



HEALTHY EATING JUMPSTART

# LOW CARB LIFESTYLE

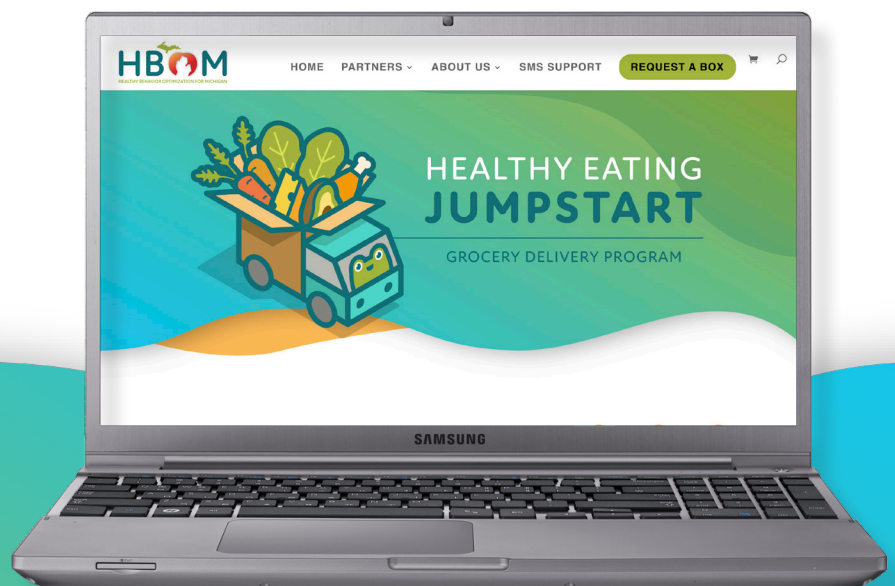
WELCOME PACKET



# TABLE OF CONTENTS

|                                                                    |           |
|--------------------------------------------------------------------|-----------|
| <b>READ ME FIRST .....</b>                                         | <b>3</b>  |
| <b>WELCOME: Introduction to a low carbohydrate lifestyle .....</b> | <b>4</b>  |
| Learn the lingo .....                                              | 5         |
| Welcome from the JUMPSTART team .....                              | 6         |
| Low carbohydrate lifestyle for type 2 diabetes .....               | 7         |
| <b>PLAN: Set your goals and track your progress .....</b>          | <b>9</b>  |
| Set your program goals .....                                       | 10        |
| Track your progress .....                                          | 11        |
| <b>COOK: Build a low carbohydrate meal plan .....</b>              | <b>14</b> |
| Build your plate .....                                             | 15        |
| 7-day sample meal plan .....                                       | 23        |
| Low carbohydrate grocery shopping list .....                       | 25        |
| Low carbohydrate snack ideas .....                                 | 27        |
| Understanding nutrition labels .....                               | 28        |
| <b>CONNECT: Low carbohydrate lifestyle resources .....</b>         | <b>29</b> |
| Apps, websites, and videos .....                                   | 30        |
| Books and recipe blogs .....                                       | 32        |

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to find this packet and more!*







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## READ ME FIRST

*Talk to the clinician who manages your diabetes before you start a low carbohydrate meal plan.*

### Managing your medications

***Certain medications should not be used in combination with a low carb meal plan.***

These include a class of medications called “SGLT2 Inhibitors” which include Jardiance (empagliflozin), Invokana (canagliflozin), Farxiga (dapagliflozin), and Steglatro (ertugliflozin). This also includes combination medications containing an SGLT2 Inhibitor such as SEGLUROMET, XIGDUO, Synjardy, Synjardy XR, Invokamet, Glyxambi, QTERN, and Trijardy XR.

***Certain medications often need to be adjusted before you start a low carb meal plan.*** These include Insulins (*such as Humalog, Novolog, Lantus and Basaglar, etc.*) and the class of medications called “Sulfonylureas” (*such as Amaryl (glimepiride), Glucotrol (glipizide), Diabeta (glyburide), tolbutamide, Tolinase (tolazamide), Diabinese (chlorpropamide), etc.*).

If you take blood pressure medications, your clinician may need to adjust or stop your medication before you start a low carb eating plan.

We strongly recommend that you have a scheduled visit with your clinician to review your low carb eating plan and your medications before you embark on your JUMPSTART journey.

### Keeping You Safe

Talk to your clinician about the symptoms of low blood sugar and low blood pressure and how to treat them as you change your eating plan.

# WELCOME:

## Introduction to a Low Carb Lifestyle





# LEARN THE LINGO

## Terms we will use throughout this packet

**Carbohydrates (carbs):** Carbohydrates or 'carbs' are one of three main nutrients that make up the food we eat, along with proteins and fats. Your body breaks down carbohydrates into sugar (glucose) and uses it for energy. Your body can use the sugar immediately or store it for later use in the liver and muscles.

*We will be using 'carbohydrates' and 'carbs' interchangeably throughout this packet.*

**Low Carbohydrate (Low Carb) Lifestyle or Meal Plan:** A low carbohydrate lifestyle or meal plan limits your intake of carbohydrates (carbs) from foods like grains, starchy vegetables, fruit, sugary snacks, and beverages, and emphasizes proteins, non-starchy vegetables, and healthy fats. This generally means eating less than 130g of carbohydrates per day.

*It is important to talk with your clinician before starting a low carbohydrate lifestyle to determine a suitable carb goal and adjust medications if necessary.*

**Blood sugar (blood glucose):** Blood sugar is the level of sugar in your blood after your body breaks down carbohydrates and other nutrients into glucose for energy.

**Insulin:** Insulin is a chemical released when you eat carbs. Everyone needs insulin to live.



# WELCOME

From the JUMPSTART team

**Thank you for joining the Healthy Eating JUMPSTART Program!**

*This packet is designed to help guide you through the basics of meal planning and grocery shopping as part of a low carbohydrate lifestyle.*

Transitioning to a low carbohydrate lifestyle can be daunting at first, but it will get easier over time with practice and creativity.

You can enjoy foods like meat, poultry, fish; non-starchy vegetables like broccoli, cauliflower, leafy greens, zucchini, and cucumbers; healthy fats like avocado, nuts, seeds, and olives; and some complex carbohydrates (depending on your carbohydrate goal) like whole grains, beans, lentils, starchy vegetables, and fruit.

A low carbohydrate lifestyle is not a 'one-size-fits-all' approach. Your carbohydrate goals may look different from someone else reducing their carbohydrate intake. It is important to talk with your clinician or other member of your care team to determine what carbohydrate goal makes the most sense for you. It is also okay to start at a level that you are comfortable with, and adjust your carbohydrate goals with your care team as you build more experience and confidence.

Depending on the type of medications you are on, they may need to be adjusted before you start your low carbohydrate lifestyle. We encourage you to stay proactive in your care and continue to practice self-management skills including monitoring your blood sugars, blood pressure and contacting your doctor's office if/when you have questions or concerns.

**0-2g  
CARB  
FOODS**  
(Per serving)



Chicken & Turkey (3 oz)



Eggs  
(1 whole)



Beef & Pork (3 oz)



Salmon & Tuna (3 oz)



Lettuce & Spinach (2 cups)



Cheese (1 oz)

**This packet will help you learn the basics of:**

- Creating a meal plan following a 4-step process
- Using a grocery list of low carbohydrate foods to help you shop for the week
- Counting carbohydrates and keeping track of your intake
- Reading and understanding nutrition labels

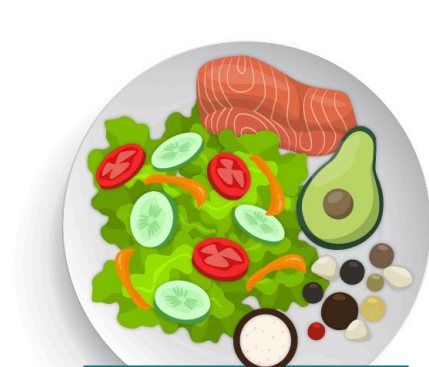
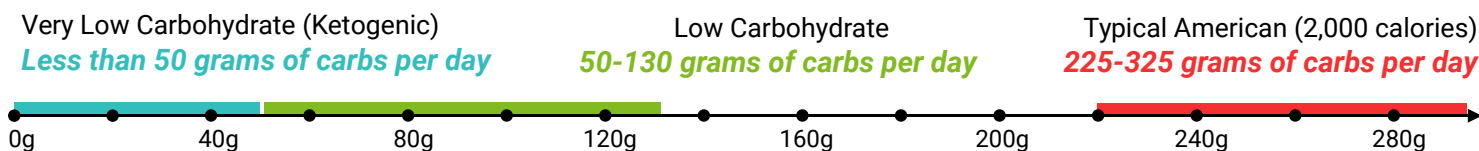


# LOW CARB LIFESTYLE

## For Type 2 Diabetes

### What is a low carb lifestyle?

A low **carb** lifestyle limits your intake of carbohydrates (carbs) from foods like grains, starchy vegetables, fruit, sugary snacks, and beverages, and emphasizes proteins, non-starchy vegetables, and healthy fats.



**Meal with ~16g of carbs**

|                                |          |
|--------------------------------|----------|
| 4-5 oz Grilled Fish or Chicken | 0g carbs |
| 3 cups Mixed Salad             | 5g carbs |
| 1 oz Feta Cheese and Olives    | 1g carbs |
| 2 tbsp Ranch Dressing          | 2g carbs |
| 1/2 Avocado                    | 8g carbs |



**Meal with ~47g of carbs**

|                             |           |
|-----------------------------|-----------|
| 1/2 cup Brown Rice          | 22g carbs |
| 1/2 cup Black Beans         | 15g carbs |
| 4-5 oz Steak                | 0g carbs  |
| 1.5 cups Grilled Vegetables | 10g carbs |



**Meal with ~150g of carbs**

|                          |           |
|--------------------------|-----------|
| 2 slices Pepperoni Pizza | 70g carbs |
| 4 pcs Mozzarella Sticks  | 30g carbs |
| 1/2 cup Marinara Sauce   | 10g carbs |
| 12 oz Regular Soda       | 40g carbs |

### How does a low carb lifestyle help my diabetes?

Reducing your carb intake also reduces your body's **blood sugar** and **insulin** levels. When your insulin levels are low, your body stops storing extra sugar as fat, and starts using stored fat for energy. This can make it easier to lose weight and have more energy!

#### BENEFITS OF A LOW CARB LIFESTYLE



**WEIGHT LOSS**



**REDUCED BLOOD  
PRESSURE**



**REDUCED HUNGER  
& CRAVINGS**



**BLOOD SUGAR  
CONTROL**



**INCREASED  
ENERGY**

**What are carbs?** Carbs (i.e., carbohydrates) are a nutrient that is broken down by the body into sugar (glucose). There are 3 types of nutrients: carbs, fat, and protein.

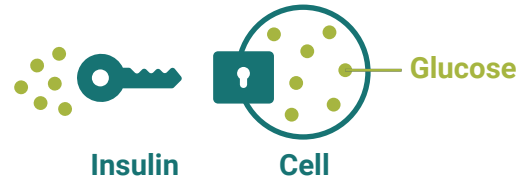
**What is blood sugar (or blood glucose)?** Blood sugar is the level of sugar in your blood after your body breaks down nutrients into glucose for energy.

**What is insulin?** Insulin is a chemical released when you eat carbs. Everyone needs insulin to live.

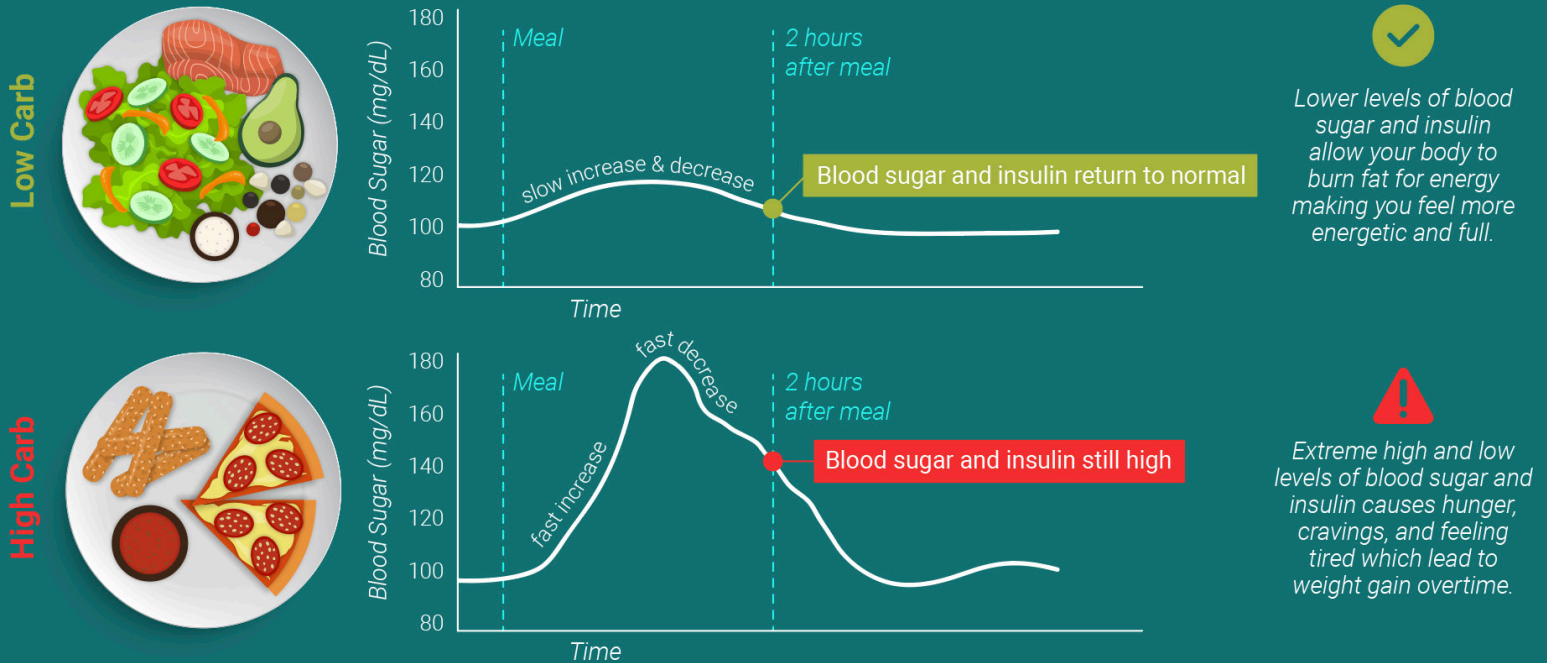


## What does insulin do?

Insulin helps move glucose (sugar) from the blood into the cells for energy. You can think of insulin as a key that unlocks your cell so that glucose can enter. High levels of insulin tell your body to store extra sugar as fat. Low levels of insulin tell your body to burn fat for energy.



## What happens when you eat a low vs. high carb meal?



## Getting Started

- ☐ **Start by changing one meal per day (i.e., breakfast).** Make changes to your food choices for one meal and do this for a week or two. After you feel comfortable with these changes, consider making changes to a second meal. Focus on...
  - Adding protein, non-starchy vegetables, & healthy fats
  - Reducing starches & sugars
- ☐ **Replace sugary drinks such as pop and fruit juice with tea and water.** If you use flavored coffee creamer, replace it with a sugar free version.
- ☐ **Snack on fruits and vegetables.** Replace starchy sugary snacks such as chips and granola bars with nutrient rich carbs. Add fats and proteins for a balanced snack.

| <b>Eat This</b>                                                             | <b>Not That</b>  |
|-----------------------------------------------------------------------------|------------------|
| Eggs or omelette                                                            | Cereal or bagel  |
| Water with lemon                                                            | Juice            |
| 80%+ dark chocolate, sugar-free Jell-o                                      | Pastries         |
| Greek yogurt w/ berries                                                     | Ice cream        |
| Lettuce wrap, low carb bread                                                | Bread            |
| Riced cauliflower                                                           | Rice             |
| Mixed nuts, string cheese, jerky                                            | Crackers         |
| Grilled chicken, steak, pork, tofu                                          | Fried foods      |
| Sliced veggies, pickles, olives                                             | Packaged snacks  |
| Sparkling water, fruit-infused water                                        | Soda             |
| Seltzer, gin or vodka tonic                                                 | Beer             |
| Berries, melon, kiwi, apple                                                 | Sugary snacks    |
| Mashed cauliflower, rutabaga, kohlrabi                                      | Potatoes         |
| Keto "cloud" dough, nut flour crust                                         | Pizza dough      |
| Mustard, oil and vinegar, herbs, spices                                     | Ketchup          |
| Almond or coconut flour                                                     | White flour      |
| Heavy cream, sugar-free creamer                                             | Flavored creamer |
| Stevia, monkfruit, erythritol, sucralose                                    | Sugar            |
| Zucchini noodles, hearts of palm pasta, shirataki noodles, spaghetti squash | Pasta            |

**PLAN:**

**Set Your Goals and  
Track Your Progress**



# SET YOUR LOW CARB GOALS

Choose realistic goals for that will keep you focused and motivated

## Talk to your clinician

*Before setting a daily carbohydrate goal, discuss a low carbohydrate lifestyle with your diabetes care team. Your clinician can help you determine what is an appropriate goal based on your overall health, medications, and interest level.*

Remember that reducing the amount of carbohydrates in your diet will reduce your blood sugar. Patients taking insulin or some oral medications like Sulfonylureas (See **Read Me First** pg.3) are especially at risk of having low blood sugar levels when they eat less carbohydrates. If you are on one of these medications, you may need to reduce your dose before starting a low carb lifestyle in order to prevent you from having low blood sugar. This doesn't mean you shouldn't lower your carb intake, it just means you should discuss it with your clinician.

## Set your carbohydrate goal

*We recommend eating between 50-130g of carbohydrates per day.* You can always decide to increase or decrease your carbohydrate goal.

*My goal is to have a daily carbohydrate intake of:*

## Consider adding additional goals

Consider setting some additional goals to follow. These goals, combined with a reduced carb intake, will help you manage your type 2 diabetes.

*My biggest motivation for wanting to improve my health is:*

*My goal is to have a blood sugar range of:*

*My goal is to check my blood sugar this many times per day:*

*My goal is to incorporate some movement I enjoy into the week such as:*



# TRACKING YOUR PROGRESS

Track your blood sugar, carb intake, and milestones

## Weekly carb and blood sugar tracker

*This tracker will help you record important information about your daily food intake and blood sugar levels.* Follow these instructions to begin using the tracker on a daily basis.

At the beginning of each week, complete the goals section and write the date next to the days of the week. Then throughout the week, record the time you eat each meal, your blood sugar as often as you choose, the food and drink you consume, and the carb content of each food item.

At the end of each day, write the total number of carbs you consumed during the day, record any physical activity you completed, and circle how you felt about your meals. Complete the reflection section at the end of the week. You can share your tracker with your clinician or keep it for your own records!

| WEEKLY CARB & BLOOD SUGAR TRACKER |  | MONDAY                                         | DATE: | TUESDAY                                        | DATE: | WEDNESDAY                                      | DATE: |
|-----------------------------------|--|------------------------------------------------|-------|------------------------------------------------|-------|------------------------------------------------|-------|
| NAME: _____                       |  | BREAKFAST                                      |       | BREAKFAST                                      |       | BREAKFAST                                      |       |
| DOB: _____                        |  | Blood sugar before meal:                       |       | Blood sugar before meal:                       |       | Blood sugar before meal:                       |       |
| TARGET RANGES                     |  | FOOD / DRINK ITEM                              |       | FOOD / DRINK ITEM                              |       | FOOD / DRINK ITEM                              |       |
| PRE-MEAL                          |  | CARBS                                          |       | CARBS                                          |       | CARBS                                          |       |
| POST-MEAL                         |  |                                                |       |                                                |       |                                                |       |
| OPTIONAL GOALS                    |  | Blood sugar 1 hour after meal:                 |       | Blood sugar 1 hour after meal:                 |       | Blood sugar 1 hour after meal:                 |       |
| (Complete at beginning of week)   |  | LUNCH                                          |       | LUNCH                                          |       | LUNCH                                          |       |
| Daily carb intake:                |  | Blood sugar before meal:                       |       | Blood sugar before meal:                       |       | Blood sugar before meal:                       |       |
| Minutes of physical activity:     |  | FOOD / DRINK ITEM                              |       | FOOD / DRINK ITEM                              |       | FOOD / DRINK ITEM                              |       |
| Daily blood sugar checks:         |  | CARBS                                          |       | CARBS                                          |       | CARBS                                          |       |
| REFLECTIONS                       |  | Blood sugar 1 hour after meal:                 |       | Blood sugar 1 hour after meal:                 |       | Blood sugar 1 hour after meal:                 |       |
| (Complete at end of week)         |  | DINNER                                         |       | DINNER                                         |       | DINNER                                         |       |
| This week my energy level was:    |  | Blood sugar before meal:                       |       | Blood sugar before meal:                       |       | Blood sugar before meal:                       |       |
| (circle)                          |  | FOOD / DRINK ITEM                              |       | FOOD / DRINK ITEM                              |       | FOOD / DRINK ITEM                              |       |
| 1 2 3 4 5                         |  | CARBS                                          |       | CARBS                                          |       | CARBS                                          |       |
| Low I felt very tired             |  |                                                |       |                                                |       |                                                |       |
| High I had lots of energy         |  |                                                |       |                                                |       |                                                |       |
| This week my food cravings were:  |  | Blood sugar 1 hour after meal:                 |       | Blood sugar 1 hour after meal:                 |       | Blood sugar 1 hour after meal:                 |       |
| (circle)                          |  | SNACK                                          |       | SNACK                                          |       | SNACK                                          |       |
| 1 2 3 4 5                         |  | Blood sugar before meal:                       |       | Blood sugar before meal:                       |       | Blood sugar before meal:                       |       |
| Low I had no cravings             |  | FOOD / DRINK ITEM                              |       | FOOD / DRINK ITEM                              |       | FOOD / DRINK ITEM                              |       |
| High I had lots of cravings       |  | CARBS                                          |       | CARBS                                          |       | CARBS                                          |       |
| NOTES:                            |  | Blood sugar 1 hour after meal:                 |       | Blood sugar 1 hour after meal:                 |       | Blood sugar 1 hour after meal:                 |       |
|                                   |  | Total carbs for the day:                       |       | Total carbs for the day:                       |       | Total carbs for the day:                       |       |
|                                   |  | PHYSICAL ACTIVITY                              |       | PHYSICAL ACTIVITY                              |       | PHYSICAL ACTIVITY                              |       |
|                                   |  | DURATION                                       |       | DURATION                                       |       | DURATION                                       |       |
|                                   |  | How do you feel about the meals you ate today? |       | How do you feel about the meals you ate today? |       | How do you feel about the meals you ate today? |       |
|                                   |  | Good Neutral Needs work                        |       | Good Neutral Needs work                        |       | Good Neutral Needs work                        |       |



Scan the QR code to download this tracker or explore other options



## WEEKLY CARB & BLOOD SUGAR TRACKER

NAME: \_\_\_\_\_

DOB: \_\_\_\_\_

| TARGET RANGES |           |
|---------------|-----------|
| PRE-MEAL      | POST-MEAL |
|               |           |

## OPTIONAL GOALS

(Complete at beginning of week)

Daily carb intake:

Minutes of physical activity:

Daily blood sugar checks:

## REFLECTIONS

(Complete at end of week)

This week my energy level was:

(circle)

1 2

**Low**

I felt very

tired

This week my food cravings were:

(circle)

1

**Low**

I had no  
cravings

NOTES:



| MONDAY                                         |  | DATE:      |  | TUESDAY                                        |  | DATE:      |  | WEDNESDAY                                      |  | DATE:      |  |
|------------------------------------------------|--|------------|--|------------------------------------------------|--|------------|--|------------------------------------------------|--|------------|--|
| BREAKFAST                                      |  | :          |  | BREAKFAST                                      |  | :          |  | BREAKFAST                                      |  | :          |  |
| Blood sugar <b>before</b> meal:                |  |            |  | Blood sugar <b>before</b> meal:                |  |            |  | Blood sugar <b>before</b> meal:                |  |            |  |
| FOOD / DRINK ITEM                              |  | CARBS      |  | FOOD / DRINK ITEM                              |  | CARBS      |  | FOOD / DRINK ITEM                              |  | CARBS      |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
| Blood sugar <b>1 hour</b> after meal:          |  |            |  | Blood sugar <b>1 hour</b> after meal:          |  |            |  | Blood sugar <b>1 hour</b> after meal:          |  |            |  |
| LUNCH                                          |  | :          |  | LUNCH                                          |  | :          |  | LUNCH                                          |  | :          |  |
| Blood sugar <b>before</b> meal:                |  |            |  | Blood sugar <b>before</b> meal:                |  |            |  | Blood sugar <b>before</b> meal:                |  |            |  |
| FOOD / DRINK ITEM                              |  | CARBS      |  | FOOD / DRINK ITEM                              |  | CARBS      |  | FOOD / DRINK ITEM                              |  | CARBS      |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
| Blood sugar <b>1 hour</b> after meal:          |  |            |  | Blood sugar <b>1 hour</b> after meal:          |  |            |  | Blood sugar <b>1 hour</b> after meal:          |  |            |  |
| DINNER                                         |  | :          |  | DINNER                                         |  | :          |  | DINNER                                         |  | :          |  |
| Blood sugar <b>before</b> meal:                |  |            |  | Blood sugar <b>before</b> meal:                |  |            |  | Blood sugar <b>before</b> meal:                |  |            |  |
| FOOD / DRINK ITEM                              |  | CARBS      |  | FOOD / DRINK ITEM                              |  | CARBS      |  | FOOD / DRINK ITEM                              |  | CARBS      |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
| Blood sugar <b>1 hour</b> after meal:          |  |            |  | Blood sugar <b>1 hour</b> after meal:          |  |            |  | Blood sugar <b>1 hour</b> after meal:          |  |            |  |
| SNACK                                          |  | :          |  | SNACK                                          |  | :          |  | SNACK                                          |  | :          |  |
| Blood sugar <b>before</b> meal:                |  |            |  | Blood sugar <b>before</b> meal:                |  |            |  | Blood sugar <b>before</b> meal:                |  |            |  |
| FOOD / DRINK ITEM                              |  | CARBS      |  | FOOD / DRINK ITEM                              |  | CARBS      |  | FOOD / DRINK ITEM                              |  | CARBS      |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
|                                                |  |            |  |                                                |  |            |  |                                                |  |            |  |
| Blood sugar <b>1 hour</b> after meal:          |  |            |  | Blood sugar <b>1 hour</b> after meal:          |  |            |  | Blood sugar <b>1 hour</b> after meal:          |  |            |  |
| Total carbs for the day:                       |  |            |  | Total carbs for the day:                       |  |            |  | Total carbs for the day:                       |  |            |  |
| PHYSICAL ACTIVITY                              |  | DURATION   |  | PHYSICAL ACTIVITY                              |  | DURATION   |  | PHYSICAL ACTIVITY                              |  | DURATION   |  |
| How do you feel about the meals you ate today? |  | Neutral    |  | How do you feel about the meals you ate today? |  | Neutral    |  | How do you feel about the meals you ate today? |  | Neutral    |  |
| Good                                           |  | Needs work |  | Good                                           |  | Needs work |  | Good                                           |  | Needs work |  |

| THURSDAY                                       |  | DATE:    |  | FRIDAY                                         |  | DATE:    |  | SATURDAY                                       |  | DATE:    |  | SUNDAY                                         |  | DATE:    |  |
|------------------------------------------------|--|----------|--|------------------------------------------------|--|----------|--|------------------------------------------------|--|----------|--|------------------------------------------------|--|----------|--|
| BREAKFAST                                      |  | :        |  | BREAKFAST                                      |  | :        |  | BREAKFAST                                      |  | :        |  | BREAKFAST                                      |  | :        |  |
| Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  |
| FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
| Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  |
| LUNCH                                          |  | :        |  | LUNCH                                          |  | :        |  | LUNCH                                          |  | :        |  | LUNCH                                          |  | :        |  |
| Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  |
| FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
| Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  |
| DINNER                                         |  | :        |  | DINNER                                         |  | :        |  | DINNER                                         |  | :        |  | DINNER                                         |  | :        |  |
| Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  |
| FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
| Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  |
| SNACK                                          |  | :        |  | SNACK                                          |  | :        |  | SNACK                                          |  | :        |  | SNACK                                          |  | :        |  |
| Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  | Blood sugar <b>before</b> meal:                |  |          |  |
| FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  | FOOD / DRINK ITEM                              |  | CARBS    |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
|                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |                                                |  |          |  |
| Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  | Blood sugar <b>1 hour</b> after meal:          |  |          |  |
| Total carbs for the day:                       |  |          |  | Total carbs for the day:                       |  |          |  | Total carbs for the day:                       |  |          |  | Total carbs for the day:                       |  |          |  |
| PHYSICAL ACTIVITY                              |  | DURATION |  | PHYSICAL ACTIVITY                              |  | DURATION |  | PHYSICAL ACTIVITY                              |  | DURATION |  | PHYSICAL ACTIVITY                              |  | DURATION |  |
| How do you feel about the meals you ate today? |  | Neutral  |  | How do you feel about the meals you ate today? |  | Neutral  |  | How do you feel about the meals you ate today? |  | Neutral  |  | How do you feel about the meals you ate today? |  | Neutral  |  |
| Good                                           |  |          |  | Good                                           |  |          |  | Good                                           |  |          |  | Good                                           |  |          |  |
| Needs work                                     |  |          |  | Needs work                                     |  |          |  | Needs work                                     |  |          |  | Needs work                                     |  |          |  |



# COOK:

## Build a Low Carb Meal Plan



# BUILDING YOUR PLATE

Follow the 4-step process to create delicious low carb meals

## STEP 1:

Pick a Protein

Choose a high-quality protein source like chicken, fish, seafood, beef, eggs, or soy.

## STEP 2:

Add Non-Starchy Vegetables  
(Half your plate)

Fill half your plate with non-starchy vegetables like salad greens, broccoli, or Brussels sprouts.

## STEP 3:

Add Some Fats  
(Pick one or two)

Add some fats from oil, sauces, or full-fat dairy like cheese, butter or sour cream.

## STEP 4:

Add 1-2 Servings of Complex Carbs

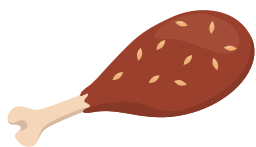
Include 1-2 servings of high-quality carbs like starchy vegetables, fruits, legumes/lentils or whole grains.



10 inch Dinner Plate



## STEP 1: Pick a Protein



**Poultry**  
(chicken, turkey)



**Eggs**



**Canned protein**  
(salmon, tuna, chicken, crab, etc.)



**Red meat**  
(beef, pork, lamb, duck, venison, bison, etc.)



**Soy**  
(tofu, tempeh, edamame, soybeans)



**Plain Greek yogurt**



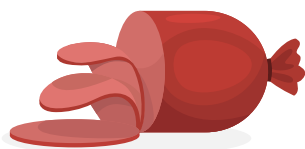
**Fish**  
(salmon, trout, tuna, mackerel, cod, tilapia, etc.)



**Seafood**  
(shrimp, crab, mussels, squid, scallops, oysters, lobster, etc.)



**Beans or lentils**



**Deli / Organ meat**



*Want to learn more about protein and diabetes? Read this article by the DiaTribe!*





## STEP 1: Pick a Protein (Continued)

### How much protein should I have?

***Protein plays an essential role in maintaining the proper functioning of your body. It is a major component of every cell in the body.*** Protein is necessary for muscle growth and repair, and the maintenance of healthy skin, hair, nails, and other organs.

We recommend starting out with 4-5oz of protein (like chicken, fish, meat, or tofu) for your meals. As a rule of thumb, 4 oz is slightly bigger than the size of your palm and the thickness of a deck of cards. You can also use your dinner plate (10in) as a guide in which case your protein source would take up a little over 1/4 of the plate.

### Using your hand as a portion guide



1 portion of protein  
= **your palm**



1 portion of vegetables =  
**your fist**



1 portion of carbs =  
**your cupped hand**



1 portion of fats =  
**your thumb**

The amount of protein that is right for you may vary and you may notice you need more or less depending on the day and activity level.

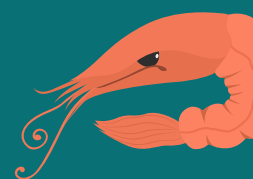
*Feeling hungry? Try this!*

**Increase the amount of protein, non-starchy vegetables, OR fats in your meal.**

**Protein:** add an ounce of a high-quality protein like chicken, tofu, fish, or beef

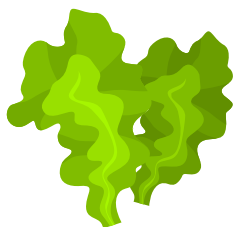
**Non-starchy vegetables:** add an extra helping of your favorite non-starchy vegetables

**Fats:** add some nuts/seeds, a few slices of avocado, or some dairy like cheese, sour cream, or Greek yogurt



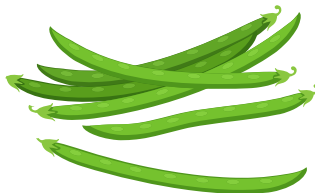


## STEP 2: Add Non-Starchy Vegetables *(Half your plate)*



### **Greens**

*(lettuce, spinach, arugula, kale, romaine, endive, microgreens, collards, chard, swiss chard, bok choy, sprouts, etc.)*



### **Green beans**



### **Zucchini**



### **Cauliflower**



### **Broccoli/ Broccolini**



### **Tomato**



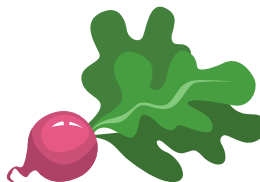
### **Brussels sprouts**



### **Cabbage (red/green)**



### **Peppers**



### **Radishes**

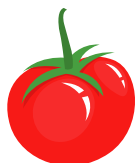
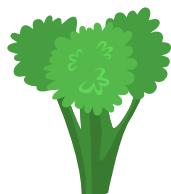
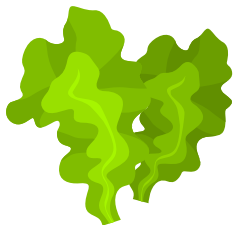


### **Mushrooms**

**Kohlrabi | Leeks | Okra | Celery | Cucumber | Eggplant |  
Onion | Shallots | Sugar snap peas | Turnips**



## STEP 2: Add Non-Starchy Vegetables (Continued)



### Non-starchy Vegetables: Leafy Greens

**1 Serving =**  
1 cup raw or ½ cup cooked

**<5g Carb**

Arugula  
Chicory  
Kale  
Endive  
Lettuce  
Spinach  
Romaine  
Watercress  
Radicchio

### Non-starchy Vegetables: Other

**1 Serving =**  
1 cup raw or ½ cup cooked

**5g Carb**

Artichoke  
Asparagus  
Baby corn  
Bamboo shoot  
Bean sprouts  
Bok choy  
Broccoli and Chinese broccoli, broccolini  
Brussel sprouts  
Cabbage/purple cabbage/napa cabbage  
Cauliflower  
Celery  
Chayote

### Non-starchy Vegetables: Other (Continued)

**1 Serving =**  
1 cup raw or ½ cup cooked

**5g Carb**

Cucumber  
Daikon  
Eggplant  
Fennel  
Gourd  
Green beans and wax beans  
Green onions/scallion/chives  
Greens (mustard/collard/turnip)  
Hearts of palm  
Jicama  
Kohlrabi  
Leeks  
Mushrooms  
Okra  
Nopales  
Onions/shallots  
Pea pods/pea shoots  
Peppers (all varieties)  
Radishes  
Rutabaga  
Seaweed  
Snap peas/snow peas  
Swiss chard  
Tomatoes  
Turnips  
Water chestnuts  
Zucchini



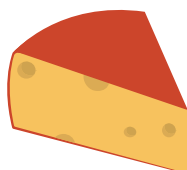


### STEP 3: Add Some Fats *(Pick one or two)*



#### **Dairy**

*(butter, sour cream, heavy cream, cream cheese, plain Greek yogurt, mascarpone, ricotta, cottage cheese)*



#### **Full-fat cheese**

*(1 serving = 1 oz or ¼ cup shredded)*



#### **Olives / Olive oil**



#### **Sauces**

*(Hollandaise, Bearnaise, pesto, mayonnaise, aioli, etc.)*



#### **Nuts / Nut butter**

*(walnuts, almonds, pecans, macadamia, Brazil nuts, hazelnuts, pine nuts, peanuts)*



#### **Full-fat dressings**

*(ranch, blue cheese, Italian)*



#### **Avocado / Avocado oil**



#### **Nut oils**

*(sesame, macadamia nut, walnut, almond, coconut)*



#### **Non-dairy fats**

*(lard, ghee, tallow, duck fat, schmaltz, coconut cream, coconut milk)*



#### **Seeds**

*(chia seeds, flax seeds, hemp seeds, pumpkin seeds, sunflower seeds, sesame seed/tahini)*



## STEP 4: Add 1-2 Servings of Complex Carbs

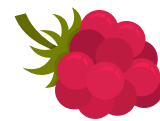
It can be tricky to understand how much carbohydrates to add to each meal. As a general guideline, add no more than 30-45g of total carbohydrates per meal. We encourage carbohydrates that come from sources such as beans/legumes, lentils, starchy vegetables, whole grains, and fruit.



**Beans / Lentils**



**Squash**  
(pumpkin, winter, acorn, butternut, etc.)



**Berries**  
(raspberries, blackberries, strawberries, blueberries)



**Beets**



**Carrots**



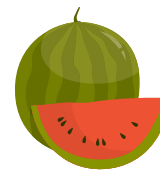
**Yams / Sweet potato**



**Kiwi / Plum**



**Corn**



**Melon / Watermelon**



**Whole grains**  
(quinoa, farro, barley, brown rice, whole wheat pasta, whole wheat bread, oats)



## STEP 4: Add 1-2 Servings of Complex Carbs (Continued)

### Starchy Vegetables

| 1 Serving                                                 | 80 Calories  | 15g Carb |
|-----------------------------------------------------------|--------------|----------|
|                                                           | 0-3g Protein | 0-1g Fat |
| ¾ cup winter squash                                       |              |          |
| ¾ cup butternut squash                                    |              |          |
| ½ cup acorn squash                                        |              |          |
| ½ cup potato (sweet or mashed)<br>or 1 small potato (3oz) |              |          |
| 1 cup beets                                               |              |          |
| 1 cup carrots                                             |              |          |
| ½ cup corn                                                |              |          |
| ½ cup green peas                                          |              |          |
| 1 cup pumpkin                                             |              |          |
| ½ cup taro                                                |              |          |
| ½ cup yams                                                |              |          |
| ½ cup lentils                                             |              |          |
| ½ cup beans/legumes                                       |              |          |

### Milk

| 1 Serving               | 80-120 Cal | 12g Carb |
|-------------------------|------------|----------|
|                         | 8g Protein | 0-5g Fat |
| 1 cup milk (2%)         |            |          |
| 1 ½ cups plain soy milk |            |          |

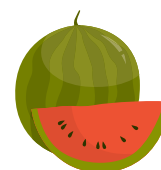
### Fruits

| 1 Serving                       | 60 Calories | 15g Carb |
|---------------------------------|-------------|----------|
|                                 | 0g Protein  | 0g Fat   |
| 1 cup berries                   |             |          |
| 1 small fresh fruit (kiwi/plum) |             |          |
| 1 cup melon/watermelon          |             |          |
| 1 (6 ½ oz) orange               |             |          |
| 1 small or ½ large banana       |             |          |
| 17 (3oz) small grapes           |             |          |
| 12 (3.4oz) cherries             |             |          |
| ½ cup canned fruit (in water)   |             |          |

### Whole Grains

| 1 Serving                             | 80 Calories | 15g Carb |
|---------------------------------------|-------------|----------|
|                                       | 0g Protein  | 0-3g Fat |
| ⅓ cup quinoa or farro, cooked         |             |          |
| ⅓ cup barley, cooked                  |             |          |
| ½ cup oats, cooked                    |             |          |
| ⅓ cup brown rice, cooked              |             |          |
| ⅓ cup whole wheat pasta, cooked       |             |          |
| 1 slice whole wheat/whole grain bread |             |          |
| 2-5 whole wheat crackers              |             |          |

**Note:** For any packaged foods, remember to check the nutrition label to get accurate information on carb content.






# 7-DAY SAMPLE MEAL PLAN

## An example low carb meal plan (50-130g carbohydrates/day)

Are you wondering what to eat on a low carbohydrate lifestyle? Look no further! Here is a sample 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates. Add a low-carbohydrate snack, as needed, using the recommended snack list.

| SUNDAY                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                    |    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| Breakfast                                                                                                                                                                                                                                            | Lunch                                                                                                                                                                                                                                                                                            | Dinner                                                                                                                                                                                                                                                                                             |                                                                                       |
| <p><b>3 egg omelet</b> with ½ cup diced vegetables (peppers, onion, mushroom, tomatoes), and 1oz shredded cheese</p> <p>1 slice whole wheat bread or 1 cup mixed berries</p> <p><b>Total carbs: 20-25g</b></p>                                       | <p><b>Wrap sandwich</b> (8 inch low carb wrap, 4-5oz turkey, cheese, spinach, tomato, and onion). Add mustard, pickles, mayo, and seasoning as desired</p> <p><i>Optional: add 1oz nuts for crunch or avocado</i></p> <p><b>Total carbs: 25-30g</b></p>                                          | <p><b>2 cups spaghetti squash*</b> topped with ½ cup low carb tomato sauce, 4-5oz ground beef, and 1 cup sautéed non-starchy vegetables</p> <p><i>Optional: add grated Parmesan</i></p> <p><i>*Note: Can also use high-protein, low carbohydrate pasta</i></p> <p><b>Total carbs: 40g</b></p>      |                                                                                       |
| MONDAY                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                    |   |
| Breakfast                                                                                                                                                                                                                                            | Lunch                                                                                                                                                                                                                                                                                            | Dinner                                                                                                                                                                                                                                                                                             |                                                                                       |
| <p><b>¾ cup plain Greek yogurt</b> topped with 1oz mixed nuts, 1 cup berries or 1 piece fruit (1 small apple, plum, kiwi, 1 cup cantaloupe)</p> <p><b>Total carbs: 25g</b></p>                                                                       | <p><b>2-3 cups mixed greens</b> topped with 4-5oz tuna or other canned fish, ½ cup chickpeas, diced cucumber, tomato, onion, pickles, olives, avocado, and feta or shredded cheese</p> <p>Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette</p> <p><b>Total carbs: 25g</b></p> | <p><b>Chicken Alfredo</b> (whole grain fettuccine with 4-5oz chicken grilled, ½ cup Alfredo sauce, and 2oz (dried) whole grain fettuccine)</p> <p>Serve with side salad (dressing full-fat or olive oil and vinegar)</p> <p><b>Total carbs: 50g</b></p>                                            |                                                                                       |
| TUESDAY                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                    |  |
| Breakfast                                                                                                                                                                                                                                            | Lunch                                                                                                                                                                                                                                                                                            | Dinner                                                                                                                                                                                                                                                                                             |                                                                                       |
| <p><b>Baked avocado cups</b> (cut avocado in half, add 1 egg to center of each half, then bake at 425 degrees for 15-20 min)</p> <p>1 piece of fruit (1 small apple, plum, kiwi, 1 cup cantaloupe, 1 cup berries)</p> <p><b>Total carbs: 30g</b></p> | <p><b>Lettuce wraps</b> (2-3 large lettuce leaves topped with 4-5 oz turkey or chicken, 2 tbsp hummus, diced tomato, onion, and 1oz pumpkin seeds)</p> <p><b>Total carbs: 20g</b></p>                                                                                                            | <p><b>2 cups lentil soup</b> (brown lentils, onions, garlic, diced carrots, zucchini, celery, mushrooms)</p> <p>Chia pudding (mix 1 tbsp chia seeds, ½ cup coconut cream, and a dash of stevia. Let sit overnight)</p> <p><i>You can make these in batches!</i></p> <p><b>Total carbs: 43g</b></p> |                                                                                       |

## WEDNESDAY

### Breakfast

**Farmer's breakfast** made with 2 slices bacon or other breakfast meats

1-2 eggs, cooked in any style

½ cup sautéed spinach or other greens

1 slice whole grain toast

**Total carbs: 20g**

### Lunch

**Burrito bowl** made with 1 cup cauliflower rice, 4-5oz taco meat, 1 cup sautéed vegetables, ½ cup black beans, 2 tbsp salsa, and 1 tbsp sour cream

1 small fruit

**Total carbs: 42g**

### Dinner

#### 4-5oz Grilled/baked fish

2 cups baked/grilled non-starchy vegetables sprinkled with 1oz mixed nuts

½ cup sautéed corn or 1 small baked sweet potato

*Optional: add 1 tbsp sour cream or butter*

**Total carbs: 32g**



## THURSDAY

### Breakfast

**Oatmeal** (½ cup rolled/steel cut oats, cooked in water, topped with ½ cup berries and 1oz walnuts)

2 boiled eggs

**Total carbs: 38g**

### Lunch

#### 2 cups chickpea and vegetable soup

Side spring salad with 1oz feta cheese or nuts

**Total carbs: 25g**

### Dinner

**Low carb pizza** (bake low carb tortilla wrap or homemade cauliflower crust topped with ¼ cup sauce, ½ cup shredded cheese, meats, and diced vegetables)

**Total carbs: 30-45g**



## FRIDAY

### Breakfast

**Smoothie** (blend 1 cup unsweetened almond milk, 1 cup fresh spinach, 1-2 scoops protein powder, ½ banana, ½ cup berries, and 1 tbsp chia seeds or flax meal)

OR ready-made protein shake (check nutrition label for carb content). Can add a small piece of fruit or ½-¾ cup berries

**Total carbs: 21g**

### Lunch

#### 1 cup tuna salad/chicken salad/egg salad

Serve over 2 cups of mixed leafy greens, or make into a wrap or sandwich using low carb bread

*Optional: 1oz cheese, walnuts, or almonds*

Serve with 1 cup mixed fruit

**Total carbs: 25g (44g with wrap)**

### Dinner

#### 4-5oz steak

Roasted Brussels sprouts (10)

1 small baked potato

*Optional: 1 tbsp sour cream or 1oz shredded cheese*

**Total carbs: 30g**



## SATURDAY

### Breakfast

**Egg bites** (whisk together 2-3 eggs, chopped onion, peppers, tomato, spinach, mushrooms, seasoning, and 1-2oz cheese of choice. Pour mixture into muffin tin and bake at 350 degrees for 15-20 min or until set)

1 small fruit

**Total carbs: 20g**

### Lunch

**Cobb salad** (2-3 cups lettuce or salad mix, 4-5oz diced chicken or tuna, ½ diced avocado, tomatoes, cucumber, and 2 tbsp blue cheese dressing. Add ⅔ cup cooked quinoa)

**Total carbs: 42-45g**

### Dinner

**Chicken fajitas** (4-5oz chicken, 1 cup sautéed non-starchy vegetables, 2 tbsp sour cream, and ½ avocado. Serve with 1-2 low carb tortilla wraps)

**Total carbs: 48g**



# LOW CARB GROCERY SHOPPING LIST

Stock your fridge and pantry with low carb foods

## Meats & Meat Alternatives

Beef (ground, steaks, ribs, or roast)  
Chicken/Turkey  
Duck  
Lamb  
Pork (ground, chops, ribs, or roast)  
Veal  
Goat  
Venison or other game  
Tempeh with no starches added  
Tofu with no starches added

## Dairy

(no added sugars or starches)  
Butter  
Cheeses (full-fat – all types)  
Cottage cheese  
Cream cheese  
Eggs  
Cream (heavy or whipping)  
Ricotta  
Sour cream  
Yogurt (unsweetened Greek)

## Fats & Oils

Avocado/Avocado oil  
Coconut oil  
Ghee/Lard  
Olives/Olive oil  
Schmaltz (chicken fat)  
Sesame oil  
Vegetable oil  
Nut oils



## Deli counter

(no added sugars or starches)  
Bacon  
Chorizo  
Corned beef  
Egg salad  
Hot dogs  
Luncheon meats of all types  
Pastrami  
Pepperoni  
Salami  
Sausage



## Canned or packaged meats & seafood

(no added sugars or starches)  
Beef jerky or sticks  
Ham  
Pork rinds or chicharrons  
Anchovies  
Crab  
Salmon  
Sardines  
Tuna



## Beverages

Club soda  
Coffee  
Tea  
Unsweetened flavored seltzers

## Seafood

|                   |          |
|-------------------|----------|
| Crab              | Octopus  |
| Fish of all types | Oysters  |
| Lobster           | Scallops |
| Mussels           | Shrimp   |
|                   | Squid    |

## Vegetables

Artichoke  
Asparagus  
Baby corn  
Bean sprouts  
Broccoli  
Bok choy  
Brussels sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Fennel  
Greens (all types)  
Green beans  
Green onions/chives  
Kohlrabi  
Leeks  
Lettuces of all types  
Mushrooms  
Okra  
Onions  
Peppers (all varieties)  
Radishes  
Rhubarb  
Rutabaga  
Seaweed  
Shallots  
Snap peas/snow peas  
Sprouts  
Sugar snap peas  
Swiss chard  
Tomatoes  
Turnips  
Watercress  
Zucchini



## Higher Carb Foods

### Milk

Milk (2%)  
Plain soy milk

### Whole grains

Quinoa  
Oats  
Brown rice  
Whole wheat pasta  
Whole wheat/grain bread  
Whole wheat crackers

## Canned goods & condiments

Alfredo sauce  
Artichoke hearts  
Broth or bouillon  
Capers  
Cheese crisps (Parmesan, cheddar, etc.)  
Chipotle peppers  
Coconut milk  
Green chilies  
Horseradish  
Hot sauces  
Mayonnaise  
Mushrooms  
Mustard



Nut butters (no added sweeteners)  
Olives  
Pasta sauce  
Pesto  
Pickles & relish (no sugar added)  
Roasted red peppers  
Salad dressings (full-fat)  
Salsa  
Sauerkraut  
Soy sauce/tamari  
Sun-dried tomatoes in oil  
Tomatoes & tomato paste  
Vinegar

## Cooking & baking items

Low-calorie sweeteners (your preference)  
Chocolate, dark (80% cocoa or more)  
Cocoa powder  
Flavorings and extracts  
Herbs and spices  
Whey protein & other protein powders

## Other

Fresh herbs  
Garlic  
Lemons & limes  
Shirataki/konjac noodles



## Nuts & seeds

Almonds  
Brazil nuts  
Chia seeds  
Flax seeds  
Hazelnuts  
Macadamia nuts  
Peanuts  
Pecans  
Pumpkin seeds  
Sunflower seeds  
Walnuts



## Want some help deciding what groceries to buy?

Visit [HBOMich.org/recipes](https://www.hbomich.org/recipes) to find a selection of low carb recipes, snack lists, and more!



*Scan the QR code to visit the recipes page!*

## Fruits

Berries  
Kiwi  
Plum  
Pineapple  
Melon/watermelon  
Orange  
Banana  
Grapes  
Cherries  
Canned fruit (in water)

## Starchy vegetables

Beans  
Beets  
Carrots  
Corn  
Green peas  
Lentils  
Potato  
Squash  
Taro  
Yams





# LOW CARB SNACK IDEAS

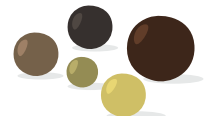
Try some of these delicious snack options

As you make your grocery list, consider adding some tasty low carbohydrate snacks from the list below or look for more snack options from our recommended resources!

- ☐ Boiled eggs
- ☐ String cheese or 1-1.5oz cheese (2 dice-sized cubes)
- ☐ Chicken/tuna/egg salad, served with vegetable slices like cucumbers, bell peppers, celery
- ☐ Palmful of nuts/seeds (1oz) - walnuts, almonds, pecans, sunflower/pumpkin seeds, etc.
- ☐ Plain Greek yogurt with  $\frac{1}{4}$ - $\frac{1}{2}$  cup berries
- ☐ Vegetable platter with dip (ranch, spinach and artichoke dip, etc.)
- ☐ Mini meat and cheese board with olives/nuts/vegetables
- ☐ Roast beef with mustard/horseradish
- ☐ Meat jerky (with no added sugars)
- ☐ Low carbohydrate smoothie ( $\frac{1}{2}$  cup plain Greek yogurt,  $\frac{1}{2}$  cup berries, 1 cup coconut milk, 1 handful ice cubes, stevia to taste) or ready-made low carbohydrate shake
- ☐ Tortilla 'chips' made with sliced low carbohydrate tortillas (bake 8-10 min or until golden at 400 degrees), served with guacamole or salsa dip
- ☐ Celery sticks with natural unsweetened peanut/almond butter
- ☐ Sugar free Jell-o cup
- ☐ Parmesan crisps
- ☐ Pork rinds (can be used to make nachos with ground beef, top with cheese, and bake)



Scan the QR code to find snack lists!



# UNDERSTANDING NUTRITION LABELS

## Learn how to read nutrition labels on packaged foods

**Serving Size:** Always check the serving size to see the portion it reflects. The nutrient amounts shown on the label all refer to the size of one serving.

*In this example, one serving is 1 cup (55g).*

**Total Carbohydrate:** The sum of all carbohydrates in one serving of a product including starch, sugars, and dietary fiber. All, except dietary fiber, will play a role in raising blood sugar and insulin levels.

*This example has 21g of total carbohydrates in one serving.*

**Dietary fiber:** Fiber is an important part of a low carbohydrate lifestyle because it helps you feel full, keeps blood sugar levels steady, and your gut healthy. A well-balanced low carbohydrate lifestyle will include foods high in dietary fiber such as leafy greens, broccoli, cauliflower, peppers, nuts, and seeds.

*This example has 2g of dietary fiber in one serving.*

**Total sugars:** Sugars are part of total carbohydrate and include sugars naturally present in food, like fruit or milk, as well as sugars that have been added to a food, like sweetened beverages and desserts. Regardless of the source, all sugars are absorbed into the bloodstream and raise insulin levels. These should be limited in a low carbohydrate lifestyle.

*This example has 8g of total sugars in one serving.*

**Protein:** Protein helps you feel full and satisfied. Check the label to see how many grams of protein is in a serving of a product. A good source of protein will have at least 7-8g per serving.

*This example has 10g of protein in one serving.*

| Nutrition Facts                                                                                                                                                     |                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 10 servings per container                                                                                                                                           |                          |
| <b>Serving size</b>                                                                                                                                                 | <b>1 cup (55g)</b>       |
| <b>Amount per serving</b>                                                                                                                                           |                          |
| <b>Calories</b>                                                                                                                                                     | <b>165</b>               |
| <b>% Daily Value*</b>                                                                                                                                               |                          |
| <b>Total Fat</b> 1.5g                                                                                                                                               | <b>2%</b>                |
| Saturated Fat 0.5g                                                                                                                                                  | <b>3%</b>                |
| Trans Fat 0g                                                                                                                                                        |                          |
| Polyunsaturated Fat 0.5g                                                                                                                                            |                          |
| Monounsaturated Fat 0.5g                                                                                                                                            |                          |
| <b>Cholesterol</b> 0mg                                                                                                                                              | <b>0%</b>                |
| <b>Sodium</b> 180mg                                                                                                                                                 | <b>8%</b>                |
| <b>Fluoride</b> 0g                                                                                                                                                  |                          |
| <b>Total Carbohydrate</b> 21g                                                                                                                                       | <b>8%</b>                |
| Dietary Fiber 2g                                                                                                                                                    | <b>7%</b>                |
| Soluble Fiber <1g                                                                                                                                                   |                          |
| Insoluble Fiber 1g                                                                                                                                                  |                          |
| Total Sugars 8g                                                                                                                                                     |                          |
| Includes 6g Added Sugars                                                                                                                                            | <b>12%</b>               |
| <b>Protein</b> 10g                                                                                                                                                  |                          |
| Vitamin D 3mcg (80IU)                                                                                                                                               | 15%                      |
| Calcium 170mg                                                                                                                                                       | 13%                      |
| Iron 3mg                                                                                                                                                            | 15%                      |
| Potassium 140mg                                                                                                                                                     | 3%                       |
| Vitamin C 10mg                                                                                                                                                      | 11%                      |
| Thiamin 0.3mg                                                                                                                                                       | 25%                      |
| Niacin 3mcg                                                                                                                                                         | 19%                      |
| Vitamin B <sub>6</sub> 0.4mg                                                                                                                                        | 25%                      |
| Biotin 6mcg                                                                                                                                                         | 20%                      |
| Vitamin E 6mg                                                                                                                                                       | 40%                      |
| Phosphorus 112mg                                                                                                                                                    | 9%                       |
| Iodine 15mcg                                                                                                                                                        | 10%                      |
| Zinc 7mg                                                                                                                                                            | 17%                      |
| Manganese 0.3mg                                                                                                                                                     | 13%                      |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                          |
| Calories per gram:                                                                                                                                                  |                          |
| Fat 10                                                                                                                                                              | Carbohydrate 4 Protein 3 |

# CONNECT:

## Low Carb Lifestyle Resources



*Scan the QR code to access  
all these resources online!*

# LOW CARB LIFESTYLE RESOURCES

## Apps, websites, and videos

We know that a low carbohydrate lifestyle can come with many challenges. The following handout is designed to provide some additional resources to help you stay on track, learn additional information, and find recipes to help you enjoy your meals and achieve your goals!

## APPS

Keeping track of your food intake can help you stay within your carbohydrate goals. One of the easiest ways to track your meals, snacks, and beverages is through the use of an application (app).

Most apps are free to download and user-friendly. These tracking tools can be especially helpful during the early stages of your low carbohydrate journey. They can help you determine your baseline carbohydrate intake, understand what foods contain carbohydrates, and adjust your meals to the right level for you. Below are a few examples of food tracking apps:

**Quick tip:** One of the easiest ways to look up carbs is through a Google Search. Simply type "Carbs in [food item]" into the Google search bar.

| Banana / Carbohydrate Amount |                              |
|------------------------------|------------------------------|
| 27 g                         |                              |
| Total Carbohydrate           |                              |
| Type                         | Quantity                     |
| Bananas                      | 1 medium (7" to 7-7/8" long) |



### Carb Manager [carbmanager.com](https://carbmanager.com)

Carb Manager is a highly recommended smartphone app for low and very low carb dietary plans. The app's features include nutrition and food trackers, recipe database, personalized meal plans, educational materials and a supportive community.

*\$ Optional paid membership*



### MyFitnessPal [myfitnesspal.com](https://myfitnesspal.com)

MyFitnessPal is another highly recommended diet and exercise tracking app. The app allows you to easily log foods and exercise, with detailed nutrition information. You can create personalized meal plans, grocery shopping lists, and exercise plans.

*\$ Optional paid membership*



### Senza [senza.us](https://senza.us)

Senza is a one-stop shop for everything Keto. The app offers nutrition tracking, meal planning, and helps you find low carbohydrate foods at nearby restaurants.

*\$ Free with optional purchases*



### Lose It! [loseit.com](https://loseit.com)

Lose It offers free and easy to use food and nutrition tracking options. The app also offers weight loss support.

*\$ Optional paid membership*



## WEBSITES & VIDEOS

Whether you are a visual learner or enjoy watching videos to absorb additional information, there are plenty of resources explaining the science behind low carbohydrate meal plans and additional advice on many topics relating to the low-carbohydrate lifestyle.



### Diet Doctor [dietdoctor.com](https://dietdoctor.com)

Diet Doctor is one of the most well-known websites for low and very low carb (keto) dietary plans. This is a great resource for recipes, education, meal plans, and more. Diet Doctor aims to provide unbiased and evidence-based information, as well as free and inspiring tools to help people improve their health.

*\$ Optional paid membership*



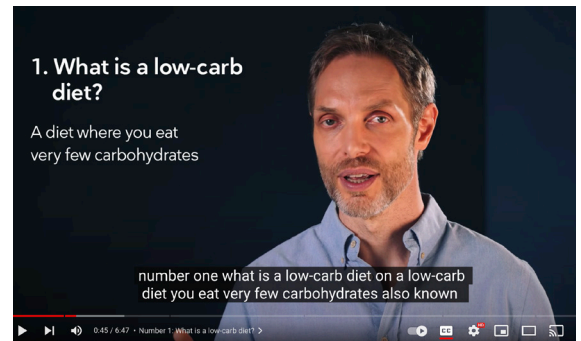
### Ditch The Carbs [ditchthecarbs.com](https://ditchthecarbs.com)

Ditch The Carbs offers a wide variety of recipes and meal plans for low carb, very low carb, etc. They have also created many free visual resources to support low carb diets including, cooking conversion tools, carb charts, and food substitution suggestions.

*\$ Optional paid membership*

### ruled.me [ruled.me](https://ruled.me)

This website offers many tools, tips, and easy-to-read articles on starting a keto diet. We recommend checking out their keto food pyramid.



### Diet Doctor Informational Videos [youtube.com/c/DietDoctorVideo](https://youtube.com/c/DietDoctorVideo)



### Dr. Eric Westman's Adapt Your Life [youtube.com/c/AdaptYourLife](https://youtube.com/c/AdaptYourLife)



### Low Carb Meal Prep Recipes by Sweet Peas Saffron [youtube.com/watch?v=MdarLkKDjWA](https://youtube.com/watch?v=MdarLkKDjWA)

### Virta Health Blog [virtahealth.com/blog](https://virtahealth.com/blog)

This blog offers a robust selection of articles, tips, and stories from patients with type 2 diabetes.

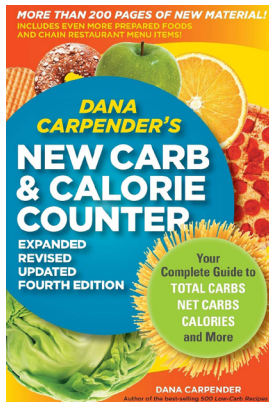
# LOW CARB LIFESTYLE RESOURCES

## Books and recipe blogs

### BOOKS

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#### Dana Carpender's NEW Carb and Calorie Counter

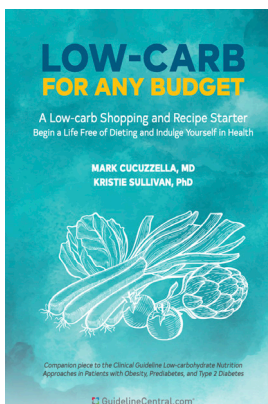


by Dana Carpender

This book includes more than 100 pages of content, including new and popular brand name products, fast food chains, and restaurants. Each entry contains the serving size amount, calories, total carbs, fiber, net carbs, protein, and fat in the food—making it the perfect reference tool for dieters of all

kinds. Any foods with less than five grams of net carbs are featured in bold, so low carb eaters can easily see those foods that are best for them and their health.

#### Low Carb for Any Budget (Free ebook)



By Mark Cucuzzella, MD and Kristie Sullivan, PhD

[cookingketowithkristie.com](http://cookingketowithkristie.com)

This free ebook is full of information about getting started on low carb and includes shopping lists along with two dozen simple recipes to help you get started.

All of the ingredients in these recipes can be purchased at stores like Dollar General or Dollar Tree, which are easy to find even in rural locations. You also don't need a lot of fancy equipment to make these recipes. Lastly, the recipes are intended to appeal to families, so if you have a picky eater at home, then you might find something they like.

### RECIPE BLOGS

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Are you looking for ways to cook simple yet delicious low carbohydrate meals? Then look no further! Use the resources below to find a large collection of recipes to suit your needs and taste buds, from quick and easy breakfasts to more elaborate low carbohydrate baked goods for those days you are feeling adventurous in the kitchen. You can also save time and money during the week by implementing some make-ahead and batch cooking strategies!



#### Diabetes Food Hub

[diabetesfoodhub.org/all-recipes.html](http://diabetesfoodhub.org/all-recipes.html)

An enticing selection of delicious and diabetes-friendly recipes that includes nutritional information.

#### Cooking Keto With Kristie

[cookingketowithkristie.com/recipes](http://cookingketowithkristie.com/recipes)

A list of Kristie's favorite low carb recipes, including excellent dessert options.

#### Wholesome Yum

[wholesomeyum.com](http://wholesomeyum.com)

A diverse selection of low carb recipes with 10 ingredients or less. Check out their delicious low carb snack list.





# HEALTHY EATING JUMPSTART

GROCERY DELIVERY PROGRAM

## CONTACT INFORMATION

### Phone Number

(734) 985-0506

### Email

[jumpstart@hbomich.org](mailto:jumpstart@hbomich.org)

### Website

[HBOMich.org/jumpstart](http://HBOMich.org/jumpstart)

