

Created by Dr. Brandon Testa, ND



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



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

3 days

Mon		Tu	le	\	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

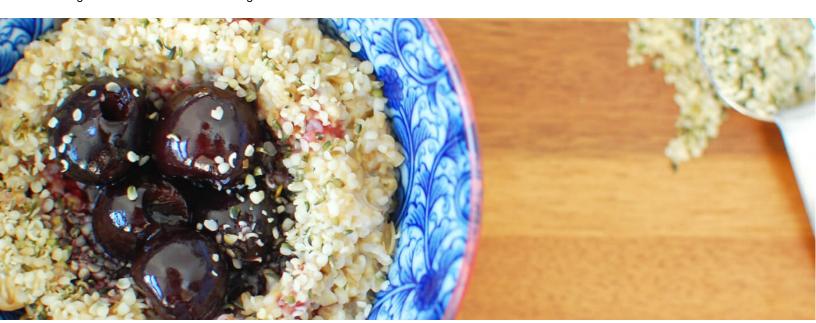
34 items

Fruits	Vegetables	Bread, Fish, Meat & Cheese	
3 Apple	1 1/2 cups Brussels Sprouts	8 ozs Extra Lean Ground Chicken	
<b>1 3/4</b> Lemon	2 stalks Celery	10 ozs Salmon Fillet	
Breakfast	1 cup Cherry Tomatoes 2 cups Coleslaw Mix	Condiments & Oils	
1/3 cup Almond Butter 3/4 cup Steel Cut Oats	1/2 Delicata Squash 1/2 bulb Fennel 2 3/4 Garlic	1 1/2 tbsps Apple Cider Vinegar 2 tbsps Coconut Aminos 3/4 tsp Coconut Oil	
Seeds, Nuts & Spices	1 1/2 tsps Ginger	1/3 cup Extra Virgin Olive Oil	
1/8 tsp Black Pepper 1/3 cup Hemp Seeds	3 1/2 cups Green Beans 1/4 cup Red Onion 1/2 Spaghetti Squash	1 tbsp Sesame Oil 2 tbsps Tahini	
2 1/4 tsps Italian Seasoning 2 tbsps Pumpkin Seeds	1/2 Yellow Onion	Other	
1/8 tsp Sea Salt	Boxed & Canned	2 1/3 cups Water	
O Sea Salt & Black Pepper     1 cup Walnuts	3 cups Mixed Beans		
Frozen			

1 1/2 cups Frozen Cherries

## **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**

- 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

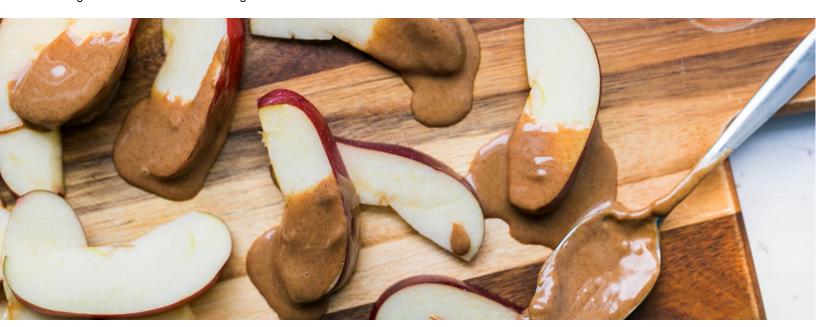
1 Apple

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. Yummmmm.

### Ingredients

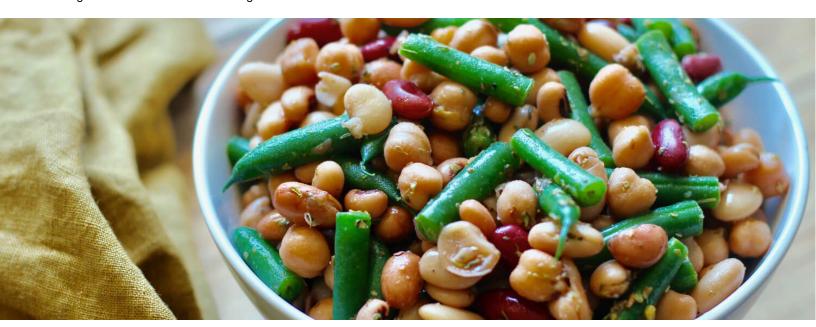
1 Apple

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**

- 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.
- 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).
- 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**

- 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.
- 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	