



Smart Blood Sugar

7 Day Meal Plan



Meal Plan



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	Breakfast	Lunch	Dinner
Day 1	Cheesy Baked Eggs with Zucchini A	Italian Chopped Chicken Salad B	Mushroom and Green Bean Chicken Stir Fry C
Day 2	Italian Omelet with Bacon, Tomatoes, and Fontina D	Rosemary Grilled Chicken Wraps E	Garlic Parmesan Noodles with Scallops F
Day 3	Fried Eggs with Red Pepper Pesto G	Roasted Curried Cauliflower with Poached Eggs H	Sauteed Halibut with Tri-Color Peppers I
Day 4	Smoky Shrimp Omelet with Melon J	Smoked Salmon and Avocado Salad K	Spinach and Asparagus Crab Soup L
Day 5	Leftovers from L L	Mediterranean Shrimp Salad Bowl M	Vegetable and Bacon Gratin O
Day 6	Cucumber Dill Omelet with Sliced Oranges N	Leftovers from M M	Leftovers from O O
Day 7	Free Day! -- Keep Your Daily Carb Count Below 60gr	Free Day! -- Keep Your Daily Carb Count Below 60gr	Free Day! -- Keep Your Daily Carb Count Below 60gr

Shopping List



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PANTRY ITEMS	MEALS
<input type="checkbox"/> Salt and Pepper	All to taste
<input type="checkbox"/> 1 cup Extra virgin olive oil	B, C, E, F, G, H, I, K, L, M
<input type="checkbox"/> 1 tbsp Red wine vinegar	B
<input type="checkbox"/> 1/4 tsp Garlic powder	B
<input type="checkbox"/> 9 Kalamata olives	B, M
<input type="checkbox"/> 1 tbsp Fish sauce	C
<input type="checkbox"/> 1 tbsp Sesame seeds	C
<input type="checkbox"/> 1 tsp Pine nuts	G
<input type="checkbox"/> 1 tbsp Curry powder	H
<input type="checkbox"/> 2 cups Shrimp (canned)	J, M
<input type="checkbox"/> 1 tsp Smoked paprika	J
<input type="checkbox"/> 1 tbsp Dijon-style mustard	K
<input type="checkbox"/> 1/2 tsp Red pepper flakes	L
<input type="checkbox"/> 2 cups Chicken broth	L

MEAT, FISH, POULTRY	MEALS
<input type="checkbox"/> 14 slices Pepperoni	B
<input type="checkbox"/> 1 cup Crab meat (cooked)	L
<input type="checkbox"/> 2 1/2 Chicken breasts	C, E, B
<input type="checkbox"/> 6 slices Bacon	D, O
<input type="checkbox"/> 4 oz Sea scallops	F
<input type="checkbox"/> 1 (6 oz) Halibut filet	I
<input type="checkbox"/> 1 cup Smoked salmon	K

REFRIGERATOR ITEMS	MEALS
<input type="checkbox"/> 21 Eggs (organic, cage-free preferable)	A, B, D, G, H, J, N, O
<input type="checkbox"/> 1/4 cup Butter	A, D, J, N
<input type="checkbox"/> 1/4 cup Cheddar cheese	A
<input type="checkbox"/> 1/4 cup Fontina cheese	D
<input type="checkbox"/> 1/2 cup Parmesan cheese	F, G, O
<input type="checkbox"/> 2 tbsp Goat cheese	N

FRESH HERB AND PRODUCE	MEALS
<input type="checkbox"/> 1 1/2 Zucchini	A, F
<input type="checkbox"/> 1/2 cup Basil leaves	A, D, F, G
<input type="checkbox"/> 1/2 cup Blueberries	A
<input type="checkbox"/> 1 tbsp Thyme	B, I, L, O
<input type="checkbox"/> 4 cups Romaine lettuce	B
<input type="checkbox"/> 1 cup Green beans	B, M
<input type="checkbox"/> 1/2 cup Artichoke hearts	C
<input type="checkbox"/> 1 cup Mushrooms	C
<input type="checkbox"/> 1 tbsp Ginger	C
<input type="checkbox"/> 1 tbsp Green onions	C
<input type="checkbox"/> 1 cup Cherry tomatoes	D, E
<input type="checkbox"/> 1/2 cup Apples	D
<input type="checkbox"/> 2 tsp Rosemary	E, I
<input type="checkbox"/> 1 1/2 cup Onions	E, H, K, L, M, O
<input type="checkbox"/> 1/4 cup Lemon juice	E, I, M
<input type="checkbox"/> 4 large Green lettuce leaves	E, K
<input type="checkbox"/> 1 tbsp Shallots	F
<input type="checkbox"/> 6 cloves Garlic	F, G, L, O
<input type="checkbox"/> 1 cup Red bell peppers	G, I, M, O
<input type="checkbox"/> 1/4 cup Strawberries	G
<input type="checkbox"/> 1 cup Cauliflower florets	H
<input type="checkbox"/> 1/4 cup Yellow bell peppers	I
<input type="checkbox"/> 1/4 cup Green bell peppers	I
<input type="checkbox"/> 1/2 cup Cantaloupe	J
<input type="checkbox"/> 1/2 Avocado	K
<input type="checkbox"/> 2 tbsp Celery	K
<input type="checkbox"/> 2 tsp Dill	K, N
<input type="checkbox"/> 1 cup Asparagus	L
<input type="checkbox"/> 10 cups Baby spinach	L, M, O
<input type="checkbox"/> 1/4 cup Orange slices	N
<input type="checkbox"/> 2 tbsp Mint	M
<input type="checkbox"/> 1/4 cup Parsnips	O
<input type="checkbox"/> 1/2 cup Cucumbers	N



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Recipes



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CHEESY BAKED EGGS WITH ZUCCHINI

DAY 1 – BREAKFAST **A**

Serves	Prep time	Cook time
1	10 minutes	20 minutes

INGREDIENTS

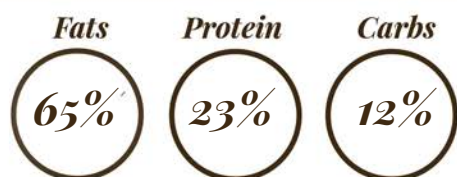
- 1 tablespoon melted butter
- 1 cup sliced zucchini
- 3 eggs
- 1/4 cup shredded cheddar
- 1 tablespoon chopped fresh basil
- 1/2 cup fresh blueberries
- Salt and pepper

DIRECTIONS

Preheat oven to 350 degrees F. Put the melted butter and zucchini slices in the bottom of a small casserole dish. Season with salt and pepper and crack the eggs on top. Sprinkle with the cheese. Bake for 15-20 minutes until the eggs are set and the cheese is melted. Sprinkle with basil and serve alongside the blueberries.



Stats (g)	Recipe	Serving
Carbs	16.1	16.1
Fat	38.2	38.2
Protein	30.3	30.3
Calories	518.2	518.2



ITALIAN CHOPPED CHICKEN SALAD

DAY 1 – LUNCH **B**

Serves	Prep time	Cook time
1	10 minutes	10 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon fresh thyme
- 1/4 teaspoon garlic powder
- 4 cups shredded Romaine lettuce
- 4 olives, pitted and chopped
- 1/4 cup artichoke hearts
- 1 hard boiled egg, quartered
- 14 slices pepperoni, chopped
- 1/2 cup chopped, cooked chicken breast

DIRECTIONS

Whisk the oil and vinegar with the thyme and garlic powder in a small bowl. Toss the remaining ingredients in a larger bowl and toss with the dressing before serving.



Stats (g)	Recipe	Serving
Carbs	15.9	15.9
Fat	38.5	38.5
Protein	38.6	38.6
Calories	559.7	559.7



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MUSHROOM AND GREEN BEAN CHICKEN STIR FRY

DAY 1 – DINNER C



Stats (g)	Recipe	Serving
Carbs	13.8	13.8
Fat	35.1	35.1
Protein	31.8	31.8
Calories	485.5	485.5



Serves	Prep time	Cook time
1	15 minutes	15 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 chicken breast, sliced
- 1 cup chopped green beans
- 1 cup sliced mushrooms
- 1 tablespoon grated ginger
- 1 tablespoon fish sauce
- 1 tablespoon sesame seeds
- 2 tablespoons chopped green onions

DIRECTIONS

Heat the olive oil in a skillet over medium heat. Add the chicken and cook until browned. Add the mushrooms and green beans and stir while cooking, until vegetables are tender and chicken is cooked through. Stir in the fish sauce and ginger and cook for 1 more minute. Stir in the sesame seeds and green onions. Serve.



Stats (g)	Recipe	Serving
Carbs	12.6	12.6
Fat	35.7	35.7
Protein	35.2	35.2
Calories	507.6	507.6



ITALIAN OMELET WITH BACON, TOMATOES, AND FONTINA

DAY 2 – BREAKFAST D

Serves	Prep time	Cook time
1	10 minutes	10 minutes

INGREDIENTS

- 1 teaspoon butter
- 3 eggs
- 2 slices bacon, cooked and crumbled
- 1/2 cup halved cherry tomatoes
- 1/4 cup shredded fontina cheese
- 1/4 cup basil leaves, chopped
- 1/2 cup sliced apples

DIRECTIONS

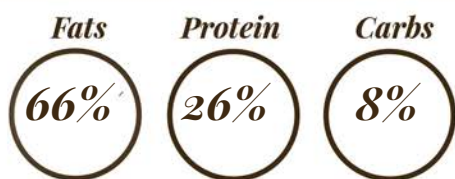
Heat the butter in a small skillet over medium low heat. Add the eggs and cook for a minute until the edges are set. Lift the edges carefully and let the liquid flow underneath the edges. Add the tomatoes, bacon, and cheese, and fold in half. Cook until eggs are done. Top with the basil and serve with the apple slices.

ROSEMARY GRILLED CHICKEN WRAPS

DAY 2 – LUNCH E



Stats (g)	Recipe	Serving
Carbs	8.4	8.4
Fat	30.4	30.4
Protein	26.8	26.8
Calories	410.2	410.2



Serves	Prep time	Cook time
1	10 minutes	15 minutes

INGREDIENTS

- 1 chicken breast
- 2 tablespoons olive oil
- 1 teaspoon finely chopped rosemary
- 1/2 cup cherry tomatoes, halved
- 1/4 cup sliced red onion
- 1 tablespoon lemon juice
- 2 large, in tact lettuce leaves
- Salt and pepper

DIRECTIONS

Preheat a grill to medium high heat. Brush the chicken with the olive oil and sprinkle with the rosemary. Grill until charred and cooked through, 6-8 minutes per side. Remove from grill and allow to cool slightly. When cooled, slice the chicken and toss with the tomatoes, onions, and lemon juice. Season with salt and pepper. Serve wrapped in the lettuce leaves.



GARLIC PARMESAN NOODLES WITH SCALLOPS

DAY 2 – DINNER F



Stats (g)	Recipe	Serving
Carbs	8.7	8.7
Fat	31	31
Protein	24.3	24.3
Calories	408.5	408.5



Serves	Prep time	Cook time
1	15 minutes	15 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 tablespoon chopped shallots
- 2 cloves garlic, minced
- 4 ounces sea scallops
- 1/2 zucchini, cut into noodles on a spiral slicer
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh chopped basil leaves
- Salt and pepper

DIRECTIONS

Heat the olive oil in a skillet over medium high heat. Add the shallots and garlic and cook for 1 minute. Add the scallops and sear on both sides, until done, about 3 minutes per side. Remove from pan and add the zucchini noodles. Stir and cook, coating with the garlic and oil mixture. Season with salt and pepper. Serve the noodles with the scallops and top with the fresh basil.

FRIED EGGS WITH ROASTED RED PEPPER PESTO

DAY 3 – BREAKFAST

G



Stats (g)	Recipe	Serving
Carbs	7.3	7.3
Fat	24.8	24.8
Protein	24.2	24.2
Calories	344.9	344.9



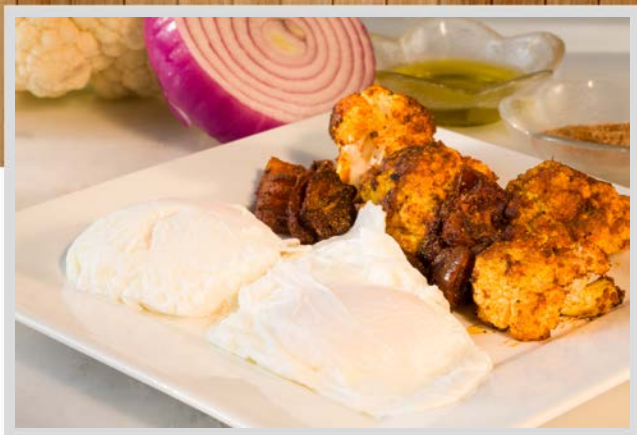
Serves	Prep time	Cook time
1	10 minutes	10 minutes

INGREDIENTS

- 1/4 cup roasted red peppers
- 5 basil leaves
- 1 teaspoon pine nuts
- 1 tablespoon grated Parmesan cheese
- 1 clove garlic
- 3 eggs
- 1 teaspoon olive oil
- 1/4 cup halved strawberries
- Salt and pepper

DIRECTIONS

Put the peppers, basil, pine nuts, cheese, and garlic in a food processor with a pinch of salt and pepper. Puree until smooth, adding a bit of water to thin out if necessary. Heat a nonstick skillet over medium high heat and add the olive oil. Crack the eggs into the skillet and fry until done to your liking. Serve the eggs topped with the pesto sauce, and the strawberries on the side.



Stats (g)	Recipe	Serving
Carbs	14.1	14.1
Fat	31.4	31.4
Protein	24.4	24.4
Calories	423.1	423.1



ROASTED CURRIED CAULIFLOWER WITH POACHED EGGS

DAY 3 – LUNCH

H

Serves	Prep time	Cook time
1	10 minutes	25 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup cauliflower florets
- 1/4 cup chopped onions
- 1 tablespoon curry powder
- 3 eggs
- Salt and pepper

DIRECTIONS

Preheat oven to 400 degrees F. Toss the olive oil with the cauliflower and onions with the curry powder and a pinch of salt and pepper. Lay on a baking sheet and roast until charred and tender, 20-25 minutes. Before serving, crack the eggs in a small bowl one at a time. Bring a pan of water to a simmer. Carefully add the eggs and turn off the heat. Cook for 4 minutes. Remove with a slotted spoon and serve on top of the cauliflower.

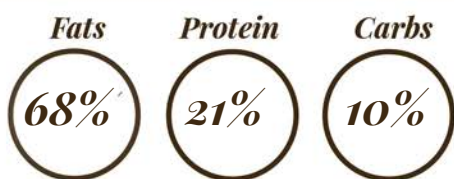
SAUTEED HALIBUT WITH TRI-COLOR PEPPERS

DAY 3 – DINNER

I



Stats (g)	Recipe	Serving
Carbs	12.8	12.8
Fat	37.6	37.6
Protein	26.4	26.4
Calories	496.7	496.7



Serves	Prep time	Cook time
1	10 minutes	20 minutes

INGREDIENTS

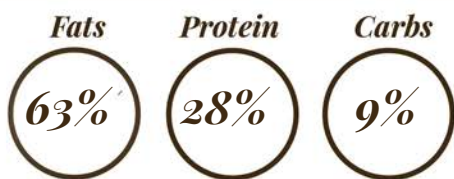
- 1 tablespoon olive oil
- 1/4 cup sliced red peppers
- 1/4 cup sliced yellow peppers
- 1/4 cup sliced green peppers
- 1 teaspoon thyme
- 1 teaspoon finely chopped rosemary
- 1 (6 ounce) halibut filet
- 1 tablespoon lemon juice
- Salt and pepper

DIRECTIONS

Heat the olive oil in a skillet over medium high heat. Add the bell peppers, thyme, and rosemary and cook until peppers are softened. Season with salt and pepper and move the peppers to the side of the pan. Add the fish and cook until it flips easily with a spatula. Flip and continue cooking until fish flakes easily with a fork. Sprinkle the lemon juice over the fish and serve with the peppers.



Stats (g)	Recipe	Serving
Carbs	9.1	9.1
Fat	29.1	29.1
Protein	28.8	28.8
Calories	407.6	407.6



SMOKY SHRIMP OMELET WITH MELON

DAY 4 – BREAKFAST

J

Serves	Prep time	Cook time
1	10 minutes	10 minutes

INGREDIENTS

- 1/4 cup canned shrimp, drained
- 1 teaspoon smoked paprika
- 1 tablespoon butter
- 3 eggs, beaten
- 1/2 cup cubed cantaloupe
- Salt and pepper

DIRECTIONS

Toss the shrimp with the smoked paprika. Heat the butter in a small skillet over medium low heat. Add the eggs and cook for a minute until the edges are set. Lift the edges carefully and let the liquid flow underneath the edges. Season with salt and pepper and add the shrimp. Fold in half and continue cooking until the eggs are cooked through. Serve with the melon on the side.



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SMOKED SALMON AND AVOCADO SALAD

DAY 4 – LUNCH **K**

Stats (g)	Recipe	Serving
Carbs	13.4	13.4
Fat	35.1	35.1
Protein	28.5	28.5
Calories	472.2	472.2

*Fats***65%***Protein***24%***Carbs***11%**

Serves	Prep time	Cook time
1	10 minutes	10 minutes

INGREDIENTS

- 1/2 avocado
- 1 tablespoon olive oil
- 1 tablespoon Dijon mustard
- 1 cup smoked salmon, flaked
- 2 tablespoons chopped celery
- 2 tablespoons chopped onion
- 1 teaspoon chopped fresh dill
- 2 large, in tact lettuce leaves
- Salt and pepper

DIRECTIONS

Mash the avocado with the olive oil and mustard in a bowl. Add the salmon, celery, onions, and dill and season with salt and pepper. Mix well. Serve wrapped in the lettuce leaves.



Stats (g)	Recipe	Serving
Carbs	16.8	8.4
Fat	21.7	43.4
Protein	39	19.5
Calories	601.2	300.6

*Fats***64%***Protein***25%***Carbs***11%**

SPINACH AND ASPARAGUS CRAB SOUP

DAY 4 – DINNER **L**

Serves	Prep time	Cook time
2	10 minutes	20 minutes

INGREDIENTS

- 3 tablespoons olive oil
- 1/4 cup chopped onions
- 2 cloves garlic, minced
- 1 cup chopped asparagus
- 3 cups baby spinach
- 1 teaspoon thyme
- 1/2 teaspoon crushed red pepper flakes
- 2 cups chicken broth
- 1 cup cooked crab meat
- Salt and pepper

DIRECTIONS

Heat the olive oil in a saucepan over medium heat. Add the onions and garlic and cook until soft. Add the asparagus, spinach, thyme and red pepper flakes. Cook for 1 minute and add the chicken broth and 1 cup water. Bring to a boil, reduce heat and simmer for 10 minutes. Transfer to a blender and blend until smooth and transfer back to pot. Stir in the crabmeat and simmer until heated through.



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MEDITERRANEAN SHRIMP SALAD BOWL

DAY 5 – LUNCH

M



Stats (g)	Recipe	Serving
Carbs	20	10
Fat	49.1	24.5
Protein	45.6	22.8
Calories	688.3	344.1



Serves	Prep time	Cook time
2	15 minutes	15 minutes

INGREDIENTS

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/4 cup sliced red onions
- 1/4 cup sliced red bell peppers
- 2 tablespoons chopped mint
- 4 cups baby spinach
- 5 Kalamata olives, pitted and sliced
- 1/4 cup artichoke hearts
- 1 1/2 cups canned shrimp, drained
- Salt and pepper

DIRECTIONS

Whisk the olive oil and lemon juice in a small bowl. Combine the vegetables, mint, and shrimp in a large bowl and season with salt and pepper. Toss with the dressing and serve.



Stats (g)	Recipe	Serving
Carbs	18.7	9.3
Fat	40.5	20.3
Protein	33.3	16.6
Calories	566.5	283.2



VEGETABLE AND BACON GRATIN

DAY 5 – DINNER

O

Serves	Prep time	Cook time
2	15 minutes	30 minutes

INGREDIENTS

- 4 slices bacon, chopped
- 1/4 cup chopped onions
- 1/4 cup chopped red bell peppers
- 1/4 cup grated parsnips
- 1 clove garlic, minced
- 1 teaspoon thyme
- 3 cups baby spinach
- 2 eggs
- 1/4 cup grated Parmesan cheese
- Salt and pepper

DIRECTIONS

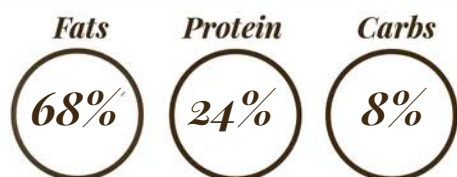
Preheat oven to 375 degrees F. Heat a skillet over medium high heat. Add the bacon and cook until crisp. Remove the bacon with a slotted spoon, leaving the fat in the skillet. Add the onions, bell peppers, parsnips, and garlic and cook until tender. Add the thyme and season with salt and pepper. Stir in the spinach. Transfer the mixture to a bowl with the reserved bacon. Let cool slightly and add the eggs. Stir well and transfer to a small casserole dish. Cover with foil and bake for 20 minutes. Remove the foil, sprinkle with cheese and bake until cheese is browned. Serve warm.

CUCUMBER DILL OMELET WITH SLICED ORANGES

DAY 6 – BREAKFAST N



Stats (g)	Recipe	Serving
Carbs	8.8	8.8
Fat	34.3	34.3
Protein	27.3	27.3
Calories	447.3	447.3



Serves	Prep time	Cook time
1	10 minutes	10 minutes

INGREDIENTS

- 1 tablespoon butter
- 3 eggs, beaten
- 1/2 cup sliced cucumbers
- 1 teaspoon fresh chopped dill
- 2 tablespoons crumbled goat cheese
- 1/4 cup orange slices
- Salt and pepper

DIRECTIONS

Heat the butter in a small skillet over medium low heat. Add the eggs and cook for a minute until the edges are set. Lift the edges carefully and let the liquid flow underneath the edges. Season with salt and pepper. Add the cucumbers, dill, and goat cheese and carefully fold in half. Continue cooking until eggs are done. Serve the omelet with the orange slices.





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Alcohol
That Works



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Alcohol That Works

Wine and beer...grapes and grain. Both typically have high carbohydrate content. We'll give you the skinny on these favorites and suggest a few easy options that won't make you go "dry" completely. Below is a little education. Notice how the numbers get bigger as you go down the list. Keep an eye out for your favorite beverages as you read.

Beer carb counts (per 12 oz. serving)

- Light Beer - most are 3 to 7 grams (varies, check the label)
- Ales - most are 5 to 9 grams
- Regular Beer – averages about 12 grams
- Stout - about 20 grams (varies, check the label)

Wine carb counts (per 5 oz. serving)

- Dry Champagne - 2.5 to 4.5 grams
- Dry Whites (i.e. Sauvignon Blanc, Chardonnay) about 3 grams
- Dry Reds (i.e. Syrah, Pinot Noir, Cabernet) 3.5 to 4 grams
- Zinfandel – about 4.2 grams
- Sweeter Whites (i.e. Reisling, Chenin Blanc) 5 to 6 grams
- Dessert Wines (i.e. Muscat, Ports) - 12 to 14 grams
- Sweet Late Harvest Wine – about 20 grams

Liqueur carb counts – (per jigger, 1.5 fluid oz.)

- B & B Benedictine - 8 grams
- Kirsch - 9 grams
- Grand Marnier - 10 grams
- Bailey's Irish Cream - 11 grams
- Campari - 12 grams
- Cointreau - 15 grams
- Ouzo: 16 grams
- Triple Sec: 16 grams
- Sambuca: 17 grams
- Crème de Menthe - 21 grams
- Crème de Cacao - 22 grams
- Coffee Liqueur (i.e. Kahlua) - up to 24 grams
- Amaretto – 25 grams

Carbonated Mixers

Gin, vodka, tequila, scotch, whiskey and rum are distilled spirits that, by definition, have no carbohydrates. That doesn't mean they don't have calories, so just keep that in mind. Mixers can include tonic water or soda water, and ask your friendly bartender for ideas!

- Gin and Tonic
- Scotch and Soda



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THE "EDDY"

This is a martini made famous by The Old Waldorf-Astoria Bar Book. It contains orange juice and only 2 grams of carbs.

INGREDIENTS

- 3/4 oz. gin
- 3/4 oz. dry vermouth
- 3/4 oz. orange juice

DIRECTIONS

Pour the ingredients into a mixing glass with ice cubes. Stir well. Strain into a chilled cocktail glass.



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PERFECT SWEET AND SOUR MIX

This mix to make whiskey sours, daiquiris, margaritas, etc. This whole recipe (almost 1 1/2 cups of mixer) has 6 grams of carbohydrates. Each tablespoon of lemon or lime juice has 1 gram of carbs if bottled and slightly more if fresh.

INGREDIENTS

- 1 cup water
- 1/4 cup lemon juice
- 2 tbsp. lime juice
- 1/4 cup sugar equivalent in Stevia liquid sweetener

DIRECTIONS

Combine it all together. Store covered in the refrigerator.





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CONSCIOUS COSMOPOLITAN



Here's a recipe for the cocktail made famous by Sex and the City....low carb without sacrificing flavor. Each serving has 2.5 grams of carbs.

INGREDIENTS

- 1 jigger (1.5 oz. or 3 tablespoons) Citron vodka or regular vodka
- 2 tsp unsweetened cranberry juice and 2 tbsp. water
- 1 tbsp. lime juice (fresh preferred)
- 2-3 drops orange extract 2-4 tsp sugar equivalent in Stevia liquid sweetener

DIRECTIONS

Put the ingredients in a cocktail shaker half-full of ice. Shake well. Taste for sweetness if using unsweetened cranberry juice, which is highly variable. You may need to add sweetener. Strain into a martini glass. Garnish with a small lime wedge or curl of lime peel.



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MINDFUL MARGARITA



Here's a delicious version without all that sugar. 2 grams of carbohydrates using bottled lime juice, 2.5 grams for fresh lime juice.

INGREDIENTS

- 1 jigger (1.5 oz.) tequila
- 2 tbsp. (1 oz.) lime juice - bottled more convenient, fresh tastes a lot better
- 1/4 cup (4 tbsp.) water
- 1/4 tsp orange extract
- 1 tbsp. sugar equivalent in Stevia liquid sweetener Ice - small handful Margarita salt or kosher salt

DIRECTIONS

Wet the rim of the glass and dip into a small plate of salt. Combine all ingredients. You can either serve it over ice, strained in a martini glass or blended in a blender.



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THE DELIBERATE DAIQUIRI... IN STRAWBERRY

You can make this with or without the rum. Each serving has 5 grams of carbohydrates plus 2 grams of fiber and 125 calories. If you are making it without the rum, it's only 26 calories.

INGREDIENTS

- 1/2 cup sliced strawberries (about 3/4 cup medium-sized whole berries)
- 1 tbsp. lime juice
- 1 jigger rum (1.5 oz.) Stevia liquid sweetener to taste (depends on how sweet the strawberries are) Small handful of ice (not needed if berries are frozen)

DIRECTIONS

Put in a blender, cover and blend.

