

2 Day Diabetes Diet Starter Menu

**EXCLUSIVE
FREE
GIFT!**

Reader's
digest
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A Diet That Seems Like a Feast

You'll be happy to know that this revolutionary plan is not like any other diet you may have tried. You don't have to count carbs, calories, or fat grams. Nor do you have to banish the foods you love. Best of all: The special mix of foods and nutrients helps you fill up on fewer calories so you won't feel like you're dieting at all. For this plan to work its magic, all you have to do is:

POWER BURN 2 DAYS A WEEK. Your low-calorie, low-carb Power Burn menu includes delicious soups, stir-fries, and smoothies—all designed to satisfy your appetite while whittling fat from your middle. Power Burn Days work at a cellular level to burn calories and help reverse insulin resistance. You can choose any 2 days as your Power Burn Days; they can be spaced out during the week or scheduled back-to-back.

NOURISH 5 DAYS A WEEK. These menus include bigger portions, more variety, and a smorgasbord of soul-satisfying fare such as waffles, burgers, and more. That doesn't mean you can pig out on these days, but you can enjoy all your favorite foods. Trust us: You will not go hungry.

Here's more: You'll eat 3 meals and 1 snack a day, even on your Power Burn Days. There's even room on this plan for chips, wine, beer, chocolate, and other decadent indulgences.

What's the Science Behind the 2 Day Diabetes Diet?

British researchers stumbled upon a new way of slimming down when they were looking for strategies to lower women's risk of breast cancer. They discovered that women who followed a calorie-restricted diet for only 2 days a week lost twice as much body fat as dieters who restricted their eating all week long. They also reduced their insulin resistance by 22 percent!

When the editors at Reader's Digest heard about the scientists' discovery for dropping pounds and normalizing blood sugar, they enlisted Erin Palinski-Wade, a registered dietitian and certified diabetes educator, to create an easy-to-follow program that synthesizes the research findings.

Then, to be absolutely sure of its effectiveness, the plan was tested on people who had diabetes, prediabetes, or were at high risk for developing blood sugar problems. Many of the participants had already tried different diets and been frustrated by the results.

On the 2 Day Diabetes Diet, though, their results were startling. One person dropped 12 pounds in 3 weeks and 16 pounds in 6, more than halving her risk of developing diabetes! Another trimmed 6 inches from her waistline, while a third person dropped her fasting blood sugar by 22 percent over 6 weeks!

No Menu Planning Required

The beauty of this method: You don't have to plan anything. Erin has done all the work for you. She's even assembled shopping lists for you. If you simply incorporate the choices in the order she suggests, there's no thinking required.

That said, you have some wiggle room. These meal plans are meant as a guideline, not gospel. If you're allergic to a specific ingredient, or you just plain don't like the taste of something, then you can easily switch that dish for another meal—feel free to pick and choose from other meal options in the menu. The only caveat is that you must pick an equivalent: For example, you can swap a Power Burn breakfast for another Power Burn breakfast, or a Nourishment dinner for another Nourishment dinner. You can even swap a Nourishment lunch for a Nourishment dinner and vice versa. Just don't do the same on Power Burn Days, as Power Burn lunches and dinners contain differing numbers of calories.

As far as shuffling the meals within the days themselves, though, go nuts! If on Day 1 you wanted to have your wrap first thing in the morning, the Summer Garden Soup (page 11) for lunch, and Banana Toast (page 10) for dinner, that would be fine.

Also, you can swap whole days. So if you don't want to do your Power Burn Day on Day 3, as written, you can simply eat Day 4's meals on Day 3 and Day 3's meals on Day 4.

Your Prep Work

For most people, the hardest part of a diet is the beginning—and especially the very first week. That's when everything feels new and perhaps a bit foreign. During this week you might be cooking recipes you've never before tried and even shopping for ingredients you've never before purchased.

It will all go more smoothly, however, if you do a little prep work. For optimal success, do the following before you dig in.

- ▶ Take a look at the menu options and the accompanying recipes. Decide whether you will need some swaps or follow the plan as is. Make any necessary adjustments to the Week 1 shopping list.
- ▶ Using the shopping list as a guide, check your kitchen cabinets. Note what you have on hand and what you do not. Head to the grocery store and stock up.
- ▶ Unless otherwise noted, you should eat 1 serving of a recipe per meal. Note that we want you to use 2% milk and low-fat yogurt. In general, this should be plain yogurt but flavored yogurts are okay if artificially sweetened. Added sugar in yogurt is a no-no.

Your Week 1 Shopping List

Use this checklist to see what you already have on hand as well as what you must purchase so you're prepared for the week.

Week 1 Essentials

Produce

Apple, 1 medium	Celery, fresh, 2 stalks	Leeks, 2	Salad in a bag or fresh lettuce
Arugula, 1 ½ cups	Collard greens, fresh or frozen, ½ cup	Lemon, 1	Spinach, fresh, 4 cups
Asparagus spears, 1 ½ pounds	Cucumber, 1	Mint, fresh, ⅔ cup	Spinach, frozen, chopped, 2 packages (10 ounces each)
Bananas, 2	Dates, 6	Mushrooms, 2 cups	Sweet potatoes, 2
Basil leaves, fresh	Flat-leaf parsley, 1 cup	Olives, pitted ripe, 10 medium	Thyme leaves, fresh, ¼ cup
Bell peppers, green, 2 medium	Garlic, 11 cloves	Onions, 10 medium	Tomatoes, 4 fresh
Bell peppers, red, 3 medium	Ginger, fresh, 1 piece	Orange, 1 medium	Tomatoes, plum, 6
Blackberries, fresh or frozen, 2 cups	Grapes, purple or green, 1 cup	Peach, 1 medium	Yellow summer squash, 1 medium
Blueberries, 2 cups	Green beans, fresh or frozen, ¼ pound	Radishes, 4	Zucchini, 1 medium
Broccoli, fresh or frozen, 1 cup	Green peas, fresh or frozen, 1 ¾ cups	Raisins, 5 tablespoons	
Carrots, raw, 2 pounds	Hot peppers, 4	Red onions, 3 medium	
		Red potatoes, 1 pound	
		Russet potatoes, 2 medium	

Miscellaneous Packaged Foods

Almond butter, natural	Dark chocolate, 70% cacao or higher, 1 ounce	popchips, baked, 1-ounce bag	Tomatoes, diced, 2 cans (14 ½ ounces each)
Applesauce, unsweetened, ½ cup	Hummus, 1 small container	Tomato paste, 1 can (4 ounces)	Walnuts, raw or dry roasted, ½ cup
Beef bouillon cube, 1	Lemon juice	Tomato sauce or pizza sauce, 1 cup	Wooden skewers, 3
Broth, chicken or vegetable, 28 ounces	Peanut butter, natural	Tomatoes, crushed, 1 can (28 ounces)	
Cereal, 100% whole grain	Peanuts, raw or dry roasted, ¼ cup		

Grains

Bulgur, 2 cups	Flour, all-purpose, ½ cup	Pasta, 100% whole grain, 2 ounces	Wild rice
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Condiments

Artificial sweetener, if desired	Hot red-pepper sauce, 1 tablespoon	Roasted red pepper	Worcestershire sauce
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Spices

Bay leaf, 1	Fennel seeds, crushed (can substitute dried oregano instead)	Onion powder	Thyme, dried, ½ teaspoon
Cinnamon		Oregano	Vanilla extract, 1 tablespoon
Curry powder		Paprika	
Dill, 1 tablespoon	Garlic powder	Rosemary, fresh or dried	White pepper
	Garlic salt	Salt, iodized	

Meat and Fish

Beef, ground, 93% lean, 1 pound	Cod, scrod, halibut, or other thick, firm-fleshed white fish steaks, 1 pound	Flounder, fresh, 5 ounces	Turkey breast meat, ground, 13 ounces
Canadian bacon, 1 ounce		Pork tenderloin, 5 ounces	Turkey breast, low-sodium deli meat, sliced, 5 ounces
Chicken breasts, skinless, 3 pounds	Flank steak, 5 ounces	Shrimp, fresh or frozen uncooked, peeled and deveined, 2 pounds	

Eggs and Dairy

Egg whites, liquid	Margarine spread, trans fat free	Mozzarella cheese, reduced fat, shredded, about 1 ½ cups	Yogurt, plain 2%, 10 cups
Eggs	Milk, 2%, 8 cups		
Gruyère or Jarlsberg cheese, shredded, about 2 tablespoons	Parmesan cheese, low fat, grated	Ricotta cheese, part skim, ½ cup	

Bread

Arnold's Sandwich Thins	Bread crumbs, fresh, ½ cup	Breadstick, whole grain, 1	Tortillas, 100% whole grain (6" diameter), 2
	Bread, 100% whole grain	Pitas, 100% whole grain (4" diameter), 5	

Oils

Canola oil	Olive oil	Vegetable oil (can replace with canola oil)	Vinaigrette salad dressing, 5 grams or less of sugar per serving
Nonstick cooking spray			

Frozen Foods

Waffles, frozen, 100% whole grain, 2

One Week to a Slimmer, Healthier You

When preparing meals, it's important to stick to the measurements and serving sizes we've given you, especially on Power Burn Days, so you don't undermine the progress you're making. That being said, don't go crazy measuring everything exactly; a fraction of a teaspoon here or an extra calorie there is not going to make that big of a difference in the long run. Note that some of our recipes yield multiple servings, so save some for another day! (Recipes appear after this menu, in the order they appear in the menus.) In a few cases, your meal option gives you 2 servings (or sometimes ½ a serving) of a recipe, so read carefully when planning your meals. Remember that you can move your Power Burn Days around to wherever suits you during the week.

Week 1

	BREAKFAST	LUNCH	DINNER	SNACK
Day 1	Banana Toast (page 10) , 1 c low-fat yogurt	Wrap made with one 12" whole-grain tortilla, rolled with 5 oz deli turkey breast, ½ c sliced raw hot peppers, ¼ c sliced onion, ¼ c diced tomato, and 2 Tbsp hummus, served with 1 c garden salad and 1 Tbsp dressing on the side	1 serving Summer Garden Soup (page 11) , served with 5 oz broiled pork tenderloin, 3 oz sweet potato topped with 1 tsp trans-fat-free spread, and ½ c prepared collard greens sautéed in 1 tsp olive oil	Sliced apple topped with cinnamon, 1 c 2% milk
	BREAKFAST	LUNCH	DINNER	SNACK
Day 2	Yogurt parfait made with 1 c low-fat yogurt, layered with ½ c whole-grain cereal and 1 c blackberries, topped with 1 Tbsp chopped walnuts	5 oz turkey breast grilled and served on 1 Arnold's Sandwich Thin and 1 serving Baked Sweet Potato "Fries" (page 12) with 2 c salad greens and 1 Tbsp vinaigrette dressing	2 servings Tabbouleh (page 13) served with 5 oz broiled flounder	Black Cherry Smoothie (page 14)

	BREAKFAST	LUNCH	DINNER	SNACK	
Day 3 Power Burn Day	Omelet made with 2 egg whites and ½ c onions and peppers cooked in nonfat cooking spray, 1 c low-fat yogurt	1 serving Carrot Soup with Dill (page 15) , served with 1 c fresh blueberries	½ serving Spinach-Stuffed Meat Loaf (page 16) , served with ½ c steamed broccoli, 1 c 2% milk	1 c purple or green grapes	
	BREAKFAST	LUNCH	DINNER	SNACK	TREAT
Day 4	1 whole-grain waffle topped with 1 c berries and 1 c low-fat yogurt topped with 1 Tbsp chopped walnuts	6" pita stuffed with 4 oz grilled chicken breast, 2 Tbsp hummus, and ½ c roasted red peppers, served with Baked Tomato (page 17)	1 serving Baked Cod Casserole with Potatoes, Tomatoes, and Arugula (page 18) , with 1 serving Tex-Mex Red Beans (page 19)	1 c low-fat yogurt topped with 3 dates and 1 tsp ground cinnamon	1 oz baked popchips
	BREAKFAST	LUNCH	DINNER	SNACK	
Day 5 Power Burn Day	1 oz Canadian bacon, ½ c frozen spinach, cooked, 1 c 2% milk	Bouillon Vegetable Soup (page 20) , ½ banana topped with 2 tsp peanut butter	Grilled Chicken Kabobs (page 21) , ½ c zucchini cooked with cooking spray over ¼ c whole-grain pasta, 1 c 2% milk	1 medium orange	
	BREAKFAST	LUNCH	DINNER	SNACK	TREAT
Day 6	½ c whole-grain cereal with ½ c 2% milk and ½ c low-fat yogurt layered with 3 dates and 1 Tbsp chopped peanuts	2 servings Pita Pizza (page 22) , and 1 c garden salad topped with 4 oz grilled, sliced chicken breast and 2 Tbsp vinaigrette, 1 small breadstick	1 serving Curried Chicken Dinner (page 23) , served with 1 serving Bulgur with Spring Vegetables (page 24)	Yogurt Fruit Dip (page 25) , 1 peach cut into slices and dipped	1 oz dark chocolate
	BREAKFAST	LUNCH	DINNER	SNACK	
Day 7	Peanut Butter Tortilla (page 26) , 1 c low-fat yogurt	¾ c Zippy Shrimp (page 27) , served over 2 c fresh spinach leaves topped with 2 Tbsp vinaigrette and 1 c prepared wild rice	5 oz flank steak, broiled, topped with 1 c mushrooms/onions sautéed in 1 tsp olive oil, and 3 oz sweet potato with 1 tsp trans-fat-free spread	Apple-Cinnamon Smoothie (page 28)	

Banana Toast

Elvis was on to something with his fried peanut butter and banana sandwich. This version is just as good, but without all the disease-promoting fat.

Makes 1 serving

- 1 slice whole-grain bread
- 2 teaspoons natural almond butter
- ½ banana, thinly sliced

Toast the bread. Spread the almond butter over the warm bread and top with the sliced banana. Serve warm.

PER SERVING Nutrition info: 181 calories, 5 g protein, 27 g carbohydrate, 8 g total fat, 1 g saturated fat, 0 mg cholesterol, 4 g fiber, 134 mg sodium

2 Day Diabetes Diet exchanges: 1 fruit, 1 starch, 1 fat

Summer Garden Soup

As its name implies, this incredibly filling soup makes great use of summer vegetables that are easy to grow in a home garden.

Makes 6 servings

- 2 teaspoons olive oil
- 1 medium onion, finely chopped
- 1 large stalk celery, finely chopped
- 2 teaspoons peeled, finely chopped fresh ginger
- ¼ pound green beans, cut into 1 ½" pieces
- 2 medium potatoes, unpeeled and cut into ½" cubes
- 1 large carrot, peeled and cut into ½" cubes
- 1 medium yellow summer squash, quartered lengthwise, seeded, and cut into ½" cubes
- 8 cups water
- 1 bay leaf
- ¾ teaspoon salt
- ¾ cup fresh or frozen green peas
- 2 plum tomatoes, seeded and coarsely chopped
- 2 tablespoons finely chopped fresh basil leaves
- 1 ½ teaspoons finely chopped fresh thyme leaves

1. In a large pot over medium heat, heat the oil. Sauté the onion, celery, and ginger for about 10 minutes, or until very tender. Add the green beans, potatoes, carrot, squash, water, bay leaf, and salt. Simmer, covered, for 20 minutes.
2. Uncover the soup. Simmer for 15 minutes longer. During the last 5 minutes, add the peas, tomatoes, basil, and thyme. Remove the bay leaf before serving.

PER SERVING Nutrition info: 88 calories, 3 g protein, 17 g carbohydrate, 2 g total fat, 0 g saturated fat, 0 mg cholesterol, 4 g fiber, 307 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, 1 starch

Baked Sweet Potato “Fries”

Many people buy frozen, premade fries (and Ian’s and Alexa varieties are perfectly acceptable options for this plan). Still, these delights are actually very easy to make at home. And unlike the fried version, they are light on calories but still high on satisfaction.

Makes 4 servings

- 1 pound sweet potatoes, peeled and cut into ½”-thick “fries”
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

1. Preheat the oven to 425°F. Lightly coat a baking sheet with cooking spray.
2. In a large bowl, combine the sweet potatoes, oil, salt, and pepper. Toss to coat. Spread the fries in a single layer on the baking sheet.
3. Bake for 10 minutes. Turn the fries over. Continue baking until they are tender and lightly browned, about 10 minutes longer.

PER SERVING Nutrition info: 102 calories, 2 g protein, 17 g carbohydrate, 4 g total fat, 0 g saturated fat, 0 mg cholesterol, 3g fiber, 152 mg sodium

2 Day Diabetes Diet exchanges: 1 starch, 1 fat

Tabbouleh

This colorful and healthful Middle Eastern dish can be refrigerated for up to 4 days. If you use radishes, add them just before serving.

Makes 4 servings

- 1 cup boiling water
- $\frac{3}{4}$ cup bulgur
- 1 medium red onion, chopped (1 cup)
- 1 medium tomato, coarsely chopped, with juice (1 cup)
- $\frac{1}{2}$ cucumber, seeded and coarsely chopped ($\frac{1}{2}$ cup)
- 4 large radishes, slivered (optional)
- 1 cup coarsely chopped flat-leaf parsley
- 2 tablespoons minced fresh mint or 2 teaspoons mint flakes, crumbled
- 1 tablespoon olive oil or canola oil
- 1 teaspoon lemon zest
- 4 tablespoons lemon juice
- $\frac{3}{4}$ teaspoon salt
- 8 to 10 drops hot red-pepper sauce

1. In a large heatproof serving bowl, pour 1 cup of boiling water over the bulgur and let stand for 20 minutes or until the water is absorbed. Meanwhile, in a small bowl, pour just enough boiling water over the onion to cover and let stand for 10 minutes. Drain.
2. Add the onion, tomato, cucumber, radishes (if using), parsley, mint, oil, lemon zest, lemon juice, salt, and red-pepper sauce to the bulgur. Toss until well combined. Refrigerate, covered, for 6 hours or until chilled. Serve cold or at room temperature.

PER SERVING Nutrition info: 153 calories, 5 g protein, 28 g carbohydrate, 4 g total fat, 1 g saturated fat, 0 mg cholesterol, 8 g fiber, 418 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, 1 starch, 1 fat

Black Cherry Smoothie

Both blackberries and cherries are rich in plant nutrients that help to repair your cells. Cherries, in particular, contain many powerful compounds that are thought to fend off cancer, arthritis, and premature aging. They might even reduce the incidence of migraines.

Makes 1 serving

- 1 cup 2% plain yogurt (regular or Greek)
- ½ cup blackberries, fresh or frozen
- 5 cherries
- ½ cup ice

In a blender, combine the yogurt, blackberries, cherries, and ice. Blend on high for 1 minute or until the desired consistency is reached. Serve cold.

PER SERVING Nutrition info: 264 calories, 14 g protein, 45 g carbohydrate, 5 g total fat, 2 g saturated fat, 14 mg cholesterol, 8 g fiber, 161 mg sodium

2 Day Diabetes Diet exchanges: 1 fruit, 1 dairy

Carrot Soup with Dill

You can consume this sweet and savory soup either hot or chilled, making it a versatile option for any season.

Makes 4 servings

- 1 tablespoon vegetable oil
- 1 onion, coarsely chopped
- 1 clove garlic, minced
- 2 cans (14 ½ ounces each) reduced-sodium, fat-free chicken broth
- 1¼ pounds carrots, peeled and coarsely chopped (4 cups)
- ½ teaspoon dried thyme, crumbled
- ¼ teaspoon salt
- ¼ teaspoon white pepper
- ¼ cup low-fat plain yogurt
- 1 tablespoon finely chopped dill

1. In a medium saucepan over medium heat, heat the oil. Add the onion and garlic. Sauté 5 minutes, or until softened. Add the broth, carrots, and thyme. Simmer, uncovered, until the vegetables are very tender, about 40 minutes.
2. In batches, puree the soup in a blender. Add the salt and pepper. To serve hot, ladle into bowls and garnish each bowl with the yogurt and dill. To serve cold, remove from the heat and let cool to room temperature. Cover and refrigerate until cold. Garnish just before serving.

PER SERVING Nutrition info: 135 calories, 6 g protein, 20 g carbohydrate, 4 g total fat, 0 g saturated fat, 1 mg cholesterol, 5 g fiber, 773 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, 1 fat, 8 oz bouillon

Spinach-Stuffed Meat Loaf

Spinach is not only a great diabetes superfood, it's also a low-calorie extender that can siphon calories out of many fattening dishes, including meat loaf. Along with lean ground turkey, it makes this meat-and-potatoes dish a slimming star.

Makes 6 servings

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| 1 pound lean ground beef | 1. In a bowl, mix the beef, turkey, onion, bread crumbs, garlic salt, and tomato paste. In another bowl, mix the egg white, ricotta, spinach, salt, and pepper. |
| 8 ounces lean ground turkey | |
| 1 small onion, finely chopped | 2. Preheat the oven to 350°F. Turn out the beef mixture onto a large sheet of wax paper, and form it into a 9" x 10" rectangle with your hands. |
| ½ cup fresh bread crumbs | 3. Spoon the spinach stuffing lengthwise down the center of the meat, leaving about 1" of it uncovered at each short end. |
| ⅛ teaspoon garlic salt | 4. With the help of the wax paper, lift the long edges of the meat. Fold the meat over the stuffing to enclose it. |
| 1 tablespoon tomato paste | 5. Using your fingers, pinch the edges of the meat together. Place the loaf seam side down in a nonstick roasting pan. Add the onions, carrots, and tomatoes to the pan. |
| 1 egg white | 6. Bake for about 1 ½ hours, or until the meat and vegetables are cooked through. Transfer the meat to a platter. Purée the vegetables in a blender and serve the vegetable sauce with the meat loaf. |
| ½ cup part-skim ricotta cheese | |
| 1 package (10 ounces) frozen chopped spinach, thawed and drained | |
| ⅛ teaspoon salt | |
| ⅛ teaspoon ground black pepper | |
| 2 large onions, thinly sliced | |
| 2 carrots, coarsely chopped | |
| 1 can (28 ounces) crushed tomatoes | |

PER SERVING Nutrition info: 294 calories, 32 g protein, 28 g carbohydrate, 6 g total fat, 2 g saturated fat, 71 mg cholesterol, 2 g fiber, 405 mg sodium

2 Day Diabetes Diet exchanges: 2 vegetable, ½ starch, 5 oz protein

Baked Tomato

At only 76 calories per serving, this simple recipe is a great option for Power Burn Days. On Nourishment Days, you can top the tomatoes with part-skim mozzarella cheese for an extra serving of protein!

Makes 1 serving

- 1 medium tomato, sliced horizontally in half
 - 2 tablespoons grated low-fat Parmesan cheese
 - 1 teaspoon dried oregano
- Salt to taste
- Ground black pepper to taste

Preheat the oven to 450°F. Place the tomato halves cut side up on a baking sheet and spray the cut sides with cooking spray. Top the tomatoes with the Parmesan cheese, oregano, and salt and pepper to taste. Bake for 15 minutes.

PER SERVING Nutrition info: 76 calories, 6 g protein, 7 g carbohydrate, 3 g total fat, 2 g saturated fat, 8 mg cholesterol, 2 g fiber, 435 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, 1 oz protein

Baked Cod Casserole with Potatoes, Tomatoes, and Arugula

This combination of lean cod with nutrient-dense veggies allows you to consume a huge portion of food for only a minimal number of calories.

Makes 4 servings

- 1 pound red potatoes, unpeeled and cut into ½"-thick slices
- 1 onion, thinly sliced
- 1 tablespoon olive oil
- ½ teaspoon salt, divided
- 4 plum tomatoes, seeded and coarsely chopped
- 3 cloves garlic, minced
- ½ teaspoon dried oregano, crumbled
- 1½ cups arugula
- 1 pound cod, scrod, halibut, or other thick, firm-fleshed white fish steaks, cut into 2" chunks

1. Preheat the oven to 350°F. In a 13" x 9" baking dish, combine the potatoes, onion, oil, and ¼ teaspoon of the salt.
2. Bake for 20 minutes, stirring the mixture once.
3. Stir the tomatoes, garlic, and oregano into the potato mixture. Spread the arugula on top in an even layer. Top with the cod. Sprinkle with the remaining ¼ teaspoon salt.
4. Bake, covered with aluminum foil, just until the fish is cooked through, 15 to 18 minutes. Transfer the fish and vegetable mixture to serving plates. Spoon the pan juices over each serving.

PER SERVING Nutrition info: 213 calories, 22 g protein, 21 g carbohydrate, 5 g total fat, 1 g saturated fat, 43 mg cholesterol, 4 g fiber, 363 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, 1 starch, 3 oz protein, 1 fat

Tex-Mex Red Beans

Beans make for an incredibly filling side dish or meal unto themselves. To turn this recipe into a Nourishment Day meal, use the beans as a filling for whole-grain enchiladas. Or create a taco salad.

Makes 6 servings

- 1 cup dried red kidney beans
 - 2 quarts water
 - 2 tablespoons olive oil or canola oil
 - 2 onions, coarsely chopped
 - 2 cloves garlic, finely chopped
 - 2 red or green bell peppers, chopped
 - 1 can (14 ounces) crushed tomatoes
 - 1 bay leaf
 - ¼ teaspoon dried thyme
 - ⅛ teaspoon ground cumin
 - ⅛ teaspoon salt
 - ⅛ teaspoon ground black pepper
 - 1 cup vegetable stock
1. Place the beans in a medium bowl. Add enough cold water to cover and let stand for 8 hours. Drain. In a large pot, boil the beans in the 2 quarts water for 10 minutes, then turn down the heat and simmer for 45 minutes. Drain.
 2. In a Dutch oven, heat the oil. Sauté the onions and garlic, stirring, for 5 minutes. Add the bell peppers and sauté for 5 minutes longer.
 3. Add the tomatoes, bay leaf, thyme, cumin, salt, and black pepper, stir, and bring to a boil. Stir in the beans and stock. Simmer, partially covered, for 20 minutes. Discard the bay leaf before serving.

PER SERVING Nutrition info: 201 calories, 10 g protein, 32 g carbohydrate, 5 g total fat, 1 g saturated fat, 9 mg cholesterol, 10 g fiber, 131 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, 1 starch, 1 oz protein, 1 fat

Bouillon Vegetable Soup

Make plenty of this hunger stopper ahead of time so you have it on hand during Power Burn Days. It's so satisfying that you'll have a hard time believing it contains only 80 calories per serving.

Makes 1 serving

- ¼ cup chopped onion
- ¼ cup chopped celery
- ¼ cup grated carrots
- ¼ cup diced tomatoes
- 1 tablespoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground black pepper
- 1 beef bouillon cube
- 1 cup hot water

1. In a Dutch oven sprayed with nonstick cooking spray over medium heat, cook the onions, celery, and carrots for 5 minutes, or until tender.
2. Add the tomatoes, garlic powder, onion powder, and pepper and cook for 2 minutes longer.
3. In a small bowl or cup, add the bouillon cube to the water. Once it has dissolved, add it to the vegetables. Allow the soup to simmer over medium heat for 10 minutes. Serve warm.

PER SERVING Nutrition info: 80 calories, 3 g protein, 18 g carbohydrate, 0.5 g total fat, 0 g saturated fat, 0 mg cholesterol, 3 g fiber, 74 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, 8 oz bouillon

Grilled Chicken Kabobs

This simple summer favorite combines ultra-lean protein with the wholesome bounty of several different types of veggies.

Makes 3 servings (2 skewers per serving)

½ pound boneless, skinless chicken breast, cubed

1 cup chopped bell peppers (1" pieces)

½ cup chopped tomato (1" pieces)

1 cup mushrooms, cut in half

½ cup sliced red onion (1" pieces)

Salt

Ground black pepper

Soak the wooden skewers in water before using. Spray the grill with cooking spray and bring it to medium heat. Thread the chicken, bell peppers, tomato, mushrooms, and onion onto the skewers. Add salt and pepper to taste. Grill for 3 to 4 minutes on each side, or until the chicken is cooked through and reaches an internal temperature of 165°F.

PER SERVING Nutrition info: 121 calories, 19 g protein, 8 g carbohydrate, 1 g total fat, 0 g saturated fat, 44 mg cholesterol, 2 g fiber, 293 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, 2 oz protein

Pita Pizza

Regular pizza dough is loaded with carbs and calories, but this version uses naturally low-carb and low-calorie pita. The end result: satisfaction without the blood-sugar-raising carbs.

Makes 4 servings

- ½ cup thinly sliced roasted red bell peppers
- ¼ teaspoon crushed fennel seeds or dried oregano, crumbled
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¼ cup (1 ounce) shredded reduced-fat mozzarella cheese
- 2 tablespoons (½ ounce) shredded Gruyère or Jarlsberg cheese
- 2 whole-wheat pitas (4" diameter)
- 8 teaspoons bottled tomato sauce or pizza sauce
- ½ small red onion, thinly sliced

1. Preheat the broiler.
2. In a small bowl, combine the red peppers, fennel or oregano, salt, and pepper. In a second bowl, combine the mozzarella and Gruyère or Jarlsberg.
3. Separate each pita into 2 flat rounds. Place the rounds, rough side up, on a baking sheet. Broil 4" from the heat until golden brown around the edges, about 1 minute. Remove from the broiler.
4. Spread 2 teaspoons sauce over each pita, covering to the edges. Spoon 2 tablespoons red pepper mixture over each pita. Sprinkle with cheese, dividing equally among the pitas, then add the onion in rings.
5. Broil until the cheese is melted and the pizzas are hot, about 2 minutes.

PER SERVING Nutrition Info: 137 calories, 7 g protein, 23 g carbohydrate, 3 g total fat, 2 g saturated fat, 7 mg cholesterol, 3 g fiber, 475 mg sodium

2 Day Diabetes Diet exchanges: ½ vegetable, ½ starch, ½ oz protein

Curried Chicken Dinner

Curry power is more than a great way to flavor up a dish. Turmeric, one of the spices included in most curry blends, may improve digestion, cool inflammation, ease the pain of arthritis, prevent cancer, and even fend off the germs that make us sick.

Makes 8 servings

- 8 boneless, skinless chicken breast halves (2 pounds)
- ½ cup all-purpose flour
- 2 tablespoons vegetable oil
- 2 medium onions, chopped
- 2 medium green bell peppers, chopped
- 1 clove garlic, minced
- 2 teaspoons curry powder
- ½ teaspoon white pepper
- 2 cans (14 ½ ounces each) diced tomatoes, undrained
- 1 teaspoon chopped fresh parsley
- ½ teaspoon dried thyme
- 1 cup water
- 3 tablespoons raisins
- Hot cooked rice (optional)

1. Preheat the oven to 375°F. Dust the chicken with the flour. In an ovenproof Dutch oven over medium heat, brown the chicken in the oil. Remove the chicken and set aside.
2. Add the onions, bell peppers, and garlic to the drippings and sauté until tender, 3 to 4 minutes. Add the curry and white pepper and mix well. Return the chicken to the Dutch oven. Add the tomatoes, parsley, thyme, and water.
3. Cover and bake for 45 to 50 minutes, or until the chicken is tender and the juices run clear. Stir in the raisins. Serve over rice, if desired.

PER SERVING Nutrition info: 230 calories, 25 g protein, 17 g carbohydrate, 6 g total fat, 1 g saturated fat, 63 mg cholesterol, 2 g fiber, 233 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, ½ starch, 3 ½ oz protein, 1 fat

Bulgur with Spring Vegetables

Made from wheat berries, this side takes only 20 to 30 minutes to cook—much less time than other whole grains such as brown rice. It's also loaded with fiber and digests slowly, providing a slow, even rise in blood sugar levels.

Makes 6 servings

- 1¼ cups bulgur
- 3½ cups boiling water
- 2 tablespoons olive oil, divided
- 3 tablespoons freshly squeezed lemon juice
- ⅛ teaspoon salt
- ½ teaspoon ground black pepper
- 2 leeks, halved lengthwise and cut crosswise into 1" pieces
- 2 cloves garlic, minced
- 12 asparagus spears, cut into 2" lengths
- 1 cup frozen peas
- ¼ cup chopped fresh mint

1. In a large heatproof bowl, combine the bulgur and boiling water. Let stand until the bulgur is tender, about 30 minutes, stirring after 15 minutes. Drain the bulgur in a large fine-meshed sieve to get rid of any remaining liquid.

2. In a large bowl, whisk together 1 tablespoon of the oil and the lemon juice, salt, and pepper. Add the drained bulgur and fluff with a fork.

3. In a medium skillet over low heat, heat the remaining 1 tablespoon oil. Add the leeks and garlic to the skillet and cook until the leeks are tender, about 5 minutes. Transfer to the bowl with the bulgur.

4. In a steamer set over boiling water, steam the asparagus until tender, about 4 minutes. Add the peas during the final 30 seconds of steaming. Add the vegetables to the bowl of bulgur, along with the mint, and toss to combine. Serve at room temperature or chilled.

PER SERVING Nutrition info: 188 calories, 6 g protein, 32 g carbohydrate, 5 g total fat, 0.5 g saturated fat, 0 mg cholesterol, 8 g fiber, 330 mg sodium

2 Day Diabetes Diet exchanges: 1 vegetable, 1 starch, 1 fat

Yogurt Fruit Dip

This recipe makes a great dip for sliced fruit. It's a sweet treat that works as a side dish as well as a snack.

Makes 1 serving

- 1 tablespoon vanilla extract
- 1 tablespoon ground cinnamon
- 1 packet artificial sweetener (optional)
- 1 cup 2% plain Greek yogurt

Blend the vanilla, cinnamon, and sweetener (if desired) into the yogurt. Serve chilled.

PER SERVING Nutrition info: 199 calories, 12 g protein, 24 g carbohydrate, 4 g total fat, 2 g saturated fat, 14 mg cholesterol, 4 g fiber, 160 mg sodium

2 Day Diabetes Diet exchanges: 1 dairy

Peanut Butter Tortilla

We're convinced that this is the simplest tortilla roll-up you'll ever make, and it's perfect for eating on the go.

Makes 1 serving

- 2 teaspoons natural peanut butter
- 1 whole-grain tortilla (6" diameter)
- 15 raisins

Spread the peanut butter thinly over the tortilla. Sprinkle the raisins evenly over the peanut butter. Roll up the tortilla. Serve at room temperature or microwave on high for 30 seconds and serve warm.

PER SERVING Nutrition info: 232 calories, 6 g protein, 36 g carbohydrate, 8 g total fat, 2 g saturated fat, 0 mg cholesterol, 1 g fiber, 196 mg sodium

2 Day Diabetes Diet exchanges: 1 fruit, 1 starch, 1 fat

Zippy Shrimp

Paprika, one of the spices in this recipe, contains important carotenoids. Other than turning the entire dish a vibrant shade of orange, this nutrient fights inflammation, as do the array of nutrients found in red chiles. When cutting or seeding the chiles, use rubber or plastic gloves to protect your hands. Avoid touching your face.

Makes 8 servings (½ cup each)

- 1¼ cups chicken or vegetable broth
- 10 medium pitted ripe olives, finely chopped
- 1 red chile pepper, finely chopped
- 2 tablespoons lemon juice
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried rosemary, crushed
- 4 cloves garlic, minced
- 2 teaspoons Worcestershire sauce
- 1 teaspoon paprika
- ½ teaspoon salt
- ¼-½ teaspoon ground black pepper
- 2 pounds fresh or frozen uncooked shrimp, peeled and deveined

1. In a large nonstick skillet, combine the broth, olives, chile pepper, lemon juice, rosemary, garlic, Worcestershire sauce, paprika, salt, and black pepper. Bring to a boil and cook until the mixture is reduced by half.
2. Add the shrimp. Simmer, uncovered, for 3 to 4 minutes or until the shrimp turn pink, stirring occasionally.

PER SERVING Nutrition info: 141 calories, 24 g protein, 3 g carbohydrate, 3 g total fat, 0 g saturated fat, 172 mg cholesterol, 0 g fiber, 520 mg sodium

2 Day Diabetes Diet exchanges: 3 ½ oz protein

Apple-Cinnamon Smoothie

Why consume all that sugar at the bottom of a yogurt cup when you can make your own just-as-delicious version with fewer calories?

Makes 1 serving

- 1 cup 2% plain yogurt (regular or Greek)
- ½ cup unsweetened applesauce
- 1 tablespoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ cup ice

In a blender, combine the yogurt, applesauce, vanilla, cinnamon, and ice. Blend on high for 1 minute or until the desired consistency is reached. Serve cold.

PER SERVING Nutrition info: 232 calories, 12 g protein, 32 g carbohydrate, 4 g total fat, 2 g saturated fat, 14 mg cholesterol, 2 g fiber, 162 mg sodium

2 Day Diabetes Diet exchanges: 1 fruit, 1 dairy

Ready for More?

Congrats! You've finished the first week of your healthier, happier life.

If you've already dropped a pound or two on the scale, or lowered your blood sugar by a few points, keep up the good work! If not, don't get discouraged. Instead, examine why that might be. Did you stick to the menus closely? Did you make substitutions? Did you do the Power Burn days?

Be honest but also be kind to yourself. This isn't about feeling guilty. It's about solving problems and overcoming obstacles to your success. Maybe you want to try power burning on different days of the week. Or maybe you want to line up more support from friends and family. It's also quite possible that patience is all you need. Sometimes our bodies just need a period of adjustment before they are ready to drop the pounds. You might be pleasantly surprised next week when you step on the scale!

For more inspiration, tips, tools, and meals to keep up your 2 Day Diabetes Diet, order your copy of the book today at www.2daydiabetesdiet.com or wherever books are sold!