



7-Day Low Glycemic Meal Plan

Created by sanoMidLife



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Overview:

This 7-day meal plan is designed to inspire you. Feel free to make adjustments based on your dietary needs, preferences and/or what works best for your lifestyle.

Here's a brief overview to help you navigate this resource:

- This meal plan includes a calendar with an overview of meals and snacks for the week.
- A grocery list is provided, outlining the supplies and quantities needed to prepare all the meals and snacks.
- Each recipe includes directions, ingredients, helpful notes, and nutritional details per serving.
- Meals and snacks highlighted in grey represent leftovers, meaning you won't need to cook again - there will be enough prepared from the original dish for future meals.

By making intentional and informed choices about your nutrition, you can feel strong and healthy during midlife. Stay consistent, listen to your body, and celebrate your progress!

Evidence:

This meal plan was created with four key considerations:

Low Glycemic Index Foods:

Eating the proper amount and type of carbohydrate is important to help balance insulin levels. This meal plan uses low glycemic foods with a score below 50 to optimize blood sugars and energy levels. Carbohydrate sources are paired with fats and protein to create a steady release of energy throughout the day.

High Fibre:

Adequate dietary fibre intake is associated with several health benefits including lower blood pressure, improved blood glucose control, and weight loss. This plan provides up to 40 grams of fibre daily from fruits, vegetables, legumes, and whole grains. Soluble fibre found in oats and beans is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

Healthy Fats:

Omega-3 and omega-9 fatty acids provide cardiovascular benefits, reduce inflammation, and improve immune function. This program incorporates omega-3 fats, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) from fatty fish which are

associated with improved cognitive function. Omega-9 fats from foods such as nut butter and olive oil are combined with carbohydrates to reduce glycemic response.

Protein:

Getting enough daily protein helps balance blood sugars and prevent muscle loss. This meal plan provides around 20% of daily calories from protein through salmon, halibut, eggs, legumes, nuts, and seeds. Protein is distributed between meals and snacks to help with glycemic control.

7-Day Low Glycemic Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Sweet Cherry Steel Cut Oats	Sweet Cherry Steel Cut Oats	Bok Choy & Mushroom Omelette	Carrot Cake Chia Pudding	Carrot Cake Chia Pudding	Avocado Sweet Potato Toast with Poached Egg	Avocado Sweet Potato Toast with Poached Egg
Snack 1	Celery with Sunflower Seed Butter	Celery with Sunflower Seed Butter	Pistachios	Salt n' Vinegar Hard Boiled Eggs	Celery with Sunflower Seed Butter	Apple with Almond Butter	Celery with Sunflower Seed Butter
Lunch	Marinated Mixed Bean Salad	One Pan Salmon with Green Beans & Roasted Tomato	Marinated Mixed Bean Salad	Spaghetti Squash Chow Mein	Egg Roll in a Bowl	Slow Cooker Spaghetti Squash & Meatballs	Roasted Winter Vegetables with Tahini Drizzle
Snack 2	Pistachios	Toasted Walnuts	Apple with Almond Butter	Toasted Walnuts	Salt n' Vinegar Hard Boiled Eggs	Toasted Walnuts	Salt n' Vinegar Hard Boiled Eggs
Dinner	One Pan Salmon with Green Beans & Roasted Tomato	Marinated Mixed Bean Salad	Spaghetti Squash Chow Mein	Egg Roll in a Bowl	Slow Cooker Spaghetti Squash & Meatballs	Roasted Winter Vegetables with Tahini Drizzle	15 Minute Halibut with Dill Pesto

7-Day Low Glycemic Meal Plan

63 items

Fruits

- ☐ 2 Apple
- ☐ 1 Avocado
- ☐ 2 Lemon

Breakfast

- ☐ 1/4 cup Almond Butter
- ☐ 1/2 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 2/3 tsp Black Pepper
- ☐ 1/2 cup Chia Seeds
- ☐ 1/2 tsp Cinnamon
- ☐ 1/4 tsp Ground Ginger
- ☐ 1/4 cup Hemp Seeds
- ☐ 2 1/4 tsps Italian Seasoning
- ☐ 1 1/2 tsps Oregano
- ☐ 1 cup Pistachios, In Shell
- ☐ 2 tsps Pumpkin Seeds
- ☐ 1 1/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/3 tsps Slivered Almonds
- ☐ 1 1/8 cups Walnuts

Frozen

- ☐ 1 cup Frozen Cherries

Vegetables

- ☐ 1 cup Bean Sprouts
- ☐ 1 cup Bok Choy
- ☐ 1 1/2 cups Brussels Sprouts
- ☐ 1 Carrot
- ☐ 10 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 5 cups Coleslaw Mix
- ☐ 1/2 Delicata Squash
- ☐ 1/2 bulb Fennel
- ☐ 1 tbsp Fresh Dill
- ☐ 5 Garlic
- ☐ 1 tbsp Ginger
- ☐ 3 1/2 cups Green Beans
- ☐ 4 1/2 stalks Green Onion
- ☐ 2 cups Mixed Greens
- ☐ 1/4 cup Parsley
- ☐ 1/4 cup Red Onion
- ☐ 1/2 cup Shiitake Mushrooms
- ☐ 1 Spaghetti Squash
- ☐ 1 Sweet Potato
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 1 1/2 cups Crushed Tomatoes
- ☐ 3 cups Mixed Beans

Baking

- ☐ 2 tsps Brown Rice Flour
- ☐ 1/8 tsp Ground Cloves
- ☐ 1 tsp Stevia Powder
- ☐ 2 tsps Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 227 grams Extra Lean Ground Chicken
- ☐ 227 grams Extra Lean Ground Turkey
- ☐ 142 grams Halibut Fillet
- ☐ 227 grams Lean Ground Pork
- ☐ 283 grams Salmon Fillet

Condiments & Oils

- ☐ 1/4 cup Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 1/4 cup Coconut Aminos
- ☐ 2 2/3 tsps Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Sesame Oil
- ☐ 1/2 cup Sunflower Seed Butter
- ☐ 2 tsps Tahini
- ☐ 2 1/4 tsps Tamari

Cold

- ☐ 13 1/2 Egg
- ☐ 2 cups Unsweetened Almond Milk

Other

- ☐ 1 2/3 cups Water

Sweet Cherry Steel Cut Oats

4 ingredients · 20 minutes · 2 servings



Directions

1. In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
2. Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
3. Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries

Any fruit will work.

Ingredients

1/2 cup Steel Cut Oats

1 1/2 cups Water

1 cup Frozen Cherries

1/4 cup Hemp Seeds

Bok Choy & Mushroom Omelette

6 ingredients · 20 minutes · 1 serving



Directions

1. Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
2. In a bowl, whisk together eggs, tamari and green onion.
3. Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

Notes

Make it Fluffy

Whisk unsweetened almond milk into your egg mixture.

More Flavour

Whisk sesame oil into your egg mixture.

Mix it Up

Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

Likes it Spicy

Serve with hot sauce.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/2 **cup** Shiitake Mushrooms (sliced)
- 1 **cup** Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 **tsps** Tamari
- 2 **stalks** Green Onion (sliced)

Carrot Cake Chia Pudding

9 ingredients · 3 hours · 2 servings



Directions

1. In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
2. Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

Notes

Storage

Keeps well in the fridge for 3 to 4 days.

Extra Creamy

Replace half of the almond milk with full-fat canned coconut milk.

Ingredients

- 1 Carrot (medium, grated)
- 1/2 tsp Cinnamon
- 1/8 tsp Ground Cloves
- 1/4 tsp Ground Ginger
- 1 tsp Stevia Powder (to taste)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 1/4 cup Walnuts (chopped)
- 2 tbsps Unsweetened Coconut Flakes

Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens

Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free

Skip the eggs and top with hemp seeds instead.

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 4 servings



Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery

Use cucumber instead

Ingredients

8 stalks Celery (sliced into sticks)

1/2 cup Sunflower Seed Butter

Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 3 servings



Directions

1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Ingredients

- 6 Egg
- 3/4 tsp Sea Salt (divided)
- 3 tbsps Apple Cider Vinegar (divided)

Marinated Mixed Bean Salad

8 ingredients · 15 minutes · 3 servings



Directions

1. Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
2. Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

No Mixed Beans

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Leftovers

Keeps well covered in the fridge up to 4 to 5 days.

Ingredients

1 1/2 cups Green Beans (fresh or frozen)

3 cups Mixed Beans (cooked)

3 tbsps Extra Virgin Olive Oil

1 1/2 tbsps Apple Cider Vinegar

2 1/4 tps Italian Seasoning

3/4 Garlic (clove, minced)

3/4 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

Pistachios

1 ingredient · 1 minute · 2 servings



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

1 cup Pistachios, In Shell

Toasted Walnuts

1 ingredient · 15 minutes · 3 servings



Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

1 cup Walnuts (shelled)

Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

2 Apple

1/4 cup Almond Butter

One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 510°F (266°C).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Serve with quinoa or rice.

Added Touch

Toss the green beans in balsamic vinegar before serving.

Ingredients

2 cups Green Beans (washed and trimmed)
1 cup Cherry Tomatoes
1 1/2 tps Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
283 grams Salmon Fillet

Spaghetti Squash Chow Mein

10 ingredients · 1 hour 30 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
3. In a separate pan, melt the coconut oil and brown the ground chicken.
4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos

Use tamari instead.

Vegan and Vegetarian

Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy

Serve with hot sauce.

Leftovers

Refrigerate up to 3 days.

Ingredients

- 1/2 Spaghetti Squash
- 1 **tbsp** Sesame Oil
- 1/2 Yellow Onion (medium, diced)
- 2 **stalks** Celery (sliced diagonally)
- 2 **cups** Coleslaw Mix
- 1 1/2 **Garlic** (cloves, minced)
- 1 1/2 **tsps** Ginger (peeled and grated)
- 3/4 **tsp** Coconut Oil
- 227 **grams** Extra Lean Ground Chicken
- 2 **tbsps** Coconut Aminos

Egg Roll in a Bowl

9 ingredients · 30 minutes · 2 servings



Directions

1. Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
2. Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
3. Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos

Use tamari or soy sauce instead.

Meat-Free

Replace the ground meat with scrambled eggs or tofu.

Ingredients

- 1 **tbsp** Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 **stalks** Green Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 **tsps** Ginger (peeled and grated)
- 227 **grams** Lean Ground Pork
- 3 **cups** Coleslaw Mix
- 1 **cup** Bean Sprouts
- 2 **tbsps** Coconut Aminos

Slow Cooker Spaghetti Squash & Meatballs

9 ingredients · 4 hours · 2 servings



Directions

1. In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
2. In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
3. Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
4. Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
5. Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey

Use any type of ground meat.

Cheese Lover

Sprinkle with parmesan cheese.

Ingredients

227 grams Extra Lean Ground Turkey
2 tbsps Brown Rice Flour
1/2 Egg (whisked)
1 tbsp Extra Virgin Olive Oil (divided)
1 1/2 tsps Oregano (divided)
1 1/2 cups Crushed Tomatoes
1/2 tsp Sea Salt (divided)
1/2 tsp Black Pepper (divided)
1/2 Spaghetti Squash (medium)

Roasted Winter Vegetables with Tahini Drizzle

12 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
4. Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
5. Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein

Add lentils, chickpeas, or diced tofu.

Leftovers

Store covered in the fridge up to 2 - 3 days.

Ingredients

- 1/2 Delicata Squash (small)
- 1 1/2 cups Brussels Sprouts (washed and halved)
- 1/2 bulb Fennel (coarsley chopped)
- 1/4 cup Red Onion (coarsley chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 2 tbsps Tahini
- 1/2 Garlic (clove)
- 2 tbsps Water
- 1 Lemon (small, juiced)
- 2 tbsps Pumpkin Seeds

15 Minute Halibut with Dill Pesto

10 ingredients · 15 minutes · 1 serving



Directions

1. In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
3. Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

Notes

Nut Free

Use pumpkin seeds or sunflower seeds instead.

Save Time

Blend up the pesto in advance.

More Carbs

Serve it with rice, quinoa or roasted mini potatoes.

Ingredients

1/4 cup Parsley (packed)
1 tbsp Fresh Dill (packed)
1 1/3 tbsps Slivered Almonds
2 1/4 tsps Extra Virgin Olive Oil
1/4 Lemon (juiced)
1/4 Garlic (clove)
Sea Salt & Black Pepper
142 grams Halibut Fillet
1/3 tsp Coconut Oil
2 cups Mixed Greens (or Arugula)