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Low Glycemic Diet - Free 3 Day Meal Plan

Created by Dr. Brandon Testa, ND



Low Glycemic Diet - Free 3 Day Meal Plan

Dr. Brandon Testa, ND

Dr. Brandon Testa, ND provides personalized meal planning services and evidence-based intensive lifestyle treatment for prediabetes and diabetes. If you have any questions about how nutritional therapy can help reduce your A1c and blood sugar schedule a free 15 minute consult.

Go to www.drbrandontesta.com and click the Schedule Now button to schedule your free 15 minute consult.

Thank you,
Dr. Brandon Testa, ND

Low Glycemic Diet - Free 3 Day Meal Plan

3 days

	Mon	Tue	Wed
Breakfast	Sweet Cherry Steel Cut Oats	Sweet Cherry Steel Cut Oats	Sweet Cherry Steel Cut Oats
Snack 1	Almond Butter Apple Sandwiches	Apple with Almond Butter	Almond Butter Apple Sandwiches
Lunch	Marinated Mixed Bean Salad	One Pan Salmon with Green Beans & Roasted Tomato	Roasted Winter Vegetables with Tahini Drizzle
Snack 2	Toasted Walnuts	Toasted Walnuts	Toasted Walnuts
Dinner	One Pan Salmon with Green Beans & Roasted Tomato	Roasted Winter Vegetables with Tahini Drizzle	Spaghetti Squash Chow Mein

Low Glycemic Diet - Free 3 Day Meal Plan

3 days

Mon	Tue	Wed
Calories 1478	Calories 1471	Calories 1537
Fat 83g	Fat 94g	Fat 99g
Carbs 132g	Carbs 116g	Carbs 131g
Fiber 33g	Fiber 28g	Fiber 29g
Sugar 37g	Sugar 39g	Sugar 43g
Protein 70g	Protein 63g	Protein 54g
Cholesterol 78mg	Cholesterol 78mg	Cholesterol 98mg
Sodium 88mg	Sodium 299mg	Sodium 632mg
Vitamin A 2488IU	Vitamin A 3613IU	Vitamin A 5821IU
Vitamin C 44mg	Vitamin C 117mg	Vitamin C 145mg
Calcium 354mg	Calcium 440mg	Calcium 492mg
Iron 12mg	Iron 11mg	Iron 12mg

Low Glycemic Diet - Free 3 Day Meal Plan

34 items

Fruits

- 3 Apple
- 1 3/4 Lemon

Breakfast

- 1/3 cup Almond Butter
- 3/4 cup Steel Cut Oats

Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 1/3 cup Hemp Seeds
- 2 1/4 tsp Italian Seasoning
- 2 tbsps Pumpkin Seeds
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

Frozen

- 1 1/2 cups Frozen Cherries

Vegetables

- 1 1/2 cups Brussels Sprouts
- 2 stalks Celery
- 1 cup Cherry Tomatoes
- 2 cups Coleslaw Mix
- 1/2 Delicata Squash
- 1/2 bulb Fennel
- 2 3/4 Garlic
- 1 1/2 tsp Ginger
- 3 1/2 cups Green Beans
- 1/4 cup Red Onion
- 1/2 Spaghetti Squash
- 1/2 Yellow Onion

Boxed & Canned

- 3 cups Mixed Beans

Bread, Fish, Meat & Cheese

- 8 ozs Extra Lean Ground Chicken
- 10 ozs Salmon Fillet

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 2 tbsps Coconut Aminos
- 3/4 tsp Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Sesame Oil
- 2 tbsps Tahini

Other

- 2 1/3 cups Water

Sweet Cherry Steel Cut Oats

4 ingredients · 20 minutes · 3 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!

Ingredients

- 3/4 cup** Steel Cut Oats
- 2 1/4 cups** Water
- 1 1/2 cups** Frozen Cherries
- 1/3 cup** Hemp Seeds

Nutrition

Amount per serving

Calories	316	Cholesterol	0mg
Fat	14g	Sodium	5mg
Carbs	41g	Vitamin A	676IU
Fiber	6g	Vitamin C	1mg
Sugar	8g	Calcium	56mg
Protein	11g	Iron	3mg

Almond Butter Apple Sandwiches

2 ingredients · 10 minutes · 1 serving



Directions

1. Slice the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
2. Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

Ingredients

- 1 Apple
- 2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

Ingredients

- 1 Apple
- 2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

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.

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 tsps Italian Seasoning
- 3/4 Garlic (clove, minced)
- 3/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	365	Cholesterol	0mg
Fat	15g	Sodium	6mg
Carbs	45g	Vitamin A	346IU
Fiber	13g	Vitamin C	13mg
Sugar	3g	Calcium	83mg
Protein	16g	Iron	5mg

Toasted Walnuts

1 ingredient · 15 minutes · 1 serving



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!

Ingredients

1/3 cup Walnuts (shelled)

Nutrition

Amount per serving

Calories	235	Cholesterol	0mg
Fat	23g	Sodium	1mg
Carbs	5g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	35mg
Protein	5g	Iron	1mg

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!

Ingredients

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

Nutrition

Amount per serving

Calories	275	Cholesterol	78mg
Fat	13g	Sodium	72mg
Carbs	10g	Vitamin A	1367IU
Fiber	4g	Vitamin C	22mg
Sugar	5g	Calcium	61mg
Protein	31g	Iron	2mg

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!

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

Nutrition

Amount per serving

Calories	358	Cholesterol	0mg
Fat	26g	Sodium	217mg
Carbs	29g	Vitamin A	1471IU
Fiber	8g	Vitamin C	86mg
Sugar	5g	Calcium	169mg
Protein	9g	Iron	4mg

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!

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
- 8 **ozs** Extra Lean Ground Chicken
- 2 **tbsps** Coconut Aminos

Nutrition

Amount per serving

Calories	341	Cholesterol	98mg
Fat	18g	Sodium	405mg
Carbs	25g	Vitamin A	3575IU
Fiber	5g	Vitamin C	50mg
Sugar	9g	Calcium	113mg
Protein	22g	Iron	3mg