

EGG & AVOCADO WHOLE-WHEAT ENGLISH MUFFIN

Nutrition Facts

Per 1 Serving: 338 Calories, 14g Protein, 17g Fat, 36g Carbohydrates, 8g Sugars, 10g Fiber

MAKES 2 SERVINGS

PREP TIME: 5 MINUTES

Ingredients

- 2 whole-wheat English muffins, split and toasted
- 2 teaspoons whole-grain mustard
- 1 small avocado, sliced
- fresh dill, for serving
- 2 boiled eggs, for serving

Instructions

1. Spread mustard on the toasted whole-wheat muffins
2. Add sliced avocados
3. Peel hard boiled eggs
4. Sprinkle dill



Delicious for breakfast or lunch, and has a balance of carbohydrates, healthy fats, and protein.

CRUNCHY TUNA SALAD WITH TOMATOES

Nutrition Facts

Per 1 Serving: 280 Calories, 22g Protein, 16g Fat (3g Saturated Fat), 12g Carbohydrates, 7g Sugars, 2g Fiber

MAKES 4 SERVINGS (1 SERVING SIZE: 1/2 CUP TUNA SALAD WITH 1 TOMATO)

PREP TIME: 5 MINUTES

Ingredients

- 2/3 Cup Reduced-Fat Mayonnaise
- 1/2 Cup Sweet Onion, Chopped
- 1 Celery Rib, Chopped
- 1 tsp Minced Parsley or 1/4 tsp Parsley Flakes
- 3/4 tsp Pepper
- 1 Can (12oz.) White Tuna in Water, Drained
- 4 Medium Tomatoes, Cut in Wedges

Instructions

1. Add ingredients into mixing bowl
2. Mix ingredients
3. Serve with sliced tomatoes



Don't like tuna? That's okay! You can replace it with chicken.



DIABETES-FRIENDLY RECIPES

STRAWBERRY FRUIT SMOOTHIE

Nutrition Facts

Per 1 Serving: 295 Calories, 18g Protein, 13g Fat, 31g Carbohydrates, 15g Sugars, 11g Fiber

MAKES 1 SERVING

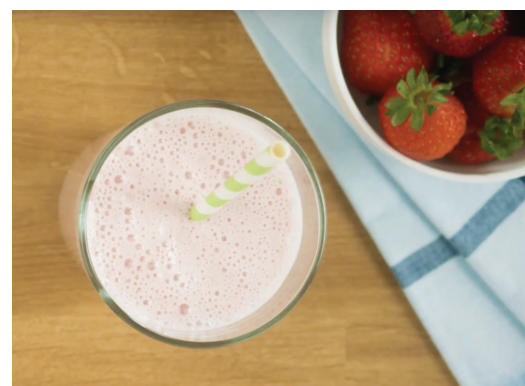
PREP TIME: 5 MINUTES

Ingredients

- 1 Vanilla Glucerna Hunger Smart™ Shake
- 1 1/4 Cup Whole Strawberries
- 1 tbsp Whole Flaxseed
- 1 Cup Ice

Instructions

1. Add ingredients into a blender
2. Blend until smooth
3. Pour into a tall glass and serve



Great for a snack or breakfast!

MEXICAN BEEF AND CORN SKILLET PEPPERS

Nutrition Facts

Per 1 Serving: 246 Calories, 23g Protein, 7g Fat, 23g Carbohydrates, 4g Fiber

MAKES 4 SERVINGS: (1 SERVING SIZE: 1 PEPPER AND ~1 CUP MEAT MIXTURE)

PREP TIME: 40 MINUTES

Ingredients

- Cooking Spray
- 12 oz. Extra Lean Ground Beef
- 2 Cups Frozen Corn
- 1 Can Diced Tomatoes and Green Chiles
- 1 1/2 tsp Ground Cumin
- 1/4 tsp Salt
- 2 Large Green Sweet Peppers, Halved
- 1 oz. Goat Cheese, Crumbled
- 1 oz. Reduced-Fat Cheddar Cheese, Shredded

Instructions

1. Brown meat in a skillet
2. Add veggies
3. Place sliced sweet peppers on top of mixture and steam
4. Serve meat and veggies inside pepper halves
5. Top with shredded and crumbled cheese

