

A FREE GUIDE FOR PREGNANT MAMAS

7 Quick Snacks *That Stop Sugar Spikes* Instantly.

*The 3-step blood sugar buffer —
for gestational diabetes.*

Ready in 2 minutes or less.
No cooking. No guessing.



THE 3-STEP Blood Sugar *Buffer Guide*



Safe for
Pregnancy



2-Minute
Prep



Dietitian-
Reviewed Info

100%

FREE

*No credit card. No email required.
Instant access.*



*Home Flavors
by Sarah* ♡

Free Guide • 5 Pages •
Printable • Immediate Help



*From pregnant mamas,
for pregnant mamas*



YOUR FREE GUIDE

The 3-Step *Blood Sugar Buffer.*

7 quick snacks that stop gestational diabetes sugar spikes — instantly.

.....
No cooking. No counting. Ready in 2 minutes.

*If you've been eating 'healthy' snacks — and your blood sugar **STILL** spikes — this guide changes everything.*

7
SNACKS

Perfectly paired to
buffer blood sugar spikes

2
MINUTES

Each snack ready
faster than your
next craving

0
COOKING

No heat.
No prep time.
No stress.

In the next 5 pages you'll discover:

- The one rule that explains why your blood sugar spikes (Page 2)
- 7 perfectly paired snacks with a printable cheat sheet (Page 3)
- What to eat when hunger strikes away from home (Page 4)

100% FREE

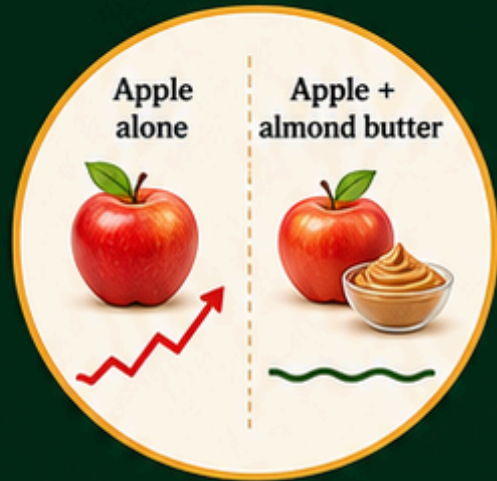
No purchase required.
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This guide is for educational purposes only. Always follow your healthcare provider's specific guidance.

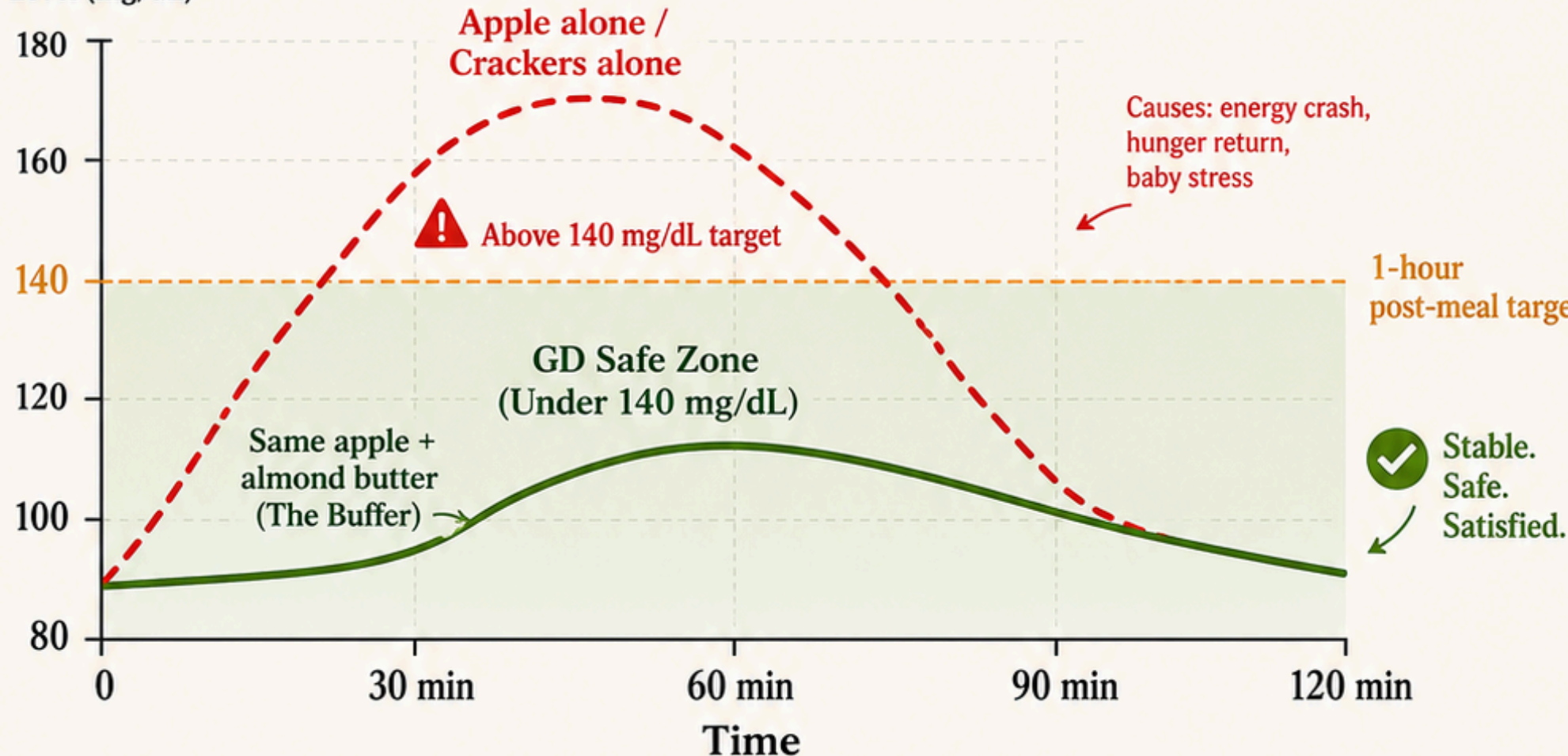
The Golden Rule

*Why carbs alone cause spikes —
and the 30-second fix.*



THE REAL IMPACT ON YOUR BLOOD SUGAR

Blood Sugar
Level (mg/dL)



WHY CARBS ALONE CAUSE SPIKES

When you eat carbohydrates without protein or fat, they absorb into your bloodstream rapidly. Your body releases a rush of insulin in response. For gestational diabetes, this insulin response is less efficient — causing blood sugar to overshoot the safe zone.

COMMON HIDDEN TRAPS:

- Fruit eaten alone (even 'healthy' fruit)
- Crackers or rice cakes without a protein
- Juice or sweetened drinks
- Cereal without added protein



THE BUFFER METHOD — 3 STEPS

STEP 1

Choose your smart carb
(any from the cheat sheet on page 3)

STEP 2

Add a protein OR healthy fat
alongside it

STEP 3

Eat the protein/fat FIRST,
then the carb

Why eating order matters: Starting with protein/fat slows the digestive process BEFORE the carb arrives. The result: a gentle curve instead of a spike.



*If you've ever eaten what seemed like a healthy pregnancy snack —
and then seen a high blood sugar reading an hour later — this is why.
It wasn't the snack. It was the pairing.*

The fix is simple. It's on the next page.



Your 7-Snack Buffer Cheat Sheet

Print this. Put it on your fridge. Use it at every snack time.

★
SAVE
THIS PAGE

01 Apple Slices + Almond Butter

- Impact: LOW
- 🕒 Prep: 1 min
- 🌿 ~15g smart carbs

The almond butter fat slows apple sugar absorption by 40-60%.

- ✓ Portable | ✓ Satisfying
- ✓ GD-tested favorite

02 Whole Grain Crackers + Cheddar Cheese + Cucumber

- Impact: LOW
- 🕒 Prep: 1 min
- 🌿 ~12g carbs

Protein + fat in cheese completely buffers the cracker carbs.

- ✓ Work-friendly
- ✓ No refrigeration for crackers

03 Hard Boiled Egg + Half Avocado

- Impact: MINIMAL
- 🕒 Prep: 0 min (pre-boil Sunday)
- 🌿 ~4g carbs

Nearly zero blood sugar impact. Maximum satiety. Ideal for morning snack.

- ✓ Batch prep Sunday
- ✓ Highest protein/fat snack

04 Plain Greek Yogurt + Chia Seeds + Berries (1/4 cup)

- Impact: LOW
- 🕒 Prep: 1 min
- 🌿 ~14g carbs

Chia seeds + protein in yogurt = slow release. 20g protein total.

- ✓ Morning or evening
- ✓ Most filling option

05 Hummus + Carrot Sticks + Cucumber Rounds

- Impact: LOW-MODERATE
- 🕒 Prep: 2 min
- 🌿 ~14g carbs

Chickpea protein + tahini fat in hummus creates natural buffer for carrots.

- ✓ Crunch craving satisfied
- ✓ Very portable

06 Walnuts + Small Berry Portion (1/4 cup)

- Impact: LOW
- 🕒 Prep: 0 min
- 🌿 ~10g carbs

Omega-3 rich walnuts are one of the best GD fats. Berries = lowest-sugar fruits.

- ✓ Anti-inflammatory
- ✓ Supports baby's brain development

07 Cream Cheese + Celery Sticks

- Impact: MINIMAL
- 🕒 Prep: 1 min
- 🌿 ~3g carbs

Virtually zero blood sugar impact. High fat = strong hunger control.

- ✓ Late night snack
- ✓ Best for high-reading days

GD Snack Rules: Eat protein or fat FIRST. Wait 1-2 minutes. Then eat the carb portion.

All 7 snacks above keep blood sugar under 140 mg/dL at 1 hour for most GD mamas.

Hunger Away From Home?

This page keeps you safe anywhere.

3 no-refrigeration emergency snacks +
the honest truth about what comes next.



3 Emergency Options — No Fridge, No Prep, Always Safe

1



Pre-Portioned Nut Packets

1oz almonds or walnuts
(individual sealed packets)

- 📍 Available at: Any gas station, grocery store, airport, vending machine
- 💰 Cost: ~\$1-1.50 per packet
- 🌿 Carbs: 4-6g | No blood sugar impact

Keep 3 in your bag. Always. This single habit prevents 80% of emergency situations.

2



Individually Sealed String Cheese + Nut Pack

Standard string cheese from any convenience store + nut packet

- ✅ Protein + Fat combination = complete blood sugar buffer
- 🌿 Carbs: ~1g | Available everywhere | No refrigeration needed

This combination costs under \$3 and is available at every gas station in America.

3



Natural Nut Butter Packet + Water

Single-serve almond or peanut butter packets (Justin's brand or similar)

- 📍 Available at grocery checkout lanes, pharmacies, health sections
- 🌿 Carbs: 4g | Portable forever | 200+ calories with 8g protein

Eat these alone as pure fat/protein — or with any safe cracker from your bag.



The Truth About Your Next 14 Days

Controlling your snacks is the first step — and it's powerful. But gestational diabetes management also means 42 main meals over the next two weeks.

Breakfast. Lunch. Dinner. Every day. For 14 days.

Each one carrying the same question: "Is this going to spike my blood sugar?"

The cheat sheet on page 3 handles your snacks. But the 42 meals coming next need a complete, structured plan — with specific meal formulas, grocery lists, and a daily system simple enough to follow even on the most exhausted days.



*That complete system exists. And because you downloaded this free guide today, you can access it for just **\$4.99** — instead of the regular price of \$27.*

➔ See the next page for full details and the 15-minute access window.

EXCLUSIVE FOR FREE GUIDE DOWNLOADERS

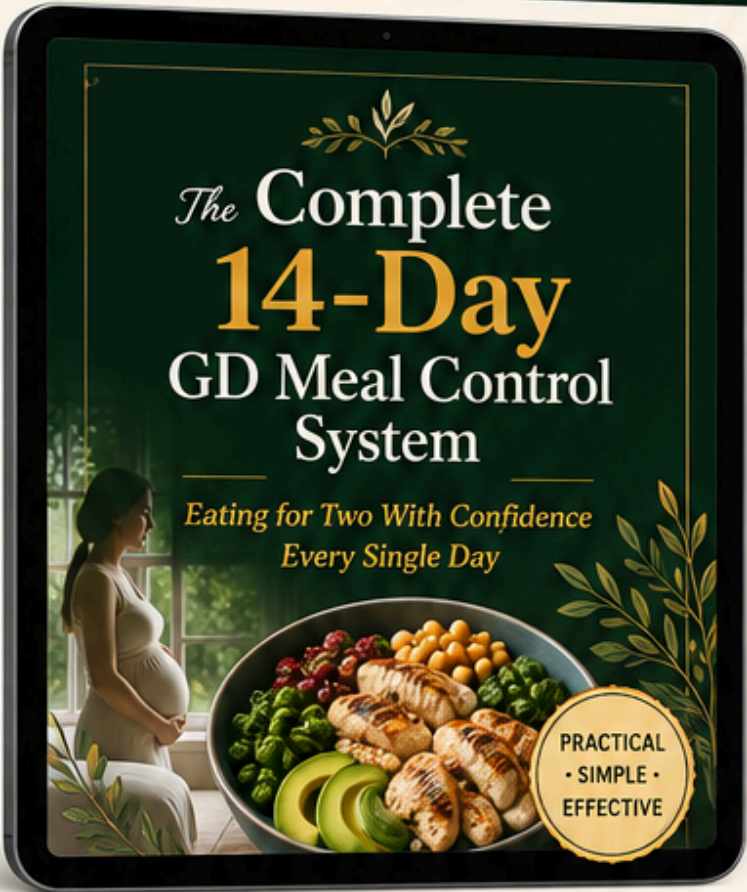
Stop Guessing for 14 Days.

Because you just downloaded this free guide, you have a single exclusive offer to upgrade to the complete system — for \$4.99 instead of \$27.



THIS OFFER IS AVAILABLE FOR 15 MINUTES ONLY

After this window closes, the \$4.99 price is no longer available.
This is not a marketing trick — it's a genuine incentive for taking action today, when you have momentum.



The Complete 14-Day GD Meal Control System

Eating for Two With Confidence — Every Single Day

- ✓ 14-day complete meal plan (3 meals + 2 snacks daily)
- ✓ Smart carb + protein formula for every meal type
- ✓ 2-week grocery list — organized by store aisle
- ✓ Blood sugar tracking log with pattern notes
- ✓ Restaurant ordering guide (10 major chains)
- ✓ Emergency day protocol (for high-reading days)
- ✓ Partner/family communication guide
- ✓ Medical disclaimer + healthcare provider communication template
- ✓ 20 GD-safe dinner recipes (all under 25 minutes)

✗ WITHOUT THE SYSTEM:

- 🚫 Daily confusion about each meal
- 🚫 Guessing if food is safe
- 🚫 Stress at every grocery run
- 🚫 No pattern recognition
- 🚫 Anxiety around eating

VS.

✓ WITH THE SYSTEM:

- ✓ Pre-decided meals every day
- ✓ Clear formulas for every situation
- ✓ 15-min weekly grocery prep
- ✓ Know your body's patterns
- ✓ Eating with confidence

~~Regular Price: \$27.00~~

\$4.99

Less than one Starbucks drink — for 14 days of eating confidence during pregnancy.

YES - GET THE COMPLETE SYSTEM FOR 4.99 \$ NOW

⬇️ Instant digital download. No shipping. Access within 60 seconds.

30-day satisfaction guarantee.

*You are already doing the hard part — managing GD with care and attention.
The right system makes that care 10× more effective — and 10× less stressful.*

— Sarah ♥

Questions? Contact us through Payhip messaging.

