

Introduction

Every day I meet and work with folks who are diagnosed with pre-diabetes and diabetes. Many of them are at a loss of how to practically make the necessary changes to reverse their condition. Their doctors give them limited information on nutrition and they are often sent on their way with the advice to change their diet and exercise more. Most are left wondering “What do I eat? How do I make all these changes in my lifestyle?”

My role as Psychotherapist gives me the opportunity to coach people on lifestyle changes. I work in a large HMO setting and have many doctors refer their patients to psychiatry for stress management and improved self care. Fortunately, I have a personal interest in health and nutrition and have studied and practiced optimal health habits for many years so I love helping those who want to make healthy lifestyle and nutritional changes in their life. I am not a certified nutritionist or dietician so I am not offering a specific plan to follow. I am simply sharing my professional and personal experience with lifestyle and nutritional habits to aid you in achieving your goals.

My intention in creating this guidebook is to provide some practical ideas on how to eat and balance out your life so you can be free from the challenge of high blood sugar levels and issues related to diabetes. Some of you may have had a recommendation from your doctor to add in two or

three vegetarian meals a week. This book will be perfect for that, as all the recipes created for this book are Vegan.

I eat a Vegan diet and those are the kind of recipes I create. It is not to say you have to eat an all Vegan diet. Whether or not you choose to continue eating meats and dairy products will be up to you. Meat and dairy create a very acidic environment in the body and the goal is to help alkalize your system so my style of food preparation naturally assists with lowering blood sugar levels and creating an alkaline state. It can be a bit tricky to know how to get enough "clean" protein in a Vegan diet if you have this condition. For example, after meeting with clinical nutritionist, Diana Fatayerji, Ph.D to gather more information, I learned that beans and legumes are actually counted as carbohydrates for diabetics so they are not suggested to be used as a main source of protein in a meal. All the recipes offered in this book are soy, corn, gluten, and dairy- free because many are intolerant of one or more of these ingredients.

Totally Awesome Tabouli

This is packed with vegan protein. It is fresh and satisfying.

Ingredients:

-  1 large bunch Italian flat parsley – can use whatever kind available for you – washed and coarsely chopped
-  1 roma tomato – chopped into small pieces
-  2 cups soaked and sprouted pumpkin seeds
-  1 cups soaked and sprouted sunflower seeds
-  1 tsp. Himalayan or sea salt
-  2 gloves garlic –minced
-  ¼ cup olive oil
-  1 cup cooked quinoa
-  2 tbsp. fresh lemon juice

Directions: Place parsley, olive oil, salt, garlic, and lemon juice in food processor. Pulse blend with “S” Blade a few times. Add in pumpkin and sunflower seeds and pulse several more times until the mixture is well blended. Transfer parsley and seed mixture to a medium sized mixing bowl. Fold in quinoa and tomato. Add more salt and cracked black pepper to taste if needed.

Serving suggestion: Use a piece of raw flat bread that was prepared in the dehydrator and spread avocado on it. Top with Totally awesome tabouli and spouts. It's delicious and very satisfying. It also great wrapped up in a chard or romaine lettuce leaf.



Stuffed Peppers

Ingredients:

- 🌿 6 peppers (red, yellow, or green)
- 🌿 24 oz jar of Organicville tomato basil pasta sauce or sauce of your choice

Filling:

- 🌿 Prepare 1 cup of quinoa according to package
- 🌿 1 cup chopped white or brown mushrooms
- 🌿 2 cups soaked almonds - chopped
- 🌿 2 cups chopped spinach
- 🌿 ¼ cup chopped basil
- 🌿 ½ cup chopped parsley
- 🌿 ½ cup white or yellow onion – chopped
- 🌿 ½ tsp. sea salt
- 🌿 1 clove chopped fresh garlic
- 🌿 1 tsp. Italian seasoning
- 🌿 ½ tsp. dried oregano
- 🌿 2 tbsp. Mirin rice cooking wine - optional
- 🌿 2-4 tbsp. olive oil

To prepare peppers, cut off the top and set aside. Hollow out the seeds and insides and wash.

Directions: Place cooked quinoa in medium sized mixing bowl and set aside. Heat 2 tablespoons of olive oil over medium heat. Add onion and sauté for 2 minutes. Add garlic, mushrooms and almonds and sauté for two more minutes. Add more oil as needed. Add spinach, basil, parsley, salt, seasonings, and cooking wine. Sauté for 3 more minutes. Remove from heat and mix into quinoa.

Spread a thin layer of the sauce in a baking pan. Take each pepper and fill with desired amount of filling. Top with tomato sauce. Place pepper top on the stuffing and place in baking pan. Cover and bake in oven at 350 degrees for an hour. Serve with steamed broccoli and enjoy!!!

Note: You can lightly steam some cabbage leaves and make stuffed cabbage if you prefer.



Cinnamon Vanilla Protein Cookies

Ingredients:

- ☒ 6 scoops Sunwarrior Vanilla Protein Powder
- ☒ 1 tsp. sea salt
- ☒ 1 tbsp. cinnamon (can also add in some pumpkin spice)
- ☒ ½ cup ground flax
- ☒ ½ cup gluten free rolled oats – leave out if and add in more flax if you want less carbs
- ☒ 2 tbsp. coconut oil
- ☒ 1 inch cocoa butter – optional (add one more tbsp. of coconut oil instead if you are not using this)
- ☒ 1 ¼ cup almond butter
- ☒ 2 tbsp. Xyla
- ☒ ½ cup finely shredded coconut plus more for the topping or you can roll in sesame seeds
- ☒ ionized alkaline mineral water

Directions: Melt coconut oil and cocoa butter. Place protein powder salt, cinnamon, lecithin, flax, oats, Xyla in a food processor and mix together with a spoon. Add almond butter, coconut oil, and cocoa butter. Pulse blend a few times then run the processor nonstop until a dough forms. Add

in water as needed. Scoop out a tablespoon of the mixture and form into a ball. Press into a small ball. Roll in coconut or sesame seeds or a combination of both and press into a small round cookie or leave in a ball shape. You can also put a raw soaked almond in the middle if desired.

Note: For chocolate “fix” use Sunwarrior Protein Powder in lieu of the vanilla protein powder and 2 tbsp. of raw cocoa. You may also need to add a little more water. You can also add in some Just Great Stuff peanut butter powder to the vanilla or chocolate option for a fun twist!

