



T.SCHOOL



10-DAY BLOOD SUGAR RESET

Congratulations! You've taken a huge first step in improving every aspect of your health, physical and mental. **This 10-Day program will help you reset your biochemistry to balance your blood sugar, hormones, and metabolism for improved mood, focus, fat-loss, and self-esteem.**

Once you learn how to harness the power of functional nutrition, you'll not only have more choice about how you look and feel, but a new outlook about the impact of the foods you eat.

The first and most important step in this process is addressing the number one cause of metabolic disease: unbalanced blood sugar. During the next 10 days you'll not only reduce the amount of hidden, refined, and processed sugars but examine the impact of "natural" sugars as well.

During the next 10 days you'll discover the capacity of simple food to nourish, restore, and reset your hormones and metabolism. **Most of us are careful about what drugs we put into our bodies but fail to acknowledge that the food we put in our mouths hold just as much power.**

The function of food is to support, nurture and fuel our bodies. Unfortunately, most of the food available to us climate doesn't provide that function. **The food industry doesn't care about our health- it cares about selling us products; products scientifically designed to hijack our brains, hormones, and self-control.** Their goal is to hook us- to have us become addicted to the products they've engineered to do so.

And they're succeeding. Food addiction is why nearly 70% of us are overweight or obese, why diabetes, heart disease, and autoimmune disease are on the rise, and why more than 20 million prescriptions for anti-depressants were written last year. We feel bad and we want to feel better. But taking a pill or eating another Oreo isn't fixing it.

The only real way to reclaim our health and integrity is to back it up to the source: our nutrition. Until we get proactive about our food, we'll stay stuck in reverse.

We feel bad, but we don't have to. We can learn to eat to change everything!



T SCHOOL



10-DAY BLOOD SUGAR RESET

Table of Contents

Biochemistry, Not Destiny

Understanding Blood Sugar Balance	3.
Food and Biochemistry	7.

What to Eat

Foods to Enjoy, Skip and Limit	12.
10-Day Meal Plan	14.
Pantry Prep	16.

Recipes

Breakfast	17.
Lunches & Dinners	23.
Vegetable Sides	32.
Dressings and Sauces	37.
Healthy Treats	42.

Resources

Food Regulators	46.
Glycemic Index and Glycemic Load	51.
Meal Timing	53.
Carb-flu and Metabolic Flexibility	57.
Tips for Staying on Track	59.
Daily Tracker	



T SCHOOL



10-DAY BLOOD SUGAR RESET

Blood Sugar and Biochemistry

Understanding Blood Sugar and Insulin's Role in Your Body

In order to understand how what you eat impacts your risk for diabetes, we need to understand how blood sugar and the hormones insulin and cortisol interact in our body. Let's start with a brief overview of digestion and metabolism—what happens when we eat food.

All foods consist of elements called “macronutrients”—most people are familiar with proteins, fats, and carbohydrates.

- **Proteins** are found in meats, lentils, beans, and other foods that break down into amino acids and are used by your body to help repair and support muscles.
- **Fats** are found in meats, oils, nuts, seeds, and foods like avocados and coconuts. Fats from these foods break down into different structures of fatty acids, each that perform different, extremely important tasks, such as supporting healthy inflammation levels, effective cell-to-cell communication, and cell membrane integrity.
- **Carbohydrates** (carbs) can be found in fruits, vegetables, grains, and sugars and break down into glucose, the term for sugars in your bloodstream.

Most foods are a combination of all three macronutrients, which is a good thing. When you eat a balanced food or meal, such as an avocado, your body digests the food, breaks it into smaller bits of fats (fatty acids), proteins (amino acids), and sugars (glucose, fructose, galactose, etc.).

These smaller components are used to create the fuel you need to perform activities, concentrate on tasks, remember important details, and maintain cellular communication—basically everything you need to do to function.

But what happens when your macronutrients are not in balance? When you eat too many carbohydrate-rich foods? When you eat foods that are very carb-rich, such as a piece of cake, your body digests the food and breaks it into smaller bits of sugars (glucose) that are shunted to your bloodstream.



T.SCHOOL

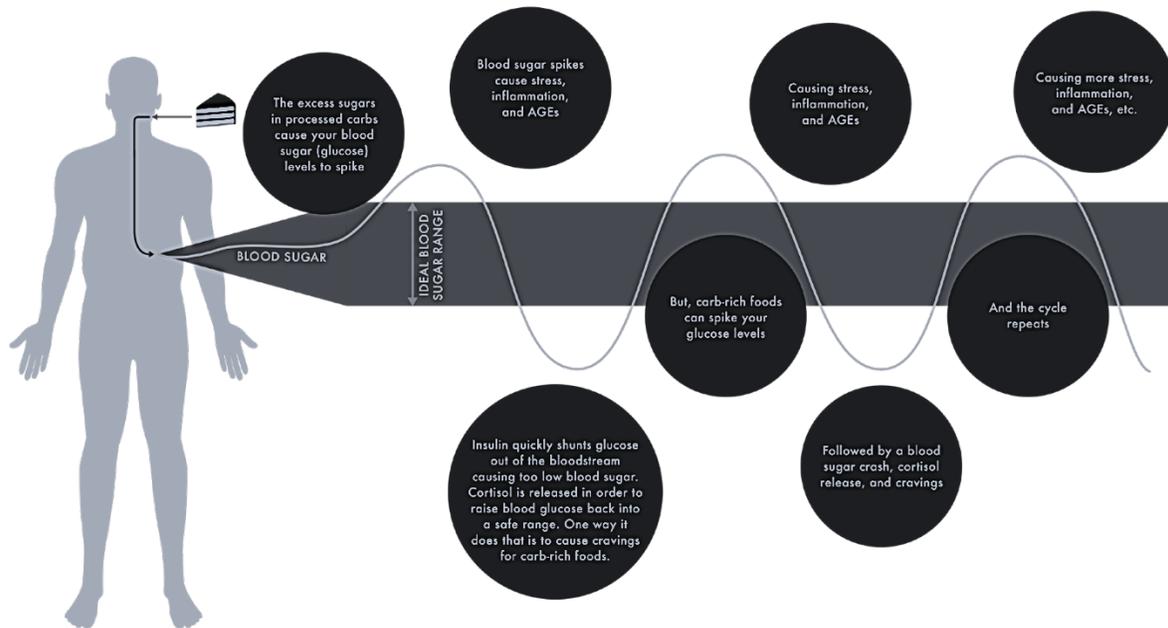
10-DAY BLOOD SUGAR RESET



This big dose of sugar causes insulin to be secreted from your pancreas to help take up the glucose to be used as fuel. If there is excess glucose, it will be stored as fat. Carb-rich foods can cause your blood sugar levels to spike because your body digests carbs very quickly, sending a huge wave of glucose into your bloodstream.

Your body tries to maintain strict levels of blood sugar because without some glucose, some cells will die, and with too much, cells can be damaged and no longer functional.

BLOOD SUGAR RESPONSE



SOURCE: Longevity Roadmap, Dr. Mark Hyman

Too low or too high of blood sugar is extremely stressful to our bodies, so it's imperative to our health that our blood sugar stays within range.



T.SCHOOL

10-DAY BLOOD SUGAR RESET



Insulin Resistance

If this high carb cycle continues over time, your cells begin to become less sensitive to insulin signaling.

Remember insulin's job is to put glucose into the cell for fuel or store excess sugar as fat. Increased circulating blood sugar and a non-responding insulin-signaling pathways cause your pancreas to produce even more insulin—we call this insulin resistance.

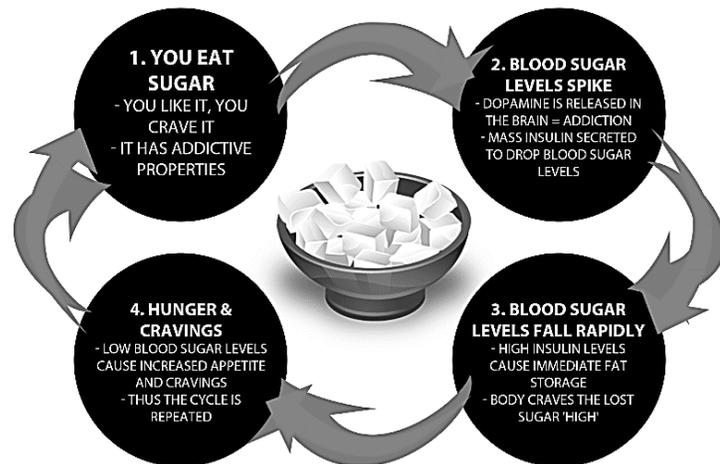
Insulin resistance can lead to prediabetes, sugar-addiction, and dangerously high blood sugar and insulin levels.

What can we do to decrease our risk for diabetes, sugar addiction and insulin resistance? Balance our blood sugar with the foods we eat.

Think about what you eat for breakfast and how long the food you've eaten can sustain your energy and keep you engaged. Consider whether it will start you out calm or stressed and how it will fuel you. A breakfast of scrambled eggs with tomato and avocado is going to stabilize blood sugar and fuel you much longer than a large coffee and a pastry.

This is called the Slow Train. If you put a slow train on a track, it's going to slowly get to its destination. If you put a fast train on the track, it's going to go so quickly it's going to derail. If you put a fast train behind a slow train, it can't go any faster than the slow train in front of it.

SUGAR ADDICTION: THE PERPETUAL CYCLE





TSCHOOL

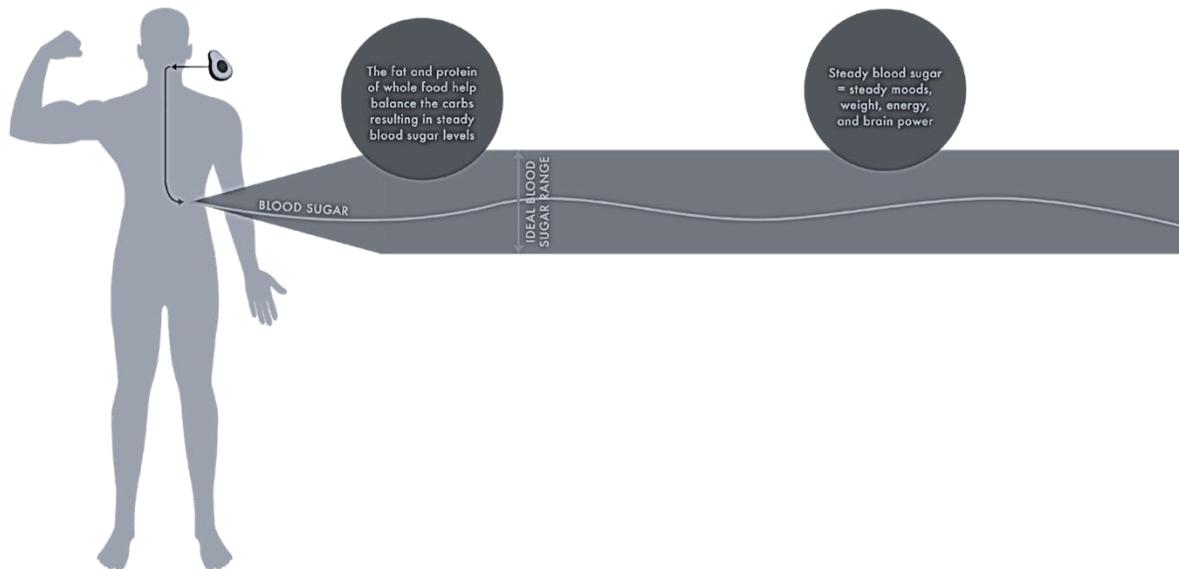
10-DAY BLOOD SUGAR RESET



So, you want to think about this in relationship to everything you eat. You always want to be on the slow train. That means the slow delivery of any carbohydrates that you are eating.

The easiest way to do this is to make sure you have fat, fiber, and protein at each meal.

BLOOD SUGAR RESPONSE



SOURCE: Longevity Roadmap, Dr. Mark Hyman

Your Meal Mantra: Fiber, Fat, and Protein

This is the magical trifecta to help you feel full and satisfied and to stabilize blood sugar levels. Eating protein, fat and fiber at each meal causes insulin to rise much less than eating a carb-rich meal. Your 10-Day meal plan balances these macronutrients at each meal to help keep your blood sugar and hormones in balance.



T.SCHOOL

10-DAY BLOOD SUGAR RESET



While eating whole grain carbs is better than eating refined carbs (white bread, white rice, and sugar), they all cause greater insulin release and more fat storage. That's why we're avoiding grains for the next 10 days. This will give your body a clearer path to blood sugar stability.

We'll be choosing lean proteins, whole grains, produce, and legumes for fiber and avocado, nuts, seeds, and olive oil for healthy fats.

Your Mom was right: Eat your veggies.

Eating veggies is one of the best ways to lose weight because they're low in calories and carbs and full of hunger-satiating fiber.

The easiest way to eat more veggies is to include them in every meal and snack — even breakfast. Throw spinach in your scrambled eggs, snack on carrot chips, have a big salad for lunch, and make zoodles and meat sauce for dinner. Your 10-day program features a variety of colorful vegetables and root vegetables to enjoy.

The Power of Fiber: Eat 30 grams per day.

One key to balancing blood sugar is eating foods that keep you full, avoiding hunger pangs that tempt you to eat high-calorie foods.

Aim for each meal to offer eight to 10 grams of fiber so you get 25 to 30 grams per day. If you have to snack, add fiber here, too — an apple pear offers 4.5 grams and an avocado 6.7 grams!

Fat Protein Fiber





T SCHOOL

10-DAY BLOOD SUGAR RESET



Dietary fiber offers the following benefits:

- **Reduces cholesterol.** Fiber's presence in the digestive tract can help reduce the body's cholesterol absorption. Cholesterol is a substance made in the liver that's vital to human life. cholesterol serves three main purposes: 1. It aids in the production of sex hormones. 2. It's a building block for human tissues, and 3. It assists in bile production in the liver. If cholesterol levels are too high, fiber is an effective and natural way to reduce it.
- **Fiber promotes a healthy weight.** High fiber foods like fruits and vegetables tend to be lower in calories. Also, fiber's presence can slow digestion in the stomach to help you feel fuller for longer.
- **Fiber adds bulk to the digestive tract.** Those who struggle with constipation, or a generally sluggish digestive tract may wish to add fiber to their diet. Fiber naturally adds bulk to the digestive tract, as your body doesn't digest it. This stimulates the intestines.
- **Fiber reduces gastrointestinal cancer risk.** Eating enough fiber can have protective effects against certain cancer types, including colon cancer. There are many reasons for this, including that some types of fiber, such as the pectin in apples, may have antioxidant-like properties.
- **Fiber promotes blood sugar control.** Our big goal! It takes your body longer to break down high fiber foods. This helps maintain more consistent blood sugar levels, less hormonal fluctuation, and over-time, increases insulin sensitivity.

The Role of Healthy Fats

Our bodies need fat to function. When you eat fat, your digestive tract breaks it down into fatty acids that get taken up by cells throughout your body. Fatty acids can be burned for energy right away or they can be stored as an energy source for later on.

Fat is also key for helping the body absorb fat-soluble vitamins A, D, E, and K as well as keeping our skin and hair healthy. You need some fat in your diet, but certain kinds are better for you than others.



T SCHOOL

10-DAY BLOOD SUGAR RESET



Unsaturated fats are considered healthy and should be a part of your daily diet.

Monounsaturated fats (MUFAs): A type of unsaturated fat that can help protect your heart and blood vessel health, lower bad (LDL) cholesterol and promote healthy levels of good (HDL) cholesterol, as well as help control blood sugar. Olive oil and olives, canola oil, nuts and nut butters and avocado are all great sources of MUFAs.

Polyunsaturated fats (PUFAs): Another type of unsaturated fat linked to heart health. Walnuts, sunflower seeds, flaxseeds, safflower oil and fatty fish are all great sources of PUFAs. Omega-3 fatty acids are a special type of PUFA that your body can't produce. You can find them in fatty fish like salmon, tuna, sardines, herring, and anchovies, along with flaxseeds, walnuts, and chia seeds.

Fats to avoid:

Trans fats: Trans fats are the worst type of fat and should be avoided at all costs. Man-made trans fats are produced by heating liquid vegetable oils with hydrogen gas, a process called hydrogenation, in order to make them more spreadable.

You can find them in fried foods, baked goods and packaged snacks, vegetable shortening and margarine. While these man-made fats can be spotted in ingredient lists as partially hydrogenated oil, they're actually banned in the U.S.

Trans fats are known to increase the risk of heart attack, stroke and type 2 diabetes as well as raise bad LDL cholesterol and lower good HDL cholesterol, according to the Harvard School of Public Health.

Health effects of *trans* fats

- ▣ Increases LDL
- ▣ Decreases HDL
- ▣ Increases Lipoprotein (a) – Lp_a
- ▣ Increases risk of preeclampsia in pregnancy
- ▣ Makes platelets stickier → increases risk of forming clots
- ▣ May promote insulin resistance
- ▣ Epidemiological studies:
 - ▣ Increased risk of Alzheimer's
 - ▣ Increased risk of Diabetes Type 2
- ▣ Process of hydrogenation:
 - ▣ destroys vitamin E, carotenoids
 - ▣ destroys essential fatty acids
 - ▣ adds traces of nickel and/or aluminum to the human body which may cause toxicity at high levels



T.SCHOOL



10-DAY BLOOD SUGAR RESET

Fats to limit:

Saturated Fats: Saturated fats are found in animal products like milk, cheese, and meat, as well as tropical oils, including coconut and palm oil. Saturated fats are often listed as “bad” fats and are commonly grouped with trans fats — a type of fat that’s known to cause health issues — even though evidence on the health effects of saturated fat intake is far from conclusive.

Although research indicates that consuming some types of food high in saturated fat may adversely affect health, this information can’t be generalized to all foods that contain saturated fat.

For example, a diet high in saturated fats in the form of fast food, fried products, sugary baked goods, and processed meats is likely to affect health differently than a diet high in saturated fats in the form of full fat dairy, grass-fed meat, and coconut oil.

For this 10-day program, we’re going to avoid consuming processed meats, cheese, and vegetable oils.

Protein Power

Protein, along with carbohydrates and fats, is one of the three main energy providing macronutrients. It helps the body to grow new tissue, build muscle and repair damage. In addition, it is a part of the composition of each cell in our body and makes up approximately a sixth of our body weight.

Protein has only a small effect on blood glucose levels. **In fact, protein tends to help stabilize blood sugars by blunting the absorption of carbohydrates/sugars.**

As protein breaks down into glucose more slowly than carbohydrate the effect of protein on blood glucose levels tends to occur gradually over a few hours. (Think Slow Train) When we consume protein with our meals, blood sugars can be positively affected for several hours due to the slower breakdown in the body.



T SCHOOL

10-DAY BLOOD SUGAR RESET



If eating protein helps stabilize blood sugar levels, and it can help a person feel fuller for longer this mean that we should simply eat protein alone to control blood sugar? The short answer is not exactly. It's all about balance where protein is concerned.

There are two main types of protein, one is derived from animal products and the second is plant-based proteins.

A diet that contains too much animal protein may actually increase the risk of developing type 2 diabetes and metabolic disease. A diet with plenty of plant-based proteins, on the other hand, may modestly decrease this risk of developing type 2 diabetes.

During this 10-day program we'll be eating protein foods with less animal fat.

Here are some examples:

- Fish, such as salmon, mackerel, and tuna
- Eggs
- Poultry, such as chicken and turkey
- Beans, such as lima, kidney, or black beans
- Lentils
- Nuts and seeds
- Organic soy and tofu
- Vegetable protein powder
- Collagen



**Beans and legumes can cause some people gastric distress and inflammation. If you know you are one of these people, please avoid adding them. If you can tolerate beans, remember we use these in ½ cup servings. Avoid them if they are a trigger for you.*



T SCHOOL

10-DAY BLOOD SUGAR RESET



FOODS TO ENJOY

WHOLE FOODS

Green Leafy Veggies:

- * Spinach * Kale * Lettuce * Arugula
- * Endive * Bok Choy * Mustard Greens *
- Swiss Chard * Turnip Greens * Rapini * Beet Greens * Cabbage * Romaine * Celery

Colorful & Cruciferous Veggies:

- * Bell Peppers * Tomatoes * Asparagus *
- Brussels Sprouts * Cauliflower * Green beans * Leeks * Snow peas * Zucchini

Root Veggies:

- * Sweet Potatoes * Onions * Carrots
- * Radishes * Beets * Fennel * Ginger
- * Turmeric * Rutabaga * Turnips * Parsnips
- * Garlic * Butternut and Winter Squash

Clean Proteins:

- * Eggs * Chicken and Turkey * Salmon
- * Seabass * Halibut * Tuna * Beans
- * Legumes * Lentils * Organic soy or tofu
- * Collagen protein * Greek Yogurt
- * Vegetable protein powder * Nuts & seeds

Healthy fats:

- * Avocado * Flaxseeds (ground fresh)
- * Chia seeds (ground fresh) * Olives
- * Olive, Avocado, Safflower & Coconut oils
- * Walnuts * Sunflower seeds * Hemp seeds
- * Brazil nuts * Almonds * Ghee

Condiments:

- * Sugar free ketchup, spicy mustard, home-made oil, and vinegar salad dressings
- * Coconut Aminos

FOODS TO AVOID

PROCESSED FOODS

Packaged/Junk Foods:

- * Food that comes in a box or container *
- Food that contains more than five ingredients *
- Food that contains any ingredient you cannot pronounce *
- Food that contains added sugars or chemicals

Refined Carbohydrates:

- * Cakes, cookies, pies, candy bars, etc.
- * Breads, pastries, bagels, rolls, donuts
- * Chips, crackers, pretzels, snack mixes
- * Pizza, subs, pasta * Anything with gluten, corn, or rice

Sugary and Diet Drinks:

- * Colas regular and diet * All fruit juices
- * Energy drinks * Specialty Coffees
- * Ice Cream drinks * Sweet Tea

Alcohol:

All booze – that includes wine and beer!

Condiments:

- * Any sauce, condiment or dressings containing sugar including ketchup, barbeque sauces, mayonnaise, and bottled salad dressings.

Select Dairy Products:

- * Ice cream * Frozen yogurts * Hard cheeses * Processed cheeses * Low-fat dairy products * Margarine or spreads

Unhealthy Fats:

- * Processed vegetable oils * Trans-fats



T SCHOOL



10-DAY BLOOD SUGAR RESET

FOODS TO LIMIT/WATCH

There is no one-size-fits-all for blood sugar balance. You may notice that certain foods trigger your hunger or cravings despite being consumed in small quantities. Take care with all the foods on the lists above and special care when eating the following foods. Keeping a food journal will help track your food, mood, and hunger. Keep notes in your phone or a small note book. It will double the effectiveness of this program.

PROTEIN

- * Pork, Lamb and Red Meat

FAT

- * Nuts and nut butters – even though they are healthy, they are calorie dense and easily abused

FRUIT

- * Limit fruits to ½ cup to 1 cup per day berries, apples, unripe banana, and grapefruit

BEVERAGES

- * Limit kombucha to one per day
- * Limit caffeine (tea and coffee) to 1-2 cups per day before noon

COMPLEX CARBOHYDRATES

Rich in fiber and nutrients, complex carbohydrates can still trigger some to overeat. Show respect to these gluten-free grains. Limit serving size to ½ cup per day.

- * Quinoa
- * Lentils and beans
- * Amaranth
- * Arrow wheat
- * Buckwheat
- * Sorghum
- * Millet
- * Root vegetables like squash or potatoes

DAIRY

- * Half & Half (avoid if possible- limit if not)
- * Yogurt must be sugar-free Greek Yogurt

"Your body is a temple, but only if you treat it as one."

~Astrid Alauda



TSCHOOL



10-DAY BLOOD SUGAR RESET

10-DAY BLOOD SUGAR RESET MEAL PLAN

This meal plan combines fiber, protein, and fat at each meal to help stabilize blood sugar and reduce hunger. Recipes for all meal suggestions are included as well as additional vegetable sides, dressings, and sauces. Feel free to amend sample plan with your favorites. Please eat at meals only (no snacking) and try to finish eating by 730 pm or a minimum of two hours before bedtime.

Day 1:

Breakfast

Easy Spinach Frittata

Lunch

Avocado Tuna Salad

Dinner

Six Minute Salmon Bowls

Day 2:

Breakfast

Walnut & Almond Milk Smoothie

Lunch

Butternut Squash Soup

Dinner

Avocado Tuna Salad

Day 3:

Breakfast

Chia Seed Pudding

Lunch

Curry Chicken Salad

Dinner

Butternut Squash Soup

Day 4:

Breakfast

Mixed Berry Smoothie

Lunch

Roasted Veggies with Chicken

Dinner

*Herbs Cedar Plank Salmon with
Roasted Vegetables*



TSCHOOL



10-DAY BLOOD SUGAR RESET

10-DAY BLOOD SUGAR RESET MEAL PLAN

Day 5:

Breakfast

Breakfast Salad with Salmon

Lunch

Buffalo Chicken and Tomato Salad

Dinner

Creamy Leek and Cauliflower Soup

Day 6:

Breakfast

Cocoa Almond Milk Smoothie

Lunch

Creamy Leek and Cauliflower Soup

Dinner

Buffalo Chicken and Tomato Salad

Day 7:

Breakfast

Enlightened Pancakes

Lunch

Tuna, Snow Pea and Broccoli Salad

Dinner

Roasted Broccoli Marina & Meat Sauce

Day 8:

Breakfast

Simple Morning Scramble

Lunch

Roasted Broccoli Marina & Meat Sauce

Dinner

Easy Tacos

Day 9:

Breakfast

Pumpkin Spice Smoothie

Lunch

Tuna, Snow Pea and Broccoli Salad

Dinner

Grilled Salmon on Mixed Greens

Day 10:

Breakfast

Veggie Basil Egg Muffins

Lunch

Grilled Salmon on Mixed Greens

Dinner

Peruvian Cilantro Lime Chicken



TSCHOOL



10-DAY BLOOD SUGAR RESET

PANTRY PREP

Set yourself up for success! Make time to toss all of the junk food and sugar laden items in your pantry. If it's not in your house, it's less likely to wind up in your mouth.

Restock your home with the ingredients in the healthy recipe and meal plan.

Protein

*Organic chicken, Wild caught Salmon
Grass-fed Beef, Eggs, Black Beans,
Lentils, Legumes, Greek Yogurt, Seva
Soul Collagen, Vegetable Protein Powder*

Nuts & Seeds

*Raw Nuts: Walnuts, Almonds, Brazil Nuts
Pumpkin, Sesame, Flax, Chia Seeds
Kalifa Farms Almond or Coconut Milk
Nut butters to be used sparingly*

Fresh Vegetables

*Leafy greens, colorful and cruciferous
vegetables, mushrooms, zucchini,
tomatoes, onions, fennel, root
vegetables, peppers, jalapenos, and
anything on the ENJOY list.*

Fruits

*Avocados, berries, apples, green
bananas, lemons, limes, pumpkin, and
grapefruit.*

Healthy Fats

*Extra Virgin Olive oil, Avocado oil,
Coconut Oils*

Condiments

*Coconut Aminos, Avocado Mayonnaise,
Sugar-free ketchup, Spicy Mustard,
Apple Cider Vinegar, Nutritional Yeast*

Spices

*Ginger, Turmeric, Dill, Tabasco, Curry
Powder, Paprika, Garlic, Oregano, Basil,
Cilantro, Cumin, Chili Powder, Sea Salt,
Mint, Cinnamon, Cocoa powder, Vanilla
extract, Pumpkin, Arrowroot, Aluminum-
free baking powder*

Gluten-Free Grains

*Quinoa, Steel cut oats, Buckwheat,
Amaranth*

Herbal Teas (Decaf)

*Turmeric, Ginger, Dandelion, Tartary
Buckwheat, Green teas*



Tschool



10-DAY BLOOD SUGAR RESET

BREAKFAST RECIPES

Easy Spinach Frittata

No flipping required in this quick to pre- pare, hearty frittata that provides an extra portion for quick reheating on an especially busy morning.

Ingredients:

- 1/2 TB olive oil
- 1 cup diced lean ham (optional)
- Salt and pepper to taste
- 2 cups fresh baby spinach
- 2 large eggs
- 6 egg whites
- 1 tsp. dried thyme
- 1 tsp. chopped fresh parsley

Directions:

1. Heat olive oil in a heavy 12-inch flame- proof skillet over medium-high heat.
2. Add ham and spinach, stir to combine, reduce heat to low and cook, covered, until spinach leaves have wilted, about 3 minutes.
3. In a medium bowl whisk together eggs, egg whites, thyme, and parsley with a pinch of salt and pepper. Pour egg mixture into skillet, use a spatula to distribute ham and spinach evenly, and cook, covered, over medium-low heat until bottom is browned, and eggs are almost set, 6 to 8 minutes.
4. Place the skillet under a broiler set on low to finish cooking top of frittata, about 2 minutes.
5. Use a metal spatula to loosen sides and bottom, slide onto a warm platter, and serve immediately.

Makes 2 servings



TSCHOOL



10-DAY BLOOD SUGAR RESET

Walnut & Almond Milk Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1/8 cup raw walnuts
- 1 small banana
- 1/4 avocado
- 1/2 tsp. alcohol-free almond extract
- Crushed ice to thicken
- 1 Tb Collagen Powder

Directions:

- 1 Place all ingredients in a blender and process until smooth. Pour into cup and enjoy. Makes 1 serving.

Chia Seed Pudding

Ingredients:

- 2 cups coconut or almond milk
- 1/2 cup chia seeds
- 1/2 teaspoon vanilla extract
- 1/4 cup berries
- Optional: 1/4 teaspoon cinnamon powder

Directions:

1. Pour mixture into a jar or glass container and place in the refrigerator for at least 4 hours or overnight to let gel. Stir or whisk a few times within the first hour to help it gel evenly.
2. Make this at night to have ready for a fast breakfast the next day.
3. Makes 4 1/2 cup servings.



TSCHOOL



10-DAY BLOOD SUGAR RESET

Mixed Berry Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 2 tbsp Collagen and or
- 1 scoop vegan protein powder (such as Vega All-In-One)
- 1 packed cup spinach or kale
- 1/2—1 cup frozen mixed berries
- 1/2 of an avocado
- 1/2 cup ice cubes if desired

Directions:

1. Place all ingredients in high powered blender. Blend until smooth.
2. Add ice if desired for colder smoothie. Makes 1 serving.

Breakfast Salad with Salmon

This is a great way to use the leftovers from the night before. Place whatever you have on a plate of greens, add some guacamole (recipe next) or salsa and here we go. Here's a sample!

Ingredients:

- Mixed greens
- Leftover salmon or eggs
- Roasted squash and zucchini
- Salt and pepper

Directions:

1. Heat your leftover salmon. Soft poach or fry and egg if desired.
2. Put over greens and top with Salsa, guacamole or pico de gallo.
3. Makes 1 serving



TSCHOOL



10-DAY BLOOD SUGAR RESET

Cocoa Almond Milk Smoothie

Ingredients

- 1 cup unsweetened vanilla flavor almond milk
- 1 small frozen banana
- 1/4 of a medium avocado
- 1 tbsp raw cacao powder
- 1 tbsp Great Lakes Collagen Hydrolysate powder, and/or 1 serving clean ingredient protein powder
- 1 tbsp raw almond butter
- Ice cubes

Directions:

1. Mix all in blender to desired consistency.
2. Add more ice for a milkshake type consistency. Makes 1 serving

Enlightened Pancakes

Ingredients:

- 2 eggs
- 3/4 cup almond or coconut flour
- 1/2 cup unsweetened applesauce
- 1/2 cup almond butter
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract
- coconut oil

Directions:

1. Mix all ingredients except coconut oil in a bowl. Stir well for uniform batter.
2. Grease skillet with coconut oil. Spread some of the batter into the skillet to form a pancake and cook over low/medium heat. Flip after 1-2 minutes, being careful not to burn them.
3. Makes 1 serving.



TSCHOOL



10-DAY BLOOD SUGAR RESET

Simple Morning Scramble

Ingredients:

- 1/2 TB olive oil
- 1/2 small onion, finely diced
- 1/4 medium red bell pepper, seeded and diced
- 1/2 medium tomato, seeded and diced Salt and pepper to taste
- 1 large egg
- 4 large egg whites
- 1 tsp. chopped fresh parsley

Directions:

1. Heat olive oil in a nonstick skillet over medium heat. Add the onion and bell pepper, and cook, stirring often, until softened, about 2 minutes.
2. Add the tomato to the skillet, season with salt and pepper, and stir to combine. Continue cooking 1 minute more.
3. In a small bowl beat together the egg and egg whites. Pour the egg mixture into the skillet and cook, stirring, until eggs are scrambled, 1 to 2 minutes. Remove from heat, top with the parsley, and serve immediately. Makes 1 serving

Pumpkin Spice Smoothie

Ingredients:

- 1 green-tipped banana
- 1 cup full-fat coconut milk
- 1/2 cup water
- 1/4 cup canned pumpkin
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1 tsp pumpkin pie spice
- handful of ice (optional)
- 1 serving collagen powder

Directions:

1. Puree' all the ingredients in a blender until smooth.
2. Sprinkle with ground cinnamon if desired before serving!
3. Makes 1 serving.



T.SCHOOL



10-DAY BLOOD SUGAR RESET

Veggie Basil Egg Muffins

Ingredients

- 5 eggs
- 2/3 cup zucchini, chopped in quarter-rounds
- 2/3 cup broccoli florets
- 1 green onion
- 5 fresh basil leaves, chopped
- 1 tbsp oregano
- 1 tsp of salt
- 1/2 tsp of ground mustard
- 1/4 tsp baking powder
- Freshly ground pepper

Directions:

1. Preheat oven to 180°C (350°F) and grease a muffin tin with olive oil.
2. On a cutting board, cut the zucchini in four lengthwise and chop each part in quarter-rounds.
3. Chop the broccoli in very small florets.
4. Slice the green onion entirely, including the green ends.
5. Whisk the eggs in a mixing bowl with the salt, pepper, ground mustard and baking powder.
6. Add the chopped vegetables, the oregano, and the chopped basil, whisking together to combine.
7. Divide the mixture into 6 muffin cups filling them up to about three quarters.
8. Bake for 25 minutes.
9. Makes 6 muffins.



T SCHOOL



10-DAY BLOOD SUGAR RESET

LUNCH & DINNER RECIPES

Avocado Tuna Salad

Ingredients

- 5 oz. can of water packed albacore tuna, drained
- 1/2 of a medium avocado, diced
- 1 mini cucumber, diced
- 1/3 cup of diced red onion
- 2 tbsp of yellow or Dijon mustard
- 1 tbsp chopped walnuts or pecans (optional)
- 1/4 tsp dried dill (optional)

Directions:

1. Mix the tuna and avocado together well. Then add remaining ingredients.
2. Serve over 2 cups of baby spinach and top with sliced grape tomatoes. OR serve with celery sticks, carrot sticks or sliced cucumber.
3. Easy, filling, and delicious! Makes 2 servings.

Butternut Squash Soup

Ingredients

- 2 tablespoons ghee or avocado oil
- 1 large yellow onion diced
- 24 ounces butternut squash cubes steamed or microwaved until fork tender
- 2 cans full-fat coconut milk
- 4 cups chicken or vegetable broth
- 1/2 teaspoon thyme
- 1 1/2 teaspoons cinnamon
- 3-4 teaspoons chili powder depending on how hot you'd like it
- 3/4 teaspoon nutmeg
- 3 sprigs fresh rosemary
- sea salt and pepper to taste



T SCHOOL



10-DAY BLOOD SUGAR RESET

Directions:

1. Heat a large pot on medium and cook the onions in your butter/oil until translucent. Add garlic cloves and cubed butternut squash. Cook for another 4-5 minutes until your entire kitchen begins to smell.
2. Add canned coconut milk, broth, and spices. Cook on medium until the soup comes to a low boil. Then, lower the heat to simmer for another 20-25 minutes.
3. Remove from the heat. Discard the rosemary sprigs.
4. Blend the soup in a high-speed blender or immersion blender until creamy. Salt and pepper according to your taste preferences. Makes 8 servings.

Six Minute Salmon Bowls

Ingredients:

- 1 wild salmon fillet (6 ounce) or same amount of organic chicken
- 1 teaspoon Sea salt & black pepper
- 1 cup arugula
- 1 cup cauliflower rice
- 1/4 lemon (wedge)

For serving:

- 1/2 tablespoon coconut aminos
- 1/4 of an avocado (sliced)
- 1 Tbsp sesame seeds OR try Trader Joe's Everything but the Bagel seasoning blend!



T SCHOOL



10-DAY BLOOD SUGAR RESET

Directions:

1. Heat a late oven-safe skillet, preferably cast-iron, over high heat
2. Place an oven rack in the top position. Turn on the oven to the broil setting
3. Use a paper towel to pat the salmon dry on both sides. Lightly season the skin side of the salmon with salt and pepper and season the other side generously with the seasoning blend if desired.
4. Place the salmon skin side down in the preheated dry skillet and sear for 2 minutes. Then place the skillet under the broiler for 4 minutes, until the salmon is opaque in the center or cooked to your liking.
5. Serve the salmon over a bed or arugula and cauliflower rice. Squeeze fresh lemon juice over the fish.
6. Dress the bowls with the coconut amigos and top with the avocado slices & sesame seeds or Trader Joes seasoning blend, if using.

Curry Chicken Salad

Ingredients:

- 1/2 cup avocado mayonnaise (or other paleo/non-dairy mayo)
- 1 tbsp lime juice
- 2 tbsp fresh cilantro
- 2 tsp curry powder
- 1/4 tsp salt
- 2 cups diced cooked chicken
- 1/2 medium apple, diced
- 1 celery stalk, finely diced
- 3 tbsp finely diced red onion
- 1/4 cup roughly chopped dry-roasted cashews
- Sliced green onions, shredded cabbage, shredded carrots and/or chopped walnuts

Directions:

1. In a medium bowl, stir together the mayonnaise, lime juice, cilantro, curry powder and salt.
2. Add chicken, apple, celery, and onion and toss to coat. Fold in the nuts. Top with green onions, cabbage, carrots and/or walnuts. Scoop into lettuce leaves, or on top of salad green or cucumber slices. Makes 3-4 servings



Tschool



10-DAY BLOOD SUGAR RESET

Roasted Veggies with Chicken

Ingredients:

- 1 small, sweet potato, cubed
- 3 carrots, chopped
- 1 yellow onion, chopped
- 1 cup brussels sprouts, halved
- 1 red or yellow pepper, cut into strips
- 2 tbsp Avocado oil
- Sea salt and pepper to taste
- 1 Grilled chicken breast (or other lean protein of your choice)

Directions:

1. Heat oven to 400 degrees
2. Toss chopped vegetables with avocado oil
3. Salt and pepper veggies
4. Bake 20-25 minutes
5. Serve protein over the veggies. Makes 2-3 servings

Buffalo Chicken and Tomato Salad

Ingredients

- 2 lbs. small tomatoes (bigger than cherry tomatoes, but small enough that you can eat them in two bites)
- 1 lb. cooked chicken meat, chopped or shredded (I chopped mine because I like chunky chicken salad, but shredded would be easier to stuff into tomatoes)
- 2-3 stalks celery, finely chopped 3 tbsp minced red onion
- 1 carrot, peeled and shredded
- 4 tbsp hot sauce or Tessamae's Buffalo sauce)
- 4 tbsp ranch dip (Tessamae's)
- Salt and pepper to taste



T SCHOOL



10-DAY BLOOD SUGAR RESET

Directions:

1. Mix the wing sauce and ranch dip in a large mixing bowl.
2. Add the remaining ingredients other than the tomatoes and mix thoroughly. Taste and season with salt and pepper.
3. Cut a thin slice off the stem end of each tomato. Scoop out the insides (you can use your fingers, but I used one of these scoops). Fill the tomatoes with chicken salad, pressing down with the back of a spoon. Serve with extra hot sauce for drizzling.

Creamy Leek Cauliflower Soup

Ingredients

- 3 cups leeks dark green ends removed, roughly chopped (2 medium leeks)
- 1 cauliflower medium, ~2 lb.- chopped
- 1 onion medium, chopped 4 cups chicken broth
- 1 tbsp ghee optional
- 1 cup coconut milk full fat
- Sea salt and black pepper to taste

Directions:

1. Wash the leeks well. Cut off the root end, then slice it down the middle lengthwise. Hold under running water and separate the leaves, rinsing well...especially the outermost leaves. Sandy soup is not delicious.
2. Cut off the dark green top. Chop the leeks roughly. Add to a large soup pot.
3. Cut the core out of the cauliflower and trim off any leaves. Roughly chop it. Add that to the pot. Add the onion, chicken broth, and ghee (optional) to the pot.
4. Bring to a boil, then reduce to a simmer for about 20 minutes or until all the veggies are tender.
5. Allow to cool slightly, then add the coconut milk. Puree the mixture until smooth using a blender.
6. Makes 6 delicious servings.



TSCHOOL



10-DAY BLOOD SUGAR RESET

Roasted Broccoli with Meat Marina Sauce

Ingredients

- 2 tbsp cooking fat (such as olive oil, avocado oil)
- 1 tbsp Italian Spice Blend of your choice
- 1 pound ground meat of choice (beef, chicken, turkey, or combination of these)
- 1 (24-ounce) jar no sugar added marinara sauce (or make from recipe included)
- Sea salt and ground black pepper, to taste
- 1 large head of broccoli, cut into florets
- Red pepper flakes
- Garlic powder
- Fresh basil leaves, for topping (optional)

Directions

1. Make the Broccoli. Place broccoli florets in a gallon size Ziplock bag or large container with lid. Add 1-2 tbsp of cooking oil and close container to shake to cover broccoli with the oil. Empty florets onto large, rimmed baking sheet and evenly sprinkle with salt, pepper, and garlic powder.
2. Roast for 30-40 minutes, until broccoli tips become brown and crispy. Sprinkle with red pepper flakes after removing from oven.
3. Cook the Meat. In a large skillet, melt 1 tbsp avocado oil over medium-high heat.
4. Season the meat with the Italian spice blend, then add the meat to the pan and cook until browned through, approximately 5 to 8 minutes.
5. Once the meat is done, add the pasta sauce and simmer over medium-low heat until the sauce is heated through, 5 to 10 minutes, stirring to combine.
6. Add salt and pepper to taste, then remove the pan from the heat.
7. Place the roasted broccoli onto plates, then top with the meat sauce. Garnish with fresh basil leaves if desired!
8. Makes 2 servings.



T SCHOOL



10-DAY BLOOD SUGAR RESET

Easy Tacos

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 pound ground beef, chicken, or turkey
- 2 tablespoons taco sugar-free seasoning mix
- 2 teaspoons apple cider vinegar

For Serving:

- 1 head iceberg or butter lettuce, leaves separated
- 1/2 cup sliced purple cabbage
- 1/4 cup diced red onion 1 avocado, sliced
- 1/4 cup fresh cilantro leaves 1 lime, cut into wedges
- Salsa (2 tbsp per serving)

Directions:

1. Melt the olive oil in a large skillet over medium heat. Add the ground meat and seasoning, and cook for about 5 minutes, until the meat is cooked about halfway through. using a wooden spoon to break up the meat as it cooks.
2. Add the apple cider vinegar to the skillet, reduce the heat to low, and continue to cook until the meat is fully cooked through, about 6 minutes.
3. To serve, spoon some of the meat mixture into a lettuce leaf and top with cabbage, red onion, avocado, cilantro, lime juice and salsa as desired. Makes 4 servings.

Tuna, Snow Pea and Broccoli Salad

Ingredients:

Salad Dressing:

- 1 tbsp grated orange zest
- 3 tbsp extra-virgin olive oil
- 3 tbsp rice vinegar
- 1 tbsp toasted sesame oil



T SCHOOL



10-DAY BLOOD SUGAR RESET

Salad:

- 1 orange, peeled and cut into bite-size pieces
- 1 bag (12 ounces) broccoli slaw
- 1 pkg (8 ounces) fresh snow peas, halved
- 2 cans (5 ounces each) water-packed wild albacore tuna, drained

Directions:

1. In a small bowl, combine the orange zest, olive oil, vinegar, and sesame oil.
2. In a large bowl, combine the orange pieces with the broccoli slaw, snow peas and tuna.
3. Drizzle with the dressing and toss together. Makes 4 servings.

Herb's Famous Cedar Plank Salmon

If you like to grill this recipe is a winner. Eat salmon with roasted vegetables or over mixed greens for a salad. Makes around 4 servings.

Ingredients:

- Cedar plank (6 by 14 inches)
- Salmon fillets (1 1/2 pounds total)
- Salt and freshly ground black pepper
- Salt and Lemon to taste

Directions:

- Soak cedar plank in salted water for 2 hours, then drain.
- Rinse the salmon under cold running water and pat dry with paper towels.
- Generously season the salmon with salt, pepper, and lemon on both sides.
- Place the cedar plank in the center of the hot grate, away from the heat and cook until it begins to pop- 3-4 minutes. Turn grill heat down to medium.
- Place the salmon skin side down on the cedar plank.
- Set on grill for indirect grilling with heat set to medium-high.
- Cover the grill and cook until cooked through, around 20 to 30 minutes.
- Transfer the salmon and plank to a platter and serve right off the plank.



T.SCHOOL



10-DAY BLOOD SUGAR RESET

Peruvian Cilantro Lime Chicken Soup

Ingredients

- 3 whole boneless skinless Chicken Breasts, large
- 4 cups free Chicken or Vegetable Broth
- 1 head Cauliflower, chopped
- 2 whole Carrots, chopped
- 1 bunch Green Onion, chopped
- 1 sprig Lemongrass
- 1 pieces Ginger Root, 1.5 inches
- 1 whole Lime
- 1 Tbsp Garlic, chopped, fresh
- 1/2 tsp Sea Salt
- 1 tbsp Avocado Oil
- 1 cup Coconut Cream

Directions:

1. Cook chicken however you normally do. No need to marinate. I bake mine in the oven.
2. Cut cauliflower into large chunks and boil until softened.
3. No need to drain water. In two batches, blend cauliflower with 1 c of liquid in food processor until smooth
4. Add puree to broth in a large pot over low heat.
5. In a large sauce pan, sauté half the green onions, the carrots, and the garlic in the oil
6. Once carrots are softened, add to pot
7. For "curry" blend, chop lemongrass into pieces, zest lime, and peel then grate ginger
8. Add to food processor with cilantro, freshly squeezed lime juice, and sea salt blend until really smooth.
9. For the final step, add the "curry" to soup with coconut cream.
10. Stir well and let all simmer together for at least another 10 minutes.
11. Serve it hot! It's delicious! Makes 8 servings.



T SCHOOL



10-DAY BLOOD SUGAR RESET

RECIPE EXTRAS: SIDES, SAUCES, AND HEALTHY TREATS

Get creative. Add your favorite protein and side salad to these veggie sides!

Rainbow Chard with Hazelnuts

Ingredients:

- 1 bunch rainbow chard 1 clove garlic, minced 1 Tbsp ghee
- 1/4 tsp (a healthy pinch) of sea salt a dusting of freshly grated nutmeg a couple grinds of black pepper
- 1 Tbsp chopped hazelnuts

Directions:

1. Roughly slice or chop the leaves of one bunch of rainbow chard.
2. Heat a pan to medium-high and melt a tablespoon of ghee
3. Eat and enjoy! Makes 2-4 servings.

Roasted Brussels Sprouts with Apple, Red Onion and Garlic

Ingredients

- 1 lb. Brussels Sprouts, stems cut, and sprouts halved.
- 1 medium red onion, halved and quartered
- 1 Organic Gala Apple. Cored and cut into 15-20 slices
- 7 cloves whole garlic, peeled 2 Tbsp extra virgin olive oil
- 3-4 sprigs fresh thyme 2 tsp coarse sea salt

Directions

1. Pre-heat oven to 400°
2. Toss all ingredients with olive oil in bowl and lay flat on cookie tray. Use two trays if needed.
3. Roast in oven for 35-40 minutes turning once halfway through cooking
4. Remove from oven and discard thyme crumbling some of the leaves into the vegetable mix. Makes 2-4 servings.



T SCHOOL



10-DAY BLOOD SUGAR RESET

Sautéed Cabbage with Apples and Onions

Ingredients:

- 1 large yellow onion, thinly sliced
- 1 tablespoon bacon fat or coconut oil
- 1/2 head of red cabbage, thinly sliced
- 2-4 tablespoons unfiltered apple cider vinegar
- 1 tbsp Rosemary Salt Blend (See recipe below)
- 1 green apple, sliced into matchstick- sized pieces

Directions:

1. In a large, enameled pot or pan, sauté the onion in the fat or oil. When it is mostly translucent, add the cabbage and cook until it begins to soften.
2. Add the vinegar and Rosemary Salt blend and allow the cabbage and onion mixture to cook until everything is softened and tender to fork.
3. Add the apples and cook them until soft.
4. Add more vinegar or some water if the mixture becomes too dry.

Rosemary Salt

Rosemary salt is an easy way to elevate flavor in your favorite meat, fish, or vegetable dishes!

Ingredients:

- 1/2 cup good sea salt
- 2 tbsp fresh rosemary (chopped)
- 1/2 tsp lemon zest (optional)

Directions:

1. Remove rosemary leaves from the stem. Roughly chop. Zest lemon.
2. In food processor or small food chopper, combine salt, chopped rosemary and lemon zest (optional). Combine to desired texture.
3. Cover baking sheet with aluminum foil. Spread rosemary salt mixture evenly and allow to dry for 1-2 hours. Store flavored salt in airtight container or jar.



T SCHOOL



10-DAY BLOOD SUGAR RESET

Spicy Ginger-Lime Cauliflower Rice

Absolutely delicious! It is helpful to have everything chopped, diced, etc. ahead of time because the cooking portion is fast paced

Ingredients

- 1 large cauliflower cut into florets
- 1 medium sized yellow onion, finely chopped
- 1/2 cup diced jalapenos; separate seeds from flesh and save 3-4 cloves of garlic, chopped
- 1 tbsp minced ginger
- Juice of 2 limes
- (2-3 Tbsp) Extra Virgin Coconut Oil Salt
- Optional: cilantro, green onion

Directions

1. Cut cauliflower into florets. Process in food processor until florets are the size of small rice granules. Depending on your food processor, you may have to do this in a few different batches!
2. Make sure all ingredients are easily accessible. Heat large pan over medium heat; add 1-2 Tbsp coconut oil – enough to coat pan well.
3. Once pan is heated and coconut oil is melted, add chopped onion. Stir continuously for 3 minutes. After 3-4 minutes, add diced jalapeno (don't add the seeds yet!) and combine with onions. Continue to stir for another 2 minutes.
4. Once onions are nearly done (translucent) add in chopped garlic and combine with onion and jalapeno mixture. Continue to stir constantly for another minute or until garlic becomes fragrant.
5. Next, add 1.5 Tbsp minced ginger and the juice of two limes. Combine well with onion, jalapeno, and garlic mixture. Let sit for 1-2 minutes.
6. Add a pinch of salt and combine mixture again. Then, turn burner to "low" setting. Add cauliflower rice to pan and combine well with onion, jalapeno, garlic, ginger, lime mixture. Warm, stir, and serve! Makes 6 servings.



Tschool



10-DAY BLOOD SUGAR RESET

Summer Squash and Pesto Gratin *Try serving this with grilled shrimp!*

Ingredients:

- 1/2 lb. green summer squash such as zucchini
- 1/2 lb. yellow summer squash
- 1/2 lb. tomatoes
- 1/3 cup *spinach-walnut pesto (you'll have plenty left over, just freeze whatever you don't use) or store-bought pesto of your choice.

Directions

- Preheat oven to 375 F
- Slice the squashes and tomato about 1/4" thick.
- Line an 8x8 casserole dish with non-stick foil. Brush the bottom with a bit of pesto. Layer half the squash slices and tomato, slightly overlapping. Cover with half of the pesto (I used my hands). Sprinkle with salt and pepper. Repeat; make another layer with the remaining squash and tomatoes, then cover with the remaining pesto.
- Bake for 45 minutes. Let cool and cut into squares before serving.

Dairy Free Spinach Pesto

Ingredients:

- 2 big handfuls of baby spinach leaves (2 cups)
- 1 big handful clean basil leaves (1 cup)
- 1/3 cup pine nuts
- 5 cloves of garlic, skins and stubby bottom part removed, cut into rough chunks
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon crushed red pepper, optional (but adds a great pop of heat!) Juice and zest of one small lemon (make sure those pesky seeds don't get in there!)
- 1/2 cup + 3 tablespoons olive oil



T SCHOOL



10-DAY BLOOD SUGAR RESET

Directions:

1. Blend the spinach, basil, pine nuts, garlic, salt, pepper, lemon juice, lemon zest, and 3 tablespoons of the olive oil in a food processor or strong blender until almost smooth.
2. Scrape the sides of the bowl down with a spatula as often as necessary.
3. Drizzle the remaining olive oil into the mixture while processing until smooth. Feel free to leave this chunky or blend it completely smooth.
4. It's great both ways! Store in a clean airtight container for up to 5 days! I like to serve over veggies or lentil pasta!

Chili Kale Chips

Ingredients:

- 1 tbsp. bacon fat (melted)
- 1 tsp. hot sauce (Franks is best) 1 tsp. chili powder
- ½ tsp. Himalayan salt 1 bunch kale

Directions:

1. Preheat the oven to 375. Wash the Kale and dry thoroughly. Rip into 1-inch pieces, discarding the tough stems.
2. Spread out on a baking sheet with parchment paper covering it. Mix together the fat, sauce, and spices in a small dish, and pour over the chips.
3. Using your hands mix the sauces all over the kale, and then rearrange on the baking sheet so they are not overlay
4. Bake for 10 minutes, flip, and bake another 10. In the last 10, watch your chips a bit more closely. The freshness of the kale can change the cooking time slightly, and you are looking for crispy and crunchy but not burnt kale!
5. Remove from oven and enjoy. I like to eat them immediately best, but they can be sealed in a container for a day or 2, although they will lose their crunch. Don't worry, it's EASY to eat an entire batch by yourself.



T SCHOOL



10-DAY BLOOD SUGAR RESET

Zesty Lime Dressing

Ingredients:

- 1/2 hot red chili pepper, thinly sliced
- 1/4 teaspoon fine sea salt
- tablespoons fish sauce
- 1/4 cup fresh lime juice
- 1 tablespoon extra-virgin olive oil

Directions:

1. Whisk all ingredients together and then drizzle over salad!
2. Makes 4 servings.

SIMPLE VINIAGRETTE RECIPE

Ingredients:

- 1/4 cup white, red, or aged sherry vinegar
- to 3 teaspoons Dijon mustard
- 1 small clove garlic, minced
- Kosher salt and freshly ground black pepper
- 3/4 cup extra-virgin olive oil

Directions:

- Whisk together the vinegar, mustard, garlic, 1 1/4 teaspoons salt and a few grinds of pepper in the bowl.
- Slowly drizzle in the oil while whisking continuously until the mixture is combined and blended well.
- Use right away or refrigerate in a sealed container for up to 3 days.



T SCHOOL



10-DAY BLOOD SUGAR RESET

Tomatillo Salsa

I use this on my eggs and leftover protein on breakfast salads but good anytime!

Ingredients:

- 1 lb. tomatillos
- 1 sweet onion
- 1 jalapeno pepper
- 1/2 bunch cilantro leaves 1 tsp salt
- 1/2 cup water

Directions:

1. Dice tomatillos, sweet onion, and jalapeno pepper
2. Boil tomatillos, sweet onion, and jalapeno pepper in 1/2 cup of water until soft (about 10 minutes)
3. Add cilantro leaves and salt to the boiled vegetables (save 1 tbsp cilantro leaves)
4. Blend until you get salsa-like consistency
5. Garnish with 1 tbsp finely chopped cilantro
6. Serve with Mexican cuisine and/or veggie chips
7. **If you prefer a grilled flavor, then you can grill the vegetables instead of boiling them.

Diary Free Ranch Dip Makes a generous 1/4 cup

Ingredients:

- 4 tbsp Avocado mayo
- 1 tsp lemon juice
- 1 tbsp fresh minced parsley
- 1 tbsp French minced chives or scallion greens
- 1 tsp dried dill
- 1/8 tsp garlic powder
- Pinch paprika, and salt and pepper to taste

Directions:

1. Combine all ingredients.
2. Refrigerate until serving.



Tschool



10-DAY BLOOD SUGAR RESET

Eggplant, Red Pepper and Roasted Garlic Dip

Ingredients:

- 1 large eggplant
- 1 8 oz jar roasted red peppers, drained (I eyeballed half a 16 oz jar)
- 1 head garlic
- 1 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp crushed red pepper flakes
- Salt and pepper, to taste
- Minced fresh parsley, mint, or basil (optional)

Directions:

1. Roast the garlic; preheat oven to 350 F. Slice off the top of the head of garlic, drizzle on the olive oil, then wrap tightly in foil, twisting at the top. Bake for an hour and let cool.
2. Heat oven to 500 F. Line a baking sheet with foil. Prick the eggplant all over with a fork. Roast for about an hour or until wrinkly and soft, turning it halfway through cooking.
3. Remove from oven and let cool thoroughly.
4. Cut the eggplant in half lengthwise and scoop out the insides into the bowl of a food processor, discarding the skin.
5. Squeeze the cloves out of the roasted head of garlic into the food processor with the eggplant and add the peppers, red pepper flakes, lemon juice, and olive oil.
6. Pulse until dip-able but still a bit chunky.
7. Sprinkle with fresh herbs, if using, and serve.
8. It will keep for a little over a week in the fridge.
9. Makes 1.5 lbs. of dip.



T SCHOOL



10-DAY BLOOD SUGAR RESET

Anytime Guacamole

Ingredients:

- 1 ripe avocado
- 1/4 cup red onion
- Juice of 1/2 lime
- tbsp fresh chunky tomato salsa
- 1 tsp. chopped cilantro leaves
- Red, yellow, and orange bell pepper strips

Directions:

1. Cut avocado in half lengthwise and twist apart. Discard seed and scoop out flesh into a medium bowl. Add lime juice, salsa and cilantro and beat until smooth.
2. Transfer serving portion to a clean bowl and serve immediately with the bell pepper strips. To store, cover surface with plastic wrap and refrigerate up to 2 days. Makes 4 servings

Roasted Red Pepper Hummus

- 1 red bell pepper, seeded, and cut in 1" strips
- 1 jalapeno pepper, sliced in half length wise (optional)
- 2 cups cooked chickpeas (canned chickpeas are fine, drained and rinsed)
- 2 to 4 garlic cloves, chopped (start with less garlic if not sure)
- 5 tbsp tahini paste
- 1 to 2 tsp sumac
- 1/2 tsp to 1 tsp smoked paprika (adjust to your liking)
- Juice of 1 lemon
- 2 tbsp toasted pine nuts, optional.
- Extra virgin olive oil (I used Private Reserve)
- Salt



T.SCHOOL



10-DAY BLOOD SUGAR RESET

Directions:

1. Preheat oven to 450 degrees F (skip this part if using jarred roasted red peppers and jalapeno. see note below)
2. Place the red bell pepper strips and jalapeno in a small baking dish or cast-iron pan. Drizzle generously with olive oil. Bake in heated oven for 15 to 20 minutes or until tender and well-charred (check part-way and turn peppers over as needed.) Remove from oven and let cool. Drain from oil.
3. In the large bowl of a food processor fitted with a blade, add the roasted bell peppers and jalapeno along with the chickpeas, garlic, tahini, sumac, smoked paprika, and lemon juice (do not add pine nuts yet.) Drizzle a little extra virgin olive oil. Run the processor until you reach the desired creamy paste consistency. Test and adjust seasoning if needed. Run the processor again to combine.
4. Transfer to a serving bowl. Cover and chill.
5. When ready to serve, top roasted red pepper hummus with a little more extra virgin olive oil and the toasted pine nuts.
6. Add a pinch of paprika or sumac for garnish if you like.
Serve sliced veggies for dipping! Enjoy!

Tip: It's best if you can chill the roasted red pepper hummus for about an hour before serving. This will help the texture and will allow flavors to develop fully. This is a garly dip, so if you're unsure, begin with less garlic.

Tip: You can use jarred roasted red peppers if you like instead to save time. You can also use raw or jarred jalapenos but chop them well before adding (here I had removed the seeds, so the jalapeno is not too hot.)

Storage Tip: Roasted red pepper hummus can be stored in a tight-lid container in the fridge. It will keep well for 2 to 4 days- sometimes up to a week although it never lasts that long at our house.



T SCHOOL



10-DAY BLOOD SUGAR RESET

HEALTHY TREATS

These treats can be as nutritious as they are delicious. Remember to limit to one per day and not too late in the day! I like mine for breakfast!

Peppermint Mocha Coffee Smoothie

Ingredients

- 1 Cup Decaf Coffee, Cold
- 1/2 Medium Banana, Frozen
- tbsp Avocado
- tbsp Mint Leaves, Fresh (20)
- 2 tsp Cacao Powder
- 1 tbsp collagen or protein powder
- 1/4 Cup Ice

Directions: Place all ingredients in food processor or blender to mix. Enjoy.

Creamy Green Apple Smoothie

Ingredients:

- cup fresh spinach
- 1 green apple, peeled and cored, roughly chopped
- 1/2 avocado
- 1/2 cup coconut milk
- 1 1/2 cups water
- 1 tbsp collagen or protein powder
- juice of 1/2 lemon
- handful of ice

Directions:

- 1 Pour liquid into your blender.
- 2 Then add the apple, avocado, spinach, and lemon juice.
- 3 Then add ice.
- 4 Mix well until completely smooth.



T SCHOOL



10-DAY BLOOD SUGAR RESET

Coco Monkey Smoothie

Ingredients:

- 1 cup Coconut Juice
- 1 frozen banana (I use fresh, too- just not too ripe)
- 1 tbsp almond butter
- 2 tbsp coconut cream or full fat coconut milk
- 1 tbsp freshly ground flax meal
- 1 serving collagen or protein powder
- 4-5 ice cubes
- 1/2 tsp vanilla extract
- pinch of sea salt

Directions: Place all ingredients in a blender and blend until smooth. Add more liquid to desired consistency.

Green Detox Smoothie

Ingredients:

- 1 apple, cored and chopped
- 1 packed cup kale leaves
- 1 packed cup spinach leaves
- 1/4 avocado
- 1/4 cup fresh cilantro or parsley leaves and stems
- 1 teaspoon ginger powder
- tablespoons fresh lemon juice (about 1 small lemon)
- 1/2 cup cold water
- 2 tablespoons collagen or protein powder

Directions: Place all ingredients in a blender. Blend for 2 minutes, or until entirely smooth. Add 1/4 cup ice cubes, if prefer colder. Enjoy!



T SCHOOL



10-DAY BLOOD SUGAR RESET

Coconut Flour Banana Bread

Ingredients

- 4 medium bananas
- eggs large
- 1/2 cup any nut butter unsalted (I used almond butter)
- 1 tsp pure vanilla extract
- tsp baking powder aluminum free
- 1/2 tsp baking soda
- 1 tsp cinnamon
- 1/8 tsp salt
- 1/2 cup coconut flour
- Coconut oil

Directions:

1. Preheat oven to 350 degrees F. Line 9 x 5 loaf pan with unbleached parchment paper and coat with coconut oil.
2. In a large bowl, mash bananas with a fork or masher.
3. Push to a side, add eggs and whisk with a fork. Add peanut butter, vanilla, baking powder, baking soda, cinnamon, and salt; stir to combine.
4. Add coconut flour and stir well to mix.
5. Pour batter in prepared loaf pan and bake for 50 minutes or until a toothpick inserted in the middle comes out clean. Remove from the oven and let cool for 15 minutes.
6. Transfer to a cooling rack to cool off completely (do not skip!!!).
7. Cut into 10 slices and enjoy.

Store: Refrigerate in a cool dry place for up to 4 days.

Freeze: Bake coconut flour banana bread and cool completely. Place in a zip top gallon size plastic bag, let out as much air as possible and freeze for up to 3 months.

Thaw: To defrost, simply thaw on a counter for 3 hours or overnight. Bread will taste like fresh.



Tschool



10-DAY BLOOD SUGAR RESET

Crock Pot Apples

Ingredients:

- 4 green apples, cored, bottom still in place
- ½ cup Coconut Cream or homemade coconut butter, melted
- ¼ cup sun butter, unsweetened (or another nut butter)
- tablespoons cinnamon (the more the better)
- pinch of nutmeg pinch of salt
- 3-4 tablespoon unsweetened shredded coconut
- 1 cup water

Directions:

1. First you need to core your apples, which is a pain if you don't have an apple corer or paring knife...like me. Use a knife and drilled out the top then used a spoon to scoop out any core, leaving behind as much apple as possible and making sure not to remove the bottom. Perfection is not needed here.
2. Mix together your coconut butter and sun butter along with cinnamon, nutmeg, and salt.
3. Place cored apples in your Crockpot and pour water in the bottom.
4. Use a spoon to pour in your coconut and sun butter mixture into each apple until it's at the top.
5. Top each apple off with a bit more cinnamon and your shredded coconut.
6. Cook for 2-3 hours on low. The longer you cook it, the softer the apple will be- come so you decide!!

Sauteed Apples

Or do them on the stop top...

Ingredients:

- 2 apples cored and chopped
- A handful of raw walnuts
- 1 tbsp vanilla extract
- 1 tsp cinnamon/ water

Directions:

1. Heat non-stick pan until hot- no oil added. Toss in walnuts and toast.
2. Add vanilla extract, apples, and cinnamon and reduce heat.
3. Cover and add water to steam apples for 2-3 minutes. Serve with almond milk.



TSCHOOL

10-DAY BLOOD SUGAR RESET



RESOURCES

Blood Sugar Balance Using the Food You Eat

By now you understand that insulin resistance, diabetes, and metabolic syndrome is intimately related to nutrition. This 10-day program provides you the opportunity to make changes in your diet to help keep blood glucose stable.



We've already talked about the importance of protein, fat, and fiber in helping manage blood sugar. Let's expand on that topic and look at complex carbohydrates' role in this process.

Insulin and Glucagon

In terms of our energy, the two hormones that are most influential when it comes to what we store in our bodies and what we use are insulin and glucagon. In broad terms, you can think of insulin as the "storer" of nutrients and glucagon as the "mobilizer" of nutrients.

Insulin opens cell doors to take glucose out of the blood stream and shuttle it into your cells, while glucagon stimulates the release of glucose into the blood stream.

Protein, Insulin and Glucagon

Protein is essential for life. We use it to build and repair our bodies (including our bones, cells, muscles, enzymes, hair, nails, hormones, and neurotransmitters). We use it to help us burn fat and help fight off infection and inflammation.

When your blood sugar is low before eating, your pancreas releases a hormone called glucagon, whose main purpose — in contrast to insulin's — is to mobilize stored glucose and prevent hypoglycemia.



T SCHOOL



10-DAY BLOOD SUGAR RESET

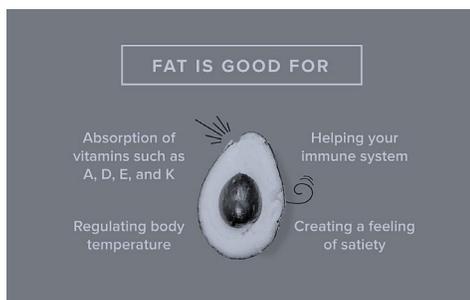
Eating a very protein-rich meal will also cause your pancreas to release glucagon, which is why high-protein diets work for a while in helping people lose weight. But a gentler way to support lasting weight loss is by not going whole hog on proteins, but not scrimping on them, either.

By including some protein in all your meals and snacks you can even out the see-saw action between insulin and glucagon. Protein helps counterbalance the surge of insulin caused by the carbohydrate content in your meals, which in turn helps prevent your body from hoarding the energy in the sugars, storing it in your cells, or converting it to fat.

The average woman needs to consume about 60–70 grams of protein a day – but counting up your grams of daily protein isn’t really necessary unless you think you’re not getting enough or, on the other hand, overdoing it.

Good sources of animal protein include eggs, fish, poultry, lean meats, and dairy products if tolerated. But protein sources are also found abundantly in the plant world, in seeds, nuts, legumes, and soy foods such as tofu, tempeh, and soy milk, and there is strong evidence to suggest that we would all enjoy better health and hormonal balance by upping the plant protein and cutting back on the animal protein in our diets.

One effective way to keep your blood sugar in balance is eating quality protein (and not too much) at each meal. If you have difficulty sleeping, having a little “meat pill” (slice of turkey or tsp of almond butter) before bed can help balance blood sugar throughout the night for more restful sleep.



Dietary Fat and Blood Sugar

Like protein, fat is essential for life. It is an integral part of every cell membrane in our bodies and comprises about a third of our brains. Among its many roles, fat is crucial to maintaining adequate hormonal balance, stabilizing blood sugar, increasing immunity, supplying energy, and controlling hunger.



T SCHOOL



10-DAY BLOOD SUGAR RESET

How does fat help to regulate hunger? One of the key players in satiety, or that lovely sense of satisfaction we get from our food, is cholecystikinin (CKK), a peptide hormone that triggers a sense of fullness.

When we eat fat, our intestinal and stomach walls secrete CCK, which helps with the digestion of fat and protein. This kicks in about 8–20 minutes after we begin to eat, particularly when there is good fat and/or protein content in the meal.

Again, the release of this hormone in the stomach and intestines is triggered by fat and protein content in our food. CKK apparently stimulates the Vagus nerve (a cranial nerve that connects the brain and gut) with a message to “stop eating” and also helps turn off ghrelin, the hormone of appetite, which triggers the sensation of fullness.

Fat also slows down the processing of food in your digestive tract, which means that by including it in your meals and snacks you lower the overall glycemic load. This makes for steadier blood sugar levels over time and nice long-lasting satisfaction after eating.

The low-fat craze saw an explosion in chronic inflammation and weight gain as we were encouraged to replace dietary fats with carbohydrates, sugar in particular. We now know it’s important to eat healthy kinds of fats — natural fats.

There are three kinds of natural fats: saturated, monounsaturated, and polyunsaturated. All three of these fats are okay to eat because they are natural and your body can digest them, but it’s the polyunsaturated fats that rank as stars in maintaining health.

These include fatty fish like salmon, flax seeds, walnuts, and sunflower seeds.

Damaged fats, including oxidized or rancid fats, trans-fatty acids, and hydrogenated fats, are what you should take care to avoid.

These are fats whose chemical structures have been altered in such a way that your body cannot metabolize them. These fats build up as cellular debris and can eventually damage cells and disrupt their function.



T SCHOOL

10-DAY BLOOD SUGAR RESET



Fiber/non-starchy veggies

Non-starchy vegetables contain fiber and loads of important vitamins, minerals, and micronutrients for your body. These micronutrients hold information that speaks to your cells and genes to keep all your systems in balance — including the endocrine system, whose main players are insulin and glucagon.

Because of their low glycemic index, it isn't necessary to keep track of the carbohydrates you are consuming while eating non-starchy vegetables.

There is an endless variety, color, and texture to choose from this group: eat as many as you like — the more the better! The fiber contained in vegetables, particularly non-starchy vegetables help balance blood sugar, improve satiety, and help gut health.

The role of Carbohydrates

- Carbohydrates are recognized by our bodies as sugar that gives us immediate energy.
- The Glycemic Index and the Glycemic Load are two resources that help us understand the blood sugar effects of carbohydrates.
- Carbohydrates stimulate the release of insulin, and if they're not used right away as fuel, they'll be stored as fat in your body. So, it is important to think about your activity level when consuming carbs.
- Unlike fat and protein, carbohydrates may not trigger a signal to your brain that you are full. If your meal is high in carbs, but contains little to no fat or protein, less CCK gets released as you begin to eat. So, Mother Nature's in-built satisfaction mechanism is less likely to kick in and do its job, and you are more likely to continue to eat, or overeat, without feeling satisfied!
- Moreover, a high-GI meal may result in a return in your body of high levels of ghrelin sooner than do meals containing adequate protein and fat, so you are likely to feel hungry again sooner.

Remember our previous discussion of leptin the satiety hormone? Ghrelin acts in the opposite way- it is a hormone that stimulates hunger. Unstable blood sugar,



T SCHOOL

10-DAY BLOOD SUGAR RESET



sleep deprivation, and stress all disrupt our hormone balance, hunger, cravings, and fat storage.

But don't let this information tempt you to avoid carbs altogether.

Why not? Because eating a diet with zero carbohydrates can cause insulin levels to drop even further, which not only starves the cells of energy, but upsets the insulin–glucagon balance. This can lead to depression, fatigue, insomnia, and bone loss. Additionally, our brains need glucose from carbohydrates to function properly.

Carbohydrates are not the issue: it's the type of carbohydrate you're eating and its particular effect on you that matters.

To keep your insulin–glucagon ratio balanced, it is important to consume carbohydrates with a low glycemic index (GI). This means eating carbs found in whole grains, fruit, and vegetables — known as complex carbohydrates.

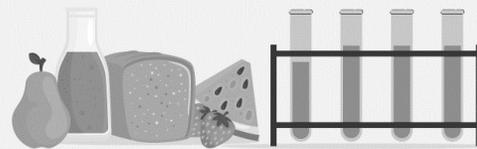
Complex carbohydrates break down more slowly in the digestive tract, resulting in a less dramatic surge in blood sugar levels and more efficient metabolism.

When you pay attention to the quality and distribution of your meals, you have the power to affect your biochemistry to balance blood sugar, regulate hormones, and stabilize your moods.

Imagine how good it feels to learn to supply your body with the abundant raw materials it needs to constantly rebuild healthy cells, tissues, and organs. Now that's worth eating healthy, delicious, food!

What is the Glycemic Index?

Ranks carbs from 0 to 100 according to how much they cause the blood sugar to rise after they're eaten.





T SCHOOL

10-DAY BLOOD SUGAR RESET



How to use the Glycemic Index and Glycemic Load

The glycemic index (GI) ranks foods numerically according to their potential to increase levels of both blood sugar (glucose) and insulin. It measures how rapidly a set amount (50 grams) of a certain food is converted into glucose when compared to 50 grams of white bread, which has a GI of 100.

Following the GI can help you keep blood sugar from spiking too quickly and overloading your cells with glucose.

Over time, maintaining well-balanced blood sugar can prevent and/or reverse insulin resistance. Insulin resistance, as you know, is a problem that can lead directly to metabolic syndrome and type 2 diabetes.

Using the glycemic index can guide you to make good food choices that will help keep your insulin levels steady. [Here's a link to learn more about the GI.](#)

Glycemic index versus glycemic load

The GI of a single food can vary depending on how it was grown, processed or prepared.

In addition, because we're all unique, our bodies respond to foods differently according to our metabolic make-up, when and how much we eat, and how we combine our foods.

Plus, there are inconsistencies in how the glycemic index is calculated. Since the glycemic index is based on such a small quantity of food (50 grams) — less than the amount you'd typically eat — some experts say it understates the impact high-carb foods have on your blood sugar, while overstating the impact of low-carb foods.

That's why some nutritionists developed a calculation for glycemic load (GL) that measures the impact a food has on your blood sugar.

It may be easier for you to use GL as dietary guide instead of the GI because GL accounts for the amount of a certain food you are consuming as well as the other foods you eat at the same time.



Tschool

10-DAY BLOOD SUGAR RESET



Here's the Glycemic Load formula:

- Divide the GI by 100 and multiply it by the grams of carbohydrate in the serving size.
- The glycemic index and glycemic load can help you combine the four food groups in a healthy way. For example, you can see why a scoop of ice cream, which has protein and fat in it, has a lower GI and net glycemic load than a handful of Cheerios, which is mostly refined carbs.
- Even the GI on its own can help you make appropriate food choices without resorting to counting carbs. It's not perfect but the glycemic index can still help keep insulin resistance at bay.

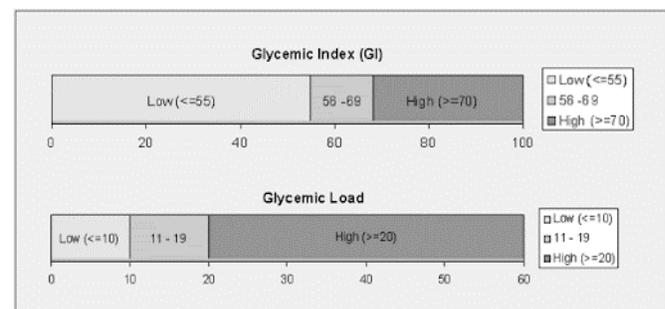
How using GI and GL can help with hormonal balance

Many women experience powerful cravings for high-glycemic index foods when their hormones fluctuate, especially premenstrual, and during perimenopause.

Since highly refined and processed foods are so readily available, it's easy to be tempted.

This becomes even more of a problem as we age because a diet high in refined carbohydrates and high-glycemic foods leads to inflammation, hormonal imbalance, worsening insulin resistance, prediabetes and, ultimately, type 2 diabetes. Your body is also less able to tolerate carbohydrates as you hit midlife which can lead to health issues, including sleeplessness, chronic stress, and weight gain.

For a comprehensive listing, refer to this [Glycemic Index/ Glycemic Load Chart](#).





T.SCHOOL

10-DAY BLOOD SUGAR RESET



Blood Sugar Balance and Meal Timing

I am a fan of timed interval eating (aka: Intermittent Fasting) because there are some definite benefits for metabolism and cellular repair.

When you don't eat for a while, several things happen in your body.

- Your body changes hormone levels to make stored body fat more accessible and initiates important cellular repair processes.
- Insulin levels. Blood levels of insulin drop significantly, which facilitates fat burning.
- The blood levels of human growth hormone (HGH) may increase dramatically. Higher levels of this hormone facilitate fat burning and muscle gain and have numerous other benefits.
- Cellular repair. The body induces important cellular repair processes, such as removing waste material from cells.
- Gene expression. There are beneficial changes in several genes and molecules related to longevity and protection against disease.

But when I was preparing the materials for this course, the bottom line on intermittent fasting and blood sugar stabilization was conflicting.

Although the benefits of IF have been well studied, the effects of meal timing can vary widely from person to person. One may experience increased stabilization while another experiences increased stress and dysregulation.





T SCHOOL



10-DAY BLOOD SUGAR RESET

For that reason, while it would be handy to provide everyone a detailed meal timing schedule of the best times to eat, meal timing isn't that simple. Because it's highly individual.

When it comes to blood sugar regulation, there are five tried-and-true meal-timing guidelines to consider. You can play with these guidelines for yourself and see what happens in your body. Do you feel better and more stable? Or are you hungry, distracted, and anxious? The best judge is always yourself. That's why I always recommend keeping a food/program journal.

Here are the guidelines:

1. Eat a big breakfast

Research shows that eating a large meal in the morning and smaller meals for lunch and dinner may promote weight loss, lower glucose levels, and decrease daily insulin dose in folks with blood sugar issues including insulin resistance, pre-diabetes, and type 2 diabetes.

For the best effects, make breakfast a pretty substantial meal rich in blood sugar-controlling protein, fiber, and fats. Blood sugar levels tend to spike in the morning along with cortisol levels, so a lower carb breakfast won't do. As in all our meals, we want to include a good balance of proteins, healthy fats, and fiber rich carbohydrates.

2. Don't go more than 5 to 6 waking hours without food

As a general rule, try to minimize any long gaps during the day without fuel. Some people may even need to eat more frequently. The key is eating the right combination of foods and then seeing where you fit in on the continuum.



T SCHOOL



10-DAY BLOOD SUGAR RESET

3. Snack purposefully

Although I don't recommend snacking as part of this program, if you find you need to eat something, make sure it's fat and protein dense, like a handful of almonds, or celery with a tablespoon or two of nut butter.

While some people really benefit from the snacks in terms of blood sugar maintenance, energy levels, and overall satiety, others do better to keep to three meals per day. You need to pay attention to what works best for you.

In the end, the most important part of snacking might be the intentionality behind it. Are you snacking at 3 p.m. because you're hungry and your blood sugar levels are getting low? Or just because you're bored at your desk? Getting real with yourself is the key to better blood sugar control.

4. Fast at night

While there's a wide range of opinions out there on intermittent fasting for people struggling with blood sugar stability, the one thing most experts agree on is that fasting at night — when your body is meant to be sleeping — is beneficial.

Try to go a minimum of 10 to 12 hours each night without eating. This not only gives your digestion a chance to rest, but it can also help improve sleep quality and your body's natural ability to detox.

If you eat breakfast at 8:30 a.m. every morning, that means capping your nighttime meals and snacks between 8:30 and 10:30 p.m. each night. Personally, I try to stop eating at night by 7 or 7:30 pm when I can. I sleep better and wake up more refreshed and energetic.

5. Don't overtrain

Overexercising is a common reaction when we want to lose weight, however, prolonged, intense exercise can be stressful to the body and actually cause blood sugar levels to rise. Lower intensity exercise like walking, Pilates or Yoga can be interspersed with shorter bouts of HIIT (15-20 max) to better balance blood sugar.



T SCHOOL

10-DAY BLOOD SUGAR RESET



The takeaway

When it comes to blood sugar management, it isn't just about what you eat — when you eat matters, too. And while there's no one-size-fits-all approach, a little trial and error can help you find a meal schedule that works best for you and your health.

Track your meals, hunger, and energy with the Journal Tracker provided in this program manual.

If you prefer, track yourself using your phone in the NOTES section or explore tracking apps to use. There are several out there though most cater to folks already living with diabetes.

[Here's a link to help you explore your App Options.](#)

There are also a number of CGM (Continuous Glucose Monitors) for sale to non-diabetics for tracking blood sugar balance throughout the day. They're helpful in personalizing and tracking your food, exercise, sleep, and blood sugar fluctuations but many require a prescription, and all are pricey.

Here are a few to review if you're interested.

- **[Lumen](#)**
- **[Nutrisense](#)**
- **[January](#)**

The important thing is to track your progress. If you're not tracking, you're probably doing this program half-heartedly. If you need additional help tracking or staying accountable, please hire me as your coach. I can help.



T SCHOOL

10-DAY BLOOD SUGAR RESET



The Carb-Flu and Metabolic Flexibility

You signed up for this program to feel better, regain control over your cravings and your body. You're all in and working the program diligently.

The problem is you don't feel better- you may even feel worse.

You're tired, cranky, foggy, starving and have a splitting headache. You may even feel sick to your stomach. Weren't these the very things you wanted to be free of by cleaning up your diet and kicking your sugar habit? What's going on?

Believe it or not, this is normal. It's called the "carb flu."

You're trying not to eat sweets, but your body is screaming at you for easy-to-digest sugars and carbs. It is the body readjusting to burning fat for fuel rather than the easy choice of sugars and simple carbohydrates. The ability for the body to switch between burning carbs and fat is known as metabolic flexibility.

Metabolic flexibility is the ability to switch back and forth between carbs and fat for energy without a problem. This is how healthy humans are wired. If you can eat a potato with butter, get up, and go along with your day, you're metabolically flexible.

First you burn through the carbohydrates in the potato; then you burn through the fat in the butter. Finally, several hours later, you notice hunger gradually increasing and get up to find something else to eat.

If you eat the potato with butter, and then an hour later you need some crackers because your blood sugar is tanking and you're snapping at everyone in the room, then you have impaired metabolic flexibility. Your body burned through all the carbs, but the switch to burning fat is difficult – so it stores the fat and demands more carbs for energy. If you eat the crackers and just keep providing those carbs, the cycle keeps repeating (and you gain weight from all that stored fat).

This impaired metabolic flexibility is a hallmark of diabetes and related metabolic disorders. This 10-day program is about restoring metabolic flexibility, but the carb flu can be a side effect of this transition.



T.SCHOOL

10-DAY BLOOD SUGAR RESET

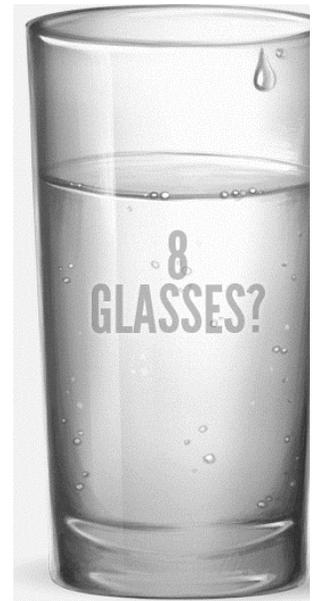


The good news is the low-carb flu is not inevitable: it doesn't happen to everyone, and there's a lot you can do to make it less miserable if it happens to you.

Yes, it's awful in the short term. But that short-term pain is a door to long-term gain.

And there are things you can do to reduce the carb-flu.

- **Don't reduce carbs too drastically.** If you're struggling with low energy and other flulike symptoms longer than a few weeks, maybe it's not an adaptation period; maybe your body just does better with more quality carbs. That's fine too. Don't try to force yourself into a low-carb mold if you just weren't cut out for it.
- **Get enough electrolytes.** Salt deficiency and potassium deficiency can cause some of the same symptoms (especially exhaustion and exercise apathy); there's no reason to make things worse!
- **Eat enough fat.** It is physiologically impossible for protein to be your primary calorie source. Your body will just stop metabolizing it, and you'll end up starving even though enough calories are technically going into your mouth. Don't do this! If you're going to lower carbs, you absolutely must increase fat to match.
- **Move if you can.** Exercise was a great way to improve metabolic flexibility – but in the throes of carb withdrawal, a trip to the gym is probably the last thing on your to-do list. Instead of forcing yourself through a workout, try taking a walk, a Pilates or Restorative class. You can also always put exercise on the back burner until you're through the carb-flu.
- **Drink plenty of water.** Dehydration will just make the headaches, fatigue, and cravings worse. And it's always hard on your system.





TSCHOOL

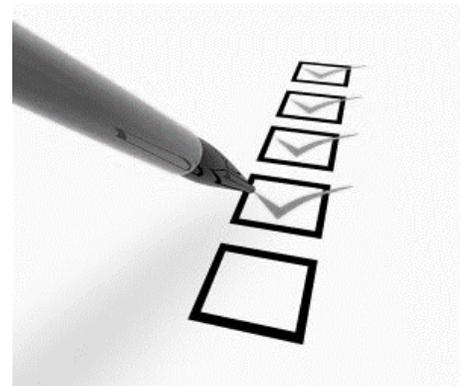
10-DAY BLOOD SUGAR RESET



10 Tips for a Successful 10-Day Blood Sugar Reset

1. Timing is Everything

Doing a detox or cleanse can be quite demanding emotionally and physically. So, to put all chances on your side, I hope you're not cleansing for the during the Holidays, your vacation or your best friends' wedding. Timing your cleanse wisely is critical for your success.



2. Be Sure You Cleaned Out Your Pantry

You now know which foods are okay to consume and which you need to avoid during your detox. Cleaning out your pantry, cupboards and fridge of any foods that do not fit the "okay to eat" list will prevent you from binging on a box of cookies or chips, in times of weakness or extreme fatigue (trust me on this one!). If it's in my house, it's in my mouth!

3. Meal Planning is Critical

This might seem daunting and tedious, but once again planning for your meals ahead of time will help you avoid a lot of headaches and temptations. Your meal plan gives you guidance and recipes for all ten breakfasts, lunch, and dinners for the next 10 days. Don't worry if you don't make all the recipes or follow the meal plan exactly. Make it your own and use the plan to discover what works (and doesn't) for you.

4. Grocery Shop with a List

Use the meal plan to create a shopping list and use it when you go to the grocery. Stay on the perimeter of the store and purchase only what you need for the program. This will save you not only a lot of time, money, and energy. If shopping for the entire 10 days is overwhelming, shop for 2-3 days at a time.



5. Batch Cook

Cooking in batches can make your life easier, especially during a cleanse. Herb and I often cook our protein on Sundays to have handy with salads and vegetables during the week. Chop your veggies or make your salad dressings in advance. The less you have to do at the end of a busy day, the greater your chance of eating clean.

6. Carry Healthy Snacks

If you're someone who needs to snack to stay grounded, being prepared is going to make or break you. Avoid temptation by bringing your own protein-fat-and-fiber snacks with you.

7. Dining Out? Study the Menu

Dining out while doing this program might provoke anxiety, but it doesn't have to be that way. The best way to stick to your program is to study the menu online ahead of time if possible. This helps you create the intention before you get there where you are more likely to be swayed in the moment. Luckily most restaurants have protein and veggies on the menu! You can do this!

8. Join our Community

Having support - virtual or in-person makes all the difference when it comes to committing to a sugar cleanse. Check in on our Group FB page, tell a friend about your program, and use me as your accountability partner! I always do better when I am public and enlist the support of like-minded people!

[Click here](#) to access our Private FB Group!





9. Find Your MoJo

There's nothing as powerful as ownership: of your goals for this program and your motivation. Often, we'll begin a program in order to avoid something more than we want to create something.

When we put ourselves at the center of our intentions to create (and not simply react to a negative situation) we can develop a new relationship with food, prioritize our sleep, challenge our old habits. When we conceive of a new path, we believe in that new path. Practice makes progress, not perfection.

10. Track, Track, Track

I can't say it enough. For any program to work, you must track your practice and progress. Not doing so says a lot about your commitment to real change.

Use my Food, Mood, and Energy tracker to stay mindful, accountable, and honest with yourself.

And if you need additional support, education, or accountability, please reach out to me! I can help!



More information on my coaching services and wellness retreats may be found on my website: www.tinasprinkle.com



TSCHOOL



10-DAY BLOOD SUGAR RESET

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>						
FRUITS (2-4)	<input type="checkbox"/>						
PROTEINS (3-4)	<input type="checkbox"/>						
DAIRY (2)	<input type="checkbox"/>						
FATS (2)	<input type="checkbox"/>						
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>						
SUGARS (0)	<input type="checkbox"/>						
WATER	<input type="checkbox"/>						
SLEEP	<input type="checkbox"/>						

HOW DO YOU FEEL TODAY?

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>						
FRUITS (2-4)	<input type="checkbox"/>						
PROTEINS (3-4)	<input type="checkbox"/>						
DAIRY (2)	<input type="checkbox"/>						
FATS (2)	<input type="checkbox"/>						
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>						
SUGARS (0)	<input type="checkbox"/>						
WATER	<input type="checkbox"/>						
SLEEP	<input type="checkbox"/>						

HOW DO YOU FEEL TODAY?



TSCHOOL

10-DAY BLOOD SUGAR RESET



DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>						
FRUITS (2-4)	<input type="checkbox"/>						
PROTEINS (3-4)	<input type="checkbox"/>						
DAIRY (2)	<input type="checkbox"/>						
FATS (2)	<input type="checkbox"/>						
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>						
SUGARS (0)	<input type="checkbox"/>						
WATER	<input type="checkbox"/>						
SLEEP	<input type="checkbox"/>						

HOW DO YOU FEEL TODAY?

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

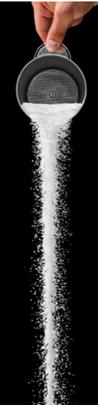
NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>						
FRUITS (2-4)	<input type="checkbox"/>						
PROTEINS (3-4)	<input type="checkbox"/>						
DAIRY (2)	<input type="checkbox"/>						
FATS (2)	<input type="checkbox"/>						
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>						
SUGARS (0)	<input type="checkbox"/>						
WATER	<input type="checkbox"/>						
SLEEP	<input type="checkbox"/>						

HOW DO YOU FEEL TODAY?



TSCHOOL



10-DAY BLOOD SUGAR RESET

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>								
FRUITS (2-4)	<input type="checkbox"/>								
PROTEINS (3-4)	<input type="checkbox"/>								
DAIRY (2)	<input type="checkbox"/>								
FATS (2)	<input type="checkbox"/>								
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>								
SUGARS (0)	<input type="checkbox"/>								
WATER	<input type="checkbox"/>								
SLEEP	<input type="checkbox"/>								

HOW DO YOU FEEL TODAY?

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>								
FRUITS (2-4)	<input type="checkbox"/>								
PROTEINS (3-4)	<input type="checkbox"/>								
DAIRY (2)	<input type="checkbox"/>								
FATS (2)	<input type="checkbox"/>								
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>								
SUGARS (0)	<input type="checkbox"/>								
WATER	<input type="checkbox"/>								
SLEEP	<input type="checkbox"/>								

HOW DO YOU FEEL TODAY?



TSCHOOL



10-DAY BLOOD SUGAR RESET

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>						
FRUITS (2-4)	<input type="checkbox"/>						
PROTEINS (3-4)	<input type="checkbox"/>						
DAIRY (2)	<input type="checkbox"/>						
FATS (2)	<input type="checkbox"/>						
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>						
SUGARS (0)	<input type="checkbox"/>						
WATER	<input type="checkbox"/>						
SLEEP	<input type="checkbox"/>						

HOW DO YOU FEEL TODAY?

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>						
FRUITS (2-4)	<input type="checkbox"/>						
PROTEINS (3-4)	<input type="checkbox"/>						
DAIRY (2)	<input type="checkbox"/>						
FATS (2)	<input type="checkbox"/>						
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>						
SUGARS (0)	<input type="checkbox"/>						
WATER	<input type="checkbox"/>						
SLEEP	<input type="checkbox"/>						

HOW DO YOU FEEL TODAY?



TSCHOOL



10-DAY BLOOD SUGAR RESET

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>								
FRUITS (2-4)	<input type="checkbox"/>								
PROTEINS (3-4)	<input type="checkbox"/>								
DAIRY (2)	<input type="checkbox"/>								
FATS (2)	<input type="checkbox"/>								
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>								
SUGARS (0)	<input type="checkbox"/>								
WATER	<input type="checkbox"/>								
SLEEP	<input type="checkbox"/>								

HOW DO YOU FEEL TODAY?

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>								
FRUITS (2-4)	<input type="checkbox"/>								
PROTEINS (3-4)	<input type="checkbox"/>								
DAIRY (2)	<input type="checkbox"/>								
FATS (2)	<input type="checkbox"/>								
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>								
SUGARS (0)	<input type="checkbox"/>								
WATER	<input type="checkbox"/>								
SLEEP	<input type="checkbox"/>								

HOW DO YOU FEEL TODAY?



TSCHOOL



10-DAY BLOOD SUGAR RESET

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>						
FRUITS (2-4)	<input type="checkbox"/>						
PROTEINS (3-4)	<input type="checkbox"/>						
DAIRY (2)	<input type="checkbox"/>						
FATS (2)	<input type="checkbox"/>						
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>						
SUGARS (0)	<input type="checkbox"/>						
WATER	<input type="checkbox"/>						
SLEEP	<input type="checkbox"/>						

HOW DO YOU FEEL TODAY?

DATE: / /

SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)	<input type="checkbox"/>						
FRUITS (2-4)	<input type="checkbox"/>						
PROTEINS (3-4)	<input type="checkbox"/>						
DAIRY (2)	<input type="checkbox"/>						
FATS (2)	<input type="checkbox"/>						
STARCHY CARBS/ LEGUMES (2)	<input type="checkbox"/>						
SUGARS (0)	<input type="checkbox"/>						
WATER	<input type="checkbox"/>						
SLEEP	<input type="checkbox"/>						

HOW DO YOU FEEL TODAY?



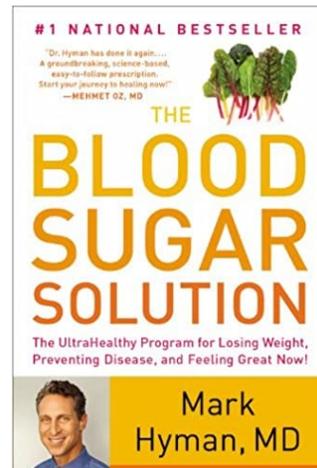
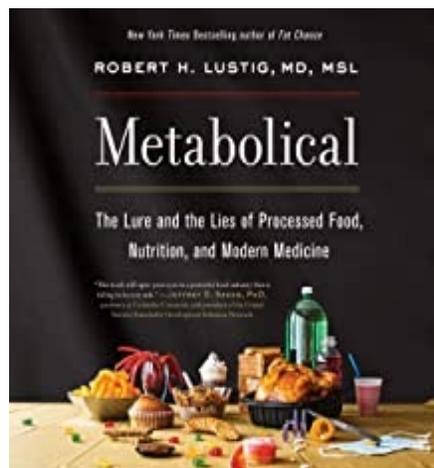
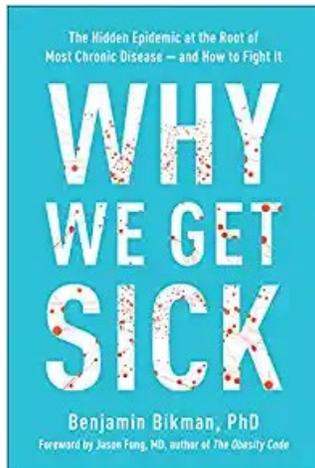
TSCHOOL

10-DAY BLOOD SUGAR RESET



READ MORE ABOUT METABOLIC HEALTH

(click on picture for more information)



Thank you very much for your participation. Stay tuned for updates and future functional nutrition programs and wellness retreats:

www.tinasprinkle.com