lemon-thyme vinaigrettes.

THRIFTY THURSDAY

Create budget-friendly meals using pantry staples like beans, frozen vegetables, and whole grains.

Flavor Tip: Reinvent leftovers by combining with high-fiber veggies or whole grains. Add a spoon of hummus or tahini to balance quick starch-based meals.

MEATLESS MONDAY

Plant-powered dishes. Power up with plants! Beans, lentils, tofu, and seasonal vegetables make satisfying meals.

Flavor Tip: Add garlic powder, smoked paprika, or curry powder to boost umami.

FLAVOR BOOST FRIDAY

Experiment with a new spice combo, herb blend, or bold marinade.

Flavor Tip: Try chili-lime seasoning, herbed yogurt dips, or a spice-crusting fish fillet.

TWO-FER TUESDAY

Cook once, eat twice meals. Double up your efforts. Make meals that stretch into lunch or dinner the next day.

Flavor Tip: Roast a tray of spiced veggies or grill seasoned chicken for wraps and bowls.

SHEET PAN SATURDAY

One pan, endless options. Toss proteins and veggies with oil and spices, roast and enjoy.

Flavor Tip: Mix oregano, basil, garlic, and chili powder for a zesty all-purpose blend.



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WELLNESS WEDNESDAY

Focus on blood sugar balancing.

Flavor Tip: Include hydrating ingredients like cucumbers, citrus, or broth. Avoid sugar-sweetened beverages and consider a prep-free day with no-cook veggie wraps or salads.

SOUP OR STEW SUNDAY

Warm and cozy veggie-forward.

Flavor Tip: Choose broth-based soups rich in non-starchy vegetables and legumes. Skip cream-based or high-sugar canned options—use herbs and a splash of vinegar or lemon for depth.

3 INGREDIENT THURSDAY

Keep meals simple, balanced, and bold.

Flavor Tip: Keep it simple but balanced—use bold spices like chili powder, garlic, and onion powder to elevate basics. Combine a fiber-rich veggie, a clean protein, and a healthy fat. Avoid shortcuts with hidden sugars like bottled sauce.

MEDITERRANEAN MONDAY

Make meals with Heart-healthy oils, herbs, and grains.

Flavor Tip: Focus on olive oil, leafy greens, fatty fish, and beans. This heart-healthy eating style is naturally low-glycemic and rich in anti-inflammatory nutrients.

FIBER-FULL FRIDAY

Load up on veggies, legumes, and whole grains to keep blood sugar steady.

Flavor Tip: Load up on lentils, broccoli, cauliflower, and leafy greens to meet your fiber goals. Add chia seeds or flax to soups and salads for an extra boost.

TACO TUESDAY

Use lettuce wraps, bean tacos, or spiced turkey in whole-grain tortillas.

Flavor Tip: Swap tortillas for lettuce wraps or low-carb options. Fill with seasoned lean meats, beans, and salsa—watch portion size on starchy toppings like corn or rice.

SNACK PREP SATURDAY

Make diabetic-friendly snacks like roasted chickpeas, veggie sticks with hummus, or cinnamon-dusted walnuts.

Flavor Tip: Prep snacks in advance like roasted chickpeas, hard-boiled eggs, veggie sticks with hummus, or unsweetened yogurt with cinnamon and nuts.



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WARM BOWL WEDNESDAY

Grain bowls, soups and roasted veggies.

Flavor Tip: Build your bowl with $\frac{1}{2}$ non-starchy veggies, $\frac{1}{4}$ lean protein, and $\frac{1}{4}$ whole grain. Add healthy fats like avocado or seeds to reduce glucose spikes

SLOW COOKER SUNDAY

Set it and forget it healthy meals.

Flavor Tip: Enjoy a mindful, slow meal. Use smaller plates, focus on flavor, and allow your body to register fullness before reaching for seconds.

THEME THURSDAY

Try global flavors with healthy swaps.

Flavor Tip: Global spice blends are a great way to avoid sugar and salt. Stick to homemade or label-checked versions that don't rely on added sugars or sodium.

MILD SPICE MONDAY

Introduce warming spices gently.

Flavor Tip: Use gentle blood sugar-friendly spices like cinnamon, turmeric, and cumin to add warmth without needing sugary sauces or added salt.

FISH FRIDAY

Omega-3 rich meals (baked or grilled).

Flavor Tip: Choose grilled or baked fish over breaded or fried. Pair with roasted vegetables and a lemon herb drizzle instead of sugary glazes.

TEMPEH TUESDAY

Explore plant-based proteins.

Flavor Tip: Tofu is low in carbs and a great protein base. Stir-fry with non-starchy vegetables and flavor with ginger, garlic, and low-sodium tamari.

SAVORY SATURDAY

Mindful, slow meals with bold flavors.

Flavor Tip: Enjoy a mindful, slow meal. Use smaller plates, focus on flavor, and allow your body to register fullness before reaching for seconds.