

EATING HEALTHY DOESN'T
HAVE TO BE *Boring...*



CHEF KATRELL MENDENHALL

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Meet the Chef



Chef Katrell believes that eating healthy does NOT have to be boring, restrictive, or cost a fortune.

With several different menu items and new items added often, her meal combinations are *endless!*

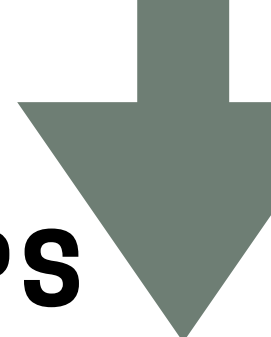


HEALTHY COOKING TIPS

How food is prepared is often as important in managing issues such as diabetes, hyper-tension, or blood pressure.

Here are some *healthy cooking tips* you may find helpful:

- * Skim fat from the top of soups and stews. Fat floats to the top as soups and stews chill. Just skim off the fat & reheat
- * Limit adding salt to food or cooking with salt. Season your foods with herbs, spices, vinegar, wine, or lemon
- * Eat or cook with skim or 1% milk instead of whole milk or 2% milk.
- * Grill, broil, roast, stir-fry, or poach only low-fat meats.
- * Use lemon or lime on fish and vegetables instead of butter or sauces.



HEALTHY COOKING TIPS

- * Add vegetables to casseroles and salads.
- * Prepare foods using vegetable oil sprays instead of oil, shortening, or butter. Small amounts of canola or olive oil are best if you use oils
- * Prepare chicken or turkey without the skin. Trim fat off of meats before cooking.
- * Use only low-fat or fat-free milk, yogurt, cheeses, and meats in recipes.
- * Steam vegetables using water or low-fat, low-salt broth.
- * Cook with whole-grain products (such as brown rice, oatmeal, barley, bran) rather than refined-grain products.



**Healthy cooking tips are the same for people with or without diabetes. Talk to your diabetes educator, dietitian or doctor for more information.*

Below are GOOD foods to eat if you have been diagnosed
with the following:

GOOD FOODS

HYPERTENSION

BEETS
CHERRIES
WATERMELON
BLOOD ORANGES
RED GRAPES
DARK CHOCOLATE
PINEAPPLE
SWEET POTATOES
GARLIC
KALE (RICH IN IRON, VIT K, NA, CA)

KIDNEYS

GRAPEFRUIT
CUCUMBER
WATERMELON
KIDNEY BEANS
TURMERIC
CRANBERRIES
CAULIFLOWER
ONIONS

LIVER

LEMON
GARLIC
AVOCADO
LEAFY GREENS
APPLES
BITTERS (SWISS CHARD)

FOODS AND DRINKS TO AVOID



Sugar-sweetened beverages

Sweetened breakfast cereals

French fries

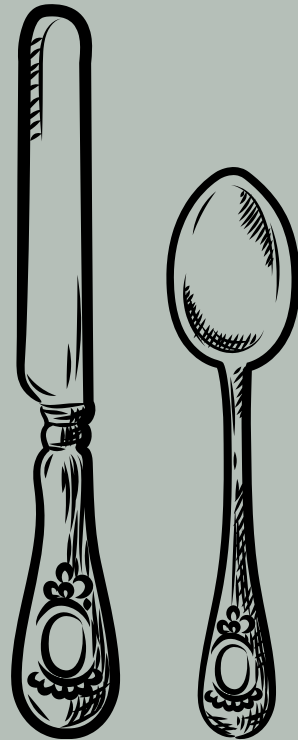
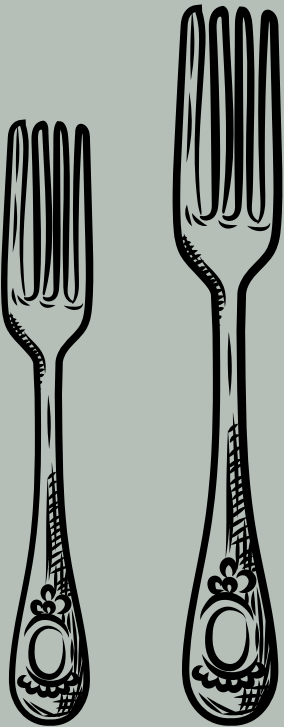
White bread, rice, and pasta

Fruit-flavored yogurt

WITH DIABETES



30-DAY MEAL PLAN



During this 30-day journey you will see a *drastic* difference in your energy and body fat percentage.

For best results, working out while doing the 30-Day Meal Plan is recommended.



Day 1



BREAKFAST

1 Egg/2 Egg White Omelette w/ Mozzarella Cheese & Spinach.
Whole grain toast, 2tbs Jelly Apple

SNACK

Hard Boiled Egg, Pear

LUNCH

Canned Tuna, Whole Grain Bread, Steamed Asparagus, Prunes

SNACK

Chicken Breast, Carrot Sticks, Orange

DINNER

Chicken Breast, Sweet potato, 1 tbs Sour Cream, Broccoli &
Raspberries

SNACK

Cottage Cheese & Strawberries





Day 2



BREAKFAST

1 Egg/2 Egg White Omelet w/ Spinach. Oatmeal. Blackberries.

SNACK

Cottage Cheese w/ Carrot sticks

LUNCH

Fish, Yam, Asparagus & Orange

SNACK

Chicken Breast, Basmati Rice and Veggie

DINNER

Lean Beef, Chickpeas, Green Beans, Apple

SNACK

Cottage Cheese & Strawberries





Day 3



BREAKFAST

3 eggs (any way you like them), Spinach & Green Pepper

SNACK

Cottage Cheese w/ Zucchini Sticks

LUNCH

Fish, Broccoli, Cauliflower

SNACK

Non-Fat Cottage Cheese, Carrot Sticks

DINNER

Shellfish, Salad (w/ Mixed Vegetables)

SNACK

Cottage Cheese, Red Pepper Sticks





Day 4



BREAKFAST

Hard Boiled Egg, Oatmeal & Pear

SNACK

Almonds, Apples

LUNCH

Chicken, Black Beans, Zucchini Sticks, Orange

SNACK

Tuna w/ Low Fat Mayonnaise, Green Pepper Sticks & Raspberries

DINNER

Whole Grain Spaghetti w/ Sauce & Ground Beef, Broccoli & Blackberries

SNACK

Non-Fat Cottage Cheese & Strawberries, Carrot Sticks





Day 5



BREAKFAST

1 Egg, Cereal (Fiber One) w/ Skim Milk & Blackberries

SNACK

Cottage Cheese, Red Pepper Sticks

LUNCH

Fish, Whole Grain Bread, Yellow Squash, Pear

SNACK

Apple, Veggie Smoothie

DINNER

Shellfish, Asparagus, Brown Rice & Raspberries

SNACK

Hard Boiled Egg, Carrot Sticks





Day 6



BREAKFAST

3 eggs (any way you like them), Spinach & Green Peppers.

SNACK

Cottage cheese w/ Zucchini sticks

LUNCH

Lean Beef, Spinach Salad w/ Mixed vegetables

SNACK

Non-Fat Cottage Cheese, Green Pepper Sticks

DINNER

Steak, Salad w/ Mixed vegetables & Asparagus

SNACK

Hard Boiled Egg, Carrots





Day 7



BREAKFAST

4 Egg White Omelet w/ Spinach and Mozzarella Cheese, Whole Grain English Muffin & Raspberries

SNACK

Turkey Wrapped in Lettuce Leaves, Pear

LUNCH

Lean Beef, Brown Rice, Broccoli, Almonds, Orange

SNACK

Cottage Cheese, Carrot Sticks, Strawberries

DINNER

Ground Round Hamburger, 1 Whole Grain Bun, Zucchini & Corn, Raspberries

SNACK

Hard Boiled Egg, Apple





Day 8



BREAKFAST

2 Eggs, Shredded Wheat w/ Skim Milk, Blackberries

SNACK

Cottage Cheese, Zucchini Sticks

LUNCH

Lean Beef, Black beans, Green Beans, Apple

SNACK

Chicken Wrapped in Lettuce Leaves

DINNER

Fish, Brown Rice, Cauliflower and/or Broccoli, Orange

SNACK

Hard Boiled Egg, Carrot Sticks, Strawberries





Day 9



BREAKFAST

2 Egg Whites/1 Egg w/ Spinach and Mozzarella cheese.

SNACK

Cottage Cheese, Red Pepper Sticks

LUNCH

Chicken, Spinach Salad w/ Mixed Vegetables, Non-Fat Salad Dressing

SNACK

Almonds, Green Pepper Sticks

DINNER

Beef, Salad w/ Vegetables

SNACK

Hard Boiled Egg, Zucchini Sticks





Day 10



BREAKFAST

2 Eggs w/ Mozzarella Cheese, Whole Grain Toast (Jelly or Peanut Butter), Blackberries

SNACK

Non-Fat Cottage Cheese, Carrot Sticks, Pear

LUNCH

Skinless Chicken Breast, 1 Whole Grain Pita, Corn Green Beans, Orange

SNACK

Hard Boiled Egg, Raspberries, Red Pepper Sticks

DINNER

Fish, Brown Rice, Asparagus, Apple

SNACK

Cottage Cheese & Strawberries





Day 11



BREAKFAST

3 Egg White Omelet w/ Green Pepper. Grape Nuts & Blackberries

SNACK

Turkey Slices, Red Pepper Sticks, Almonds

LUNCH

Lean Beef, Black Beans, Steamed Broccoli

SNACK

Cottage Cheese and 1 pear, Carrot Sticks

DINNER

Fish, Brown Rice, Broccoli and/or Cauliflower, Raspberries

SNACK

Hard Boiled Egg, Zucchini Sticks, Pear



Day 12

BREAKFAST

2 Eggs/1 Egg White w/ Spinach and Mozzarella cheese.

SNACK

Chicken Wrapped in Lettuce Leaves, Red Pepper Sticks

LUNCH

Beef, Mixed Vegetables, Non-Fat Salad Dressing

SNACK

Hard Boiled Egg, Green Pepper Sticks

DINNER

Fish Salad w/ Mixed Vegetables

SNACK

Cottage Cheese, Red Pepper Sticks





Day 13



BREAKFAST

2 Eggs, Whole Grain French Toast w/ Butter, 1 Orange

SNACK

Cottage Cheese w/ Green Pepper Sticks, Oatmeal, 1 Pear

LUNCH

Lean Chicken, Lettuce, Tomato & Mushrooms, Whole Grain Tortilla, Raspberries

SNACK

Hard Boiled Egg, Carrot sticks, and a Orange

DINNER

Lasagna w/ Ground Beef, Green Beans, Strawberries

SNACK

Cottage Cheese & Raspberries





Day 14



BREAKFAST

Egg White Omelet w/ Spinach, Oatmeal, 1 Orange

SNACK

1 Hard Boiled Egg & Carrot Sticks

LUNCH

1 Whole Wheat Bun, 4oz. Lean Beef (Hamburger), Green Beans, Strawberries

SNACK

Non-Fat Cottage Cheese w/ 1 Pear

DINNER

Turkey, Broccoli/Cauliflower, Lentils, Strawberries

SNACK

Cottage Cheese





Day 15



BREAKFAST

Eggs (any style) Green Pepper, Mozzarella Cheese

SNACK

Chicken Breast, Lettuce Leaves (wrap for chicken), Green Pepper Sticks

LUNCH

Fish, Broccoli, Cauliflower

SNACK

Cottage Cheese, Tomato Slices

DINNER

Lean Beef, Asparagus

SNACK

Hard Boiled Egg, Carrot Sticks





Day 16



BREAKFAST

Hard Boiled Egg, Whole Grain Bagel w/ Cream Cheese, Apple

SNACK

Non- Fat Cottage Cheese & Red Pepper sticks, Almonds, Pear

LUNCH

Lena Beef, Asparagus, Red Beans, Orange

SNACK

Cottage Cheese & Apple

DINNER

Chicken Breast, Vegetable Medley w/ Brown Rice,
Raspberries

SNACK

Hard Boiled Egg, Zucchini Sticks, Pear





Day 17



BREAKFAST

1-2 Eggs w/ Spinach, Shredded Wheat w/ Blackberries

SNACK

Tuna Fish w/ Mayonnaise, Whole Grain Bread, Apple

LUNCH

Lean Beef, Green/Red Peppers w/ Brown Rice, Raspberries

SNACK

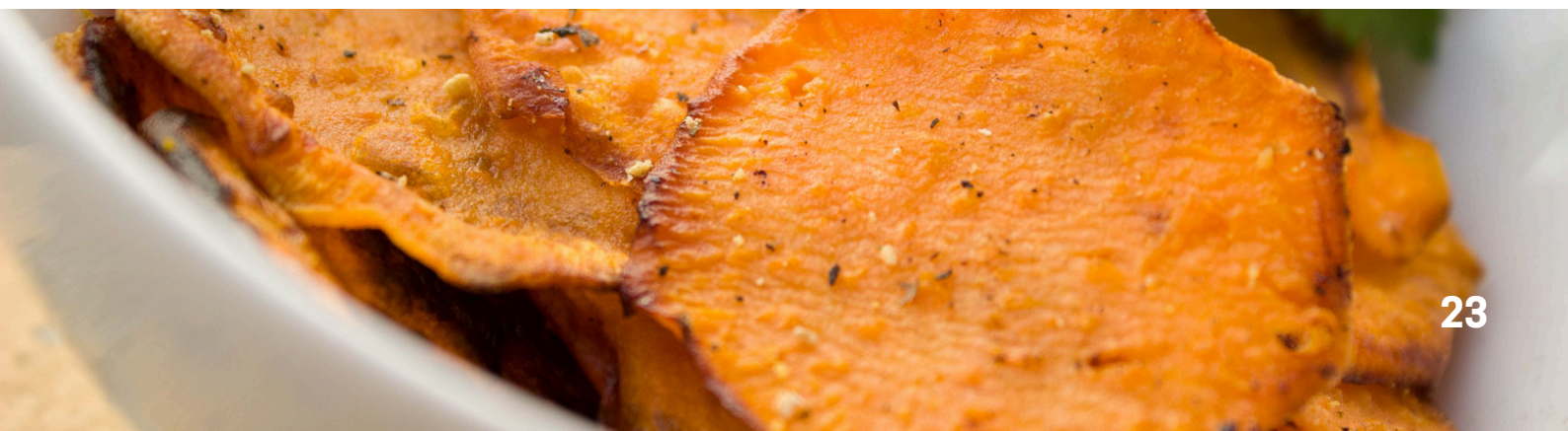
Hard Boiled Egg

DINNER

Chicken Breast, Vegetable Medley, Yams, Pear

SNACK

Non-Fat Cottage Cheese, Tomato Slices





Day 18



BREAKFAST

Eggs (any style) w/ Spinach and Mozzarella Cheese

SNACK

Turkey Breast in Lettuce Leaves, Red Pepper Sticks

LUNCH

Shellfish, Mixed Vegetables

SNACK

Cottage Cheese, Zucchini Sticks

DINNER

Lean Beef, Broccoli/Cauliflower

SNACK

Cottage cheese, Red Pepper Sticks





Day 19



BREAKFAST

4 Egg White Omelet, Oatmeal, Orange

SNACK

Turkey & Red Peppers in Whole Grain Pita, Black Beans, Apple

LUNCH

Chicken, Asparagus & Corn, Pear & Almonds

SNACK

Hard Boiled Egg, Carrot Sticks, Raspberries

DINNER

Whole Grain Lasagna w/ Ground Beef, Broccoli, Strawberries

SNACK

Non-Fat Cottage Cheese & Raspberries





Day 20



BREAKFAST

2 Egg Whites + 1 Egg w/ Spinach, Whole Grain Toast, Blackberries

SNACK

Turkey Slices, Green Peppers, Whole Grain Tortilla, Pear

LUNCH

Chicken, Cooked Cauliflower, Lentils, Orange

SNACK

Hard Boiled Egg

DINNER

Steak, Green Beans, Sweet Potato, Apple

SNACK

Non-Fat Cottage Cheese





Day 21



BREAKFAST

Eggs (any style) Green Pepper, Mozzarella Cheese

SNACK

Turkey Breast, Lettuce Leaves, Red Pepper Sticks

LUNCH

Fish, Mixed Vegetables

SNACK

Hard Boiled Egg, Zucchini Sticks

DINNER

Steak, Green Beans

SNACK

Cottage Cheese, Red Pepper Sticks





Day 22



BREAKFAST

2 Eggs/1 Egg White Omelet. Fiber One, Orange

SNACK

Lean Beef & Red Peppers in Whole Grain Pita w/ Lettuce,
Raspberries

LUNCH

Fish, Asparagus, Peas, Pear

SNACK

Strawberries, Carrot sticks with Veggie dip

DINNER

Whole Grain Spaghetti w/ Ground Beef,
Green Beans, Apple

SNACK

Yogurt & Blackberries





Day 23



BREAKFAST

2 Egg Whites + 1 Egg w/ Spinach, Whole Grain Bagel, Raspberries

SNACK

Non-Fat Cottage Cheese & Pear, Oatmeal

LUNCH

Chicken, Broccoli, Chickpeas, Apple

SNACK

Hard Boiled Egg, Carrot Sticks

DINNER

Steak, Green Beans, Brown Rice, Apple

SNACK

Non-Fat Cottage Cheese





Day 24



BREAKFAST

2 Egg Omelet w/ Spinach & Green Pepper

SNACK

Cottage Cheese, Zucchini Sticks

LUNCH

Fish, Asparagus

SNACK

Non-Fat Cottage Cheese, Carrot Sticks

DINNER

Shellfish, Salad (w/ Mixed Vegetables)

SNACK

Cottage Cheese, Red Pepper Sticks





Day 25



BREAKFAST

1 Egg/2 Egg White Omelet w/ Mozzarella Cheese & Spinach.
Whole Grain Toast, 2tbs Jelly Apple

SNACK

Hard Boiled Egg, Oatmeal, Pear

LUNCH

Canned Tuna, Whole Grain Bread, Steamed Asparagus, Prune

SNACK

Chicken Breast, Carrot Sticks, Orange

DINNER

Chicken Breast, Sweet Potato, 1 tbs Sour Cream, Broccoli & Raspberries

SNACK

Cottage Cheese & Strawberries





Day 26



BREAKFAST

1 Egg/2 Egg White Omelet w/ Spinach. Oatmeal, Blackberries.

SNACK

Cottage Cheese w/ Carrot Sticks

LUNCH

Fish, Yam, Asparagus & Orange

SNACK

Hard Boiled Egg and Smoothie

DINNER

Lean Beef, Green Beans, Chickpeas, Apple

SNACK

Cottage Cheese & Strawberries





Day 27



BREAKFAST

3 eggs (any way you like them) w/ Spinach & Green Pepper

SNACK

Cottage Cheese w/ Zucchini Sticks

LUNCH

Fish & Broccoli

SNACK

Non-Fat Cottage Cheese, Carrot Sticks

DINNER

Lean Beef, Salad (w/ Mixed Vegetables)

SNACK

Cottage Cheese, Red Pepper Sticks





Day 28



BREAKFAST

2 Egg Whites + 1 Egg w/ Spinach, Whole Grain Toast, Blackberries

SNACK

Turkey Slices & Green Peppers in Whole Grain Tortilla, Pear

LUNCH

Chicken, Cooked Cauliflower, Lentils, Orange

SNACK

Hard Boiled Egg, Raspberries

DINNER

Steak, Green Beans, Sweet Potato, Apple

SNACK

Non-Fat Cottage Cheese & Strawberries





Day 29



BREAKFAST

3 Egg White Omelet w/ Green Pepper, Grape Nuts w/ Blackberries

SNACK

Turkey Slices & Red Pepper Sticks, Almonds

LUNCH

Lean Beef w/ Steamed Broccoli, Black Beans

SNACK

Cottage Cheese & Pear, Carrot Sticks

DINNER

Fish, Broccoli/Cauliflower, Brown Rice, Raspberries

SNACK

Hard Boiled Egg, Zucchini Sticks, Pear





Day 30



BREAKFAST

2 Egg Whites/1 Egg w/ Spinach and Mozzarella Cheese

SNACK

Cottage Cheese, Red Pepper Sticks

LUNCH

Chicken Spinach Salad (w/ Mixed Vegetables), Non-Fat Salad Dressing

SNACK

Almonds, Green Pepper Sticks

DINNER

Beef, Salad (w/ Mixed Vegetables)

SNACK

Hard Boiled Egg. Zucchini Sticks, Apple



READY FOR MORE?

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something new!*



website: chefkatrell.com

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