

LOW GLYCEMIC DIET MENU

WEEK 1

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Overnight oats with chia seeds	Quinoa salad with chickpeas and cucumber	Greek yogurt with berries	Grilled salmon with steamed broccoli
TUE	Scrambled eggs with spinach	Whole grain tortilla wrap with turkey and avocado	An apple with almond butter	Stir-fried tofu with mixed vegetables
WED	Smoothie with spinach and berries	Lentil soup with whole grain bread	Carrot sticks with hummus	Baked chicken with sweet potato
THU	Greek yogurt with granola	Mixed greens salad with grilled chicken	A pear	Quinoa with roasted vegetables
FRI	Oatmeal topped with nuts	Chickpea salad with tomatoes and parsley	A handful of almonds	Zucchini noodles with marinara sauce
SAT	Whole grain toast with avocado	Vegetable stir-fry with brown rice	Cottage cheese with pineapple	Grilled shrimp with asparagus
SUN	Chia pudding with almond milk	Turkey and spinach wrap with whole grain tortilla	A small orange	Stuffed bell peppers with quinoa and beans

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WEEK 2

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Smoothie bowl with nuts and seeds	Quinoa salad with feta and black olives	Celery sticks with peanut butter	Baked tilapia with green beans
TUE	Scrambled eggs with mushrooms	Spinach salad with strawberries and walnuts	Greek yogurt with honey	Whole grain pasta with turkey meat sauce
WED	Oatmeal with sliced banana	Lentil and vegetable stew	A handful of mixed nuts	Chicken stir-fry with broccoli
THU	Whole grain pancakes with berries	Quinoa and vegetable bowl	Sliced cucumber with tzatziki	Grilled flank steak with sweet potato
FRI	Greek yogurt smoothie	Chickpea and avocado salad	An apple	Zucchini lasagna with ground turkey
SAT	Overnight oats with pumpkin puree	Tuna salad with mixed greens	Dark chocolate	Stuffed squash with quinoa and cheese
SUN	Egg white omelet with vegetables	Vegetable sushi (brown rice)	A pear	Black bean tacos in corn tortillas

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WEEK 3

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Smoothie with spinach and berries	Quinoa salad with roasted vegetables	Carrot sticks with hummus	Grilled chicken with sweet potato fries
TUE	Scrambled eggs with diced tomatoes	Lentil salad with cucumber and feta	A handful of walnuts	Baked salmon with asparagus
WED	Greek yogurt with flaxseed	Mixed green salad with grilled shrimp	Greek yogurt with berries	Whole grain pasta with broccoli and cheese
THU	Overnight oats with apple	Vegetable stir-fry with brown rice	Celery sticks and salsa	Grilled turkey burger on a lettuce wrap
FRI	Chia seed pudding with almond milk	Chickpea salad with quinoa	A small orange	Roasted chicken with Brussels sprouts
SAT	Whole grain toast with almond butter	Spinach and quinoa salad	A banana	Stuffed bell peppers with quinoa and beans
SUN	Oatmeal with cinnamon and nuts	Mediterranean bowl with whole grain couscous	Dark chocolate square	Shrimp tacos with cabbage slaw

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WEEK 4

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Greek yogurt with chia seeds	Lentil soup with whole grain crackers	A pear	Baked cod with spinach
TUE	Smoothie with kale and frozen berries	Quinoa and black bean salad	Sliced apple with cheese	Grilled chicken with mixed vegetables
WED	Whole grain muffins with blueberries	Wrap with turkey, spinach, and hummus	A handful of almonds	Stir-fried tofu with broccoli
THU	Oatmeal with strawberries	Chickpea curry with brown rice	Greek yogurt with honey	Grilled lamb with roasted vegetables
FRI	Scrambled eggs with spinach and cheese	Vegetable quinoa bowl	Celery sticks with almond butter	Baked chicken thighs with sweet potatoes
SAT	Chia pudding with cocoa powder	Spinach salad with beets and goat cheese	A small orange	Zucchini noodles with marinara
SUN	Smoothie bowl with nuts	Lentil burgers with whole grain bun	Dark chocolate	Grilled fish tacos with avocado salsa

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WEEK 5

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Overnight oats with almond milk	Quinoa salad with chickpeas	Greek yogurt	Stuffed bell peppers with lean ground beef
TUE	Whole grain toast with peanut butter	Vegetable wrap with hummus	A banana	Grilled steak with sautéed spinach