**Glycemic Index Protocol**

**DAY 1: Approximate Glycemic Index**

Upon rising drink 8 oz. water with ¼ lemon, pinched 5

**Breakfast:Vegetable Omelet (no bread)** 15

2 large eggs

½ C vegetables of your choice (ie: peppers, onions, mushrooms, etc)

Green Tea

8 oz. water with ¼ lemon, pinched 5

**Snack:**

One apple 38

**Lunch:Large Green Salad** 15

2-3 handfuls*Dark Leafy Greens*

6-8 cherry tomatoes

½ medium cucumber, sliced

2-3 medium carrots, sliced

6-8 olives

4 oz. Tuna

Olive Oil and Vinegar Dressing

**Snack:**

**Mixed bag of seeds, nuts dried fruit approximately. 4 oz** 35

Preferably hulled, raw and unsalted (ex: pumpkin, sunflower, walnuts and raisins)

**Dinner: Fish and Vegetables**

Small salad (*dark leafy greens*, vegetables of your choice)

4 oz - Fish - any kind (not fried)

Steamed Vegetables - any combination and as much as you like 15

8 oz. water with ¼ lemon, pinched juice 5

Drink more water in addition to suggestions during the day.

**DAY 2: Approximate Glycemic Index**

Upon rising drink 8 oz. water with ¼ lemon, pinched 5

**Breakfast:**

½ medium grapefruit  25

1 large egg - hard-boiled

Herbal tea

8 oz. water with 1/4 lemon, pinched 5

**Snack:**

1 Cup of grapes 46

**Lunch: Salad and Chicken**  10

2-3Handfuls*Dark Leafy Greens*

1-2 C your choice of vegetables

4 oz. Chicken Breast

Olive Oil and Vinegar Dressing

8 oz. water with 1/4 lemon, pinched 5

Green tea

**Snack:**

Nuts and seeds with dried fruit - 4 oz.

**Dinner: Vegetable Stir-fry With Tofu and Green Salad** 45

1-2 T  Coconut Oil

1 clove garlic, minced

1 medium carrot, sliced

1 handfulbroccoli, chopped

1 handfulspinach

4 oz. tofu, firm (you may cube or put in a food processor)

Sea salt and black pepper

Additional herbs and spices, if desired

1 small green salad

**Procedure:**

Heat oil over med-high heat. Sauté garlic for 1-2 minutes. Add carrots andsauté for 5 minutes. Add broccoli;sauté for another 5 minutes. Add spinach and tofu and sautéuntil wilted and heated through. Add sea salt and pepper to taste

4 oz. glass of red wine

Drink more water in addition to suggestions during the day.

**Day 3: Approximate Glycemic Index**

Upon rising drink 8 oz. water with ¼ lemon, pinched 5

**Breakfast:**

**Bowl of *Steel Cut Oatmeal* (No sugar or fruit)** 55

1 tsp. 100% pure maple syrup (Organic)

8 oz. water with ¼ fresh lemon, pinched

Green Tea

**Snack:**

**1 medium citrus fruit** 50

8 oz. water with ¼ fresh lemon, pinched

**Lunch: Soup and salad**  45

**10 servings**

2 T coconut oil

4 garlic cloves, minced

2 medium onions, diced

½ can tomato paste

2 qt vegetable broth

2 celery stalks, diced

2 medium carrots, diced

4 tomatoes, diced

2 C broccoli, chopped

1 C green beans

¼ C basil, fresh

¼ C parsley, fresh

1 C zucchini

Additional desired herbs and spices

**Procedure:**

Heat oil. Add garlic and onion. Add next 10 ingredients, simmer covered for 10 minutes. Stir until all vegetables are al dente, approximately 7 min. Add zucchini; cook 2 minutes. Season with lemon and pepper to taste. Top with avocado, if desired.

8 oz. water with ¼ fresh lemon, pinched

1 cup Green Tea

**Snack:**

**1 Apple and 1 T Nut Butter**

**Dinner: Fish and Vegetables**

4-5 oz. Fish of your choice

2 cups Steamed vegetables of your choice

Seasonings of your choice

4 oz. glass of red wine

Drink more water in addition to suggestions during the day.

**DAY 4: Approximate Glycemic Index**

Upon rising drink 8 oz. water with ¼ lemon, pinched 5

**Breakfast: EggsandSausage**

2 large eggs, hard-boiled

1 serving turkey sausage

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

**Snack:**

One piece of fruit of anykind 36-50

8 oz. water with ¼ fresh lemon, pinched 5

**Lunch: Pasta with Meat Sauce**

½ - 1 cup spaghetti squash, zucchini noodles (you may substitute 2 oz. of rice pasta instead) 0-15

¼ to ½ C Meat Sauce (preferably homemade)

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

**Snack:**

Vegetable snack raw (Carrot sticks and celery) 25

8 oz. water with ¼ fresh lemon, pinched 5

**Dinner: Chili With Beans, salad and vegetables** 25

2 Servings

1 tsp coconut oil

½ C onion, chopped

½ C red bell pepper, chopped

1 tsp chili powder

1 tsp cumin, ground

½ tsp oregano, dried

2 cloves garlic, minced

½ medium green chili, minced

1/8 C water

8 oz. black beans, canned

1 medium tomato, diced

4 oz. vegetable broth

2 tsp Cilantro, chopped

Optional:

½ lb. lean ground beef, sautéed and drained

**Procedure:**

Heat oil. Sauté pepper and onion for 3 minutes. Add next 5 ingredients and sauté for 5 minutes. Add next 4 ingredients (if using beef add in here). Bring to a boil. Reduce heat and cover; simmer 20 minutes.Stir in cilantro. Top with avocado if desired and serve.

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

Small Green Salad with olive oil and vinegar dressing

Steamed Vegetables

4 oz. glass of red wine

Drink more water in addition to suggestions during the day.

**DAY 5: Approximate Glycemic Index**

Upon rising drink 8 oz. water with ¼ lemon, pinched 5

**Breakfast:**

1 medium grapefruit 50

8 oz. water with ¼ fresh lemon, pinched 5

1 cup green tea

**Snack:**

1 Apple OR Pear and 1 T Nut Butter OR KIND bar 40

8 oz. water with ¼ fresh lemon, pinched 5

**Lunch: Grilled Chicken over Salad**  10

2-3 Handfuls *Dark Leafy Greens*

1-2 C your choice of vegetables

4 oz. grilled chicken breast

Olive oil and vinegar dressing

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

**Snack: 1 Apple OR Pear and 1 T Nut Butter OR KIND bar** 40

8 oz. water with ¼ fresh lemon, pinched 5

**Dinner: Animal protein, Vegetablesand Rice** 60

4 oz. Fish, Veal or Lean Red Meat

4 oz. Brown Rice (cooked)

2 cups steamed vegetables of choice

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

Drink more water in addition to suggestions during the day.

**DAY 6: Approximate Glycemic Index**

Upon rising drink 8 oz. water with ¼ lemon, pinched 5

**7-12PM: Eat only fruit one at a time, with about 1 ½ hours between each**

Example:

8am: Grapefruit 50

10am: Cup of grapes 32

12pm: Apple 38

2 - 8 oz.glasses water with ¼ fresh lemon, pinched sometime during the morning 5

1 cup green tea

**Lunch: Soup (made day 3) and green salad**  15

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

**Snack:**

**Raw vegetables** (carrots, radish, broccoli, celery) with hummus

8 oz. water with ¼ fresh lemon, pinched 5

**Dinner: Steamed vegetables and any 4-5 oz. animal protein**

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

**DAY 7: Approximate Glycemic Index**

Upon rising drink 8 oz. water with ¼ lemon, pinched 5

**Breakfast: Your choice of eggs, steel cut oatmeal or fruit** 0-50

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

**Snack:**

Apple 32

8 oz. water with ¼ fresh lemon, pinched 5

**Lunch: Vegetable (recipe provided), beef or turkey burger (no bun)** 15

Salad

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

**Snack:**

Nuts and dried fruit - 4 oz. 55

8 oz. water with ¼ fresh lemon, pinched 5

**Dinner: Seafood andVegetables**

4-6 oz. Crab, Prawn, or Lobster

Vegetables of choice, steamed or sautéed

Salad with olive oil and vinegar dressing

8 oz. water with ¼ fresh lemon, pinched 5

1 cup Green Tea

Drink more water in addition to suggestions during the day.

**Glossary**

**Avocado** *Can be found in all grocery stores*These are a rich and creamy fruit that come in many varieties. The best variety for our purpose is the Haas Avocado because it is most readily available. They are best if bought when still firm and brought home to ripen. They ripen quickly when put in a paper bag along with an apple or banana. They're ripe when they yield to a gentle squeeze. To open an avocado, just cut it in half lengthwise around the seed, twist the two halves apart, and then pop the seed out with a spoon or knife. Avocados darken soon after being cut, so serve them right away or sprinkle them with lemon or lime juice to slow the discoloration. Don't ever freeze, or cook avocados. If you are only using half at a time, keep the pit in the half you are storing and wrap and refrigerate. This helps slow discoloration. It is easier to slice or dice the flesh while still in the skin (without cutting through the skin) and then scoop out with a spoon. Avocados can be sliced or diced in salads, made into guacamole, or blended with lemon or lime juice and sea salt for a creamy salad dressing.



**Bok Choy** Can be found in produce section of supermarkets. Has crunchy stems and crinkled, spinach-like leaves. It's usually stir-fried with other ingredients, but it can also be steamed or sautéed and served as a side dish. Small heads of bok choy are called baby bok choy (right), and they're more tender than the larger variety.

**Dark Leafy Greens** Found in most local supermarkets Include: Arugula, Green or red leaf lettuce, young dandelion, escarole, kale, watercress, spinach, etc.



**Hummus** *Can be found in Supermarkets or Costco, BJ's etc.*(also spelled hamos, houmous, hommos, hommus, hummos, hummous or humus) A dip or spread made from cooked, mashed chickpeas,blended with tahini, olive oil, lemon juice, salt and garlic. Hummus is a popular food in various local forms

throughout the Middle Eastern world.



**Mesclun Salad Greens** *Can be found in supermarkets*This is a mix of young salad greens. Commercial mixes usually include arugula, mizuna, tat soi, frisee, oakleaf, red chard, radicchio, mustard greens, and spinach. This is also known as “Spring Mix.”

**Rice – different types**

**Brown:** Can be found in supermarkets, in bulk at Wegman’s or health food stores. Medium grain brown rice isn't milled as much as white, so it retains the bran and germ, that makes brown rice more fiber-rich, nutritious, and chewy. Brown rice also takes about twice as long to cook.

**Wild:** Can be found in supermarkets or in bulk at Wegman’s or health food stores. This isn't a rice, but rather a grass seed. Compared to rice, it's richer in protein and other nutrients and has a more distinctive, nutty flavor. Takes 50-60 min. to cook.

**Sea salt** Can be found in all supermarkets. This salt comes from evaporated sea water and contains small amounts of magnesium, calcium, and other minerals. Sea salt has a cleaner, saltier flavor compared to table salt. Don't use sea salt for canning or pickling; the trace minerals may discolor the food. It is a great choice for sauerkraut because it doesn’t have added potassium iodide (table salt) which inhibits the bacterial fermentation needed to make sauerkraut.

**Steel Cut Oats** Can be found in supermarkets. Steel cut oats are medium oat groats that have been chopped into smaller pieces. These are the oats that shouldbe used. They take longer to cook than other varieties.

**Sweet Potato** Found in all supermarkets - unrefrigerated produce section. There is often much confusion between sweet potatoes and yams; the moist-fleshed, orange-color root vegetable that is often called a "yam" is actually a sweet potato. While there are attempts to distinguish between the two, such as the mandatory labeling by the U.S. Department of Agriculture that the moist-fleshed, orange-colored sweet potatoes that are labeled as yams also be accompanied by the label "sweet potato," when most people hear the term "yam" they usually think of the orange-colored sweet potato as opposed to the true yam, which has a darker skin, white flesh, and is starchier. Nutritionally, sweet potatoes are an excellent source of vitamin A, and a good source of potassium vitamin C, B6, riboflavin, copper, pantothenic acid, and folic acid.

**Tofu** Found in refrigerated produce section of most supermarkets Tofu is cheap, high in protein, low in fat, and very versatile. You can eat it raw or cooked, but it's bland by itself and tastes best if it's allowed to absorb other flavors. There are several varieties of raw tofu, each with different moisture contents. Silken and soft tofu are relatively moist, and best suited for making shakes, dips, and dressings. Regular tofu has some of the moisture drained away, and it's best for scrambling or using like cheese in casseroles. Firm, extra-firm, and pressed tofu's are even drier, so they absorb other flavors better and hold their shape in stir-fries and on the grill.

**Additional Recipes**

**Vegetable Stir-Fry**

**Ingredients**

3T Coconut Oil

½ tsp ginger, minced

2 cloves garlic, minced

1-2 medium carrots, sliced

1 medium onion, chopped

1 cup bok choy, chopped

1 cup baby spinach

1 cup romaine, shredded

Sea salt and black pepper

Sesame oil, if desired

**Procedure:**

Heat oil over medium heat. Sauté ginger and garlic in pan for one minute. Add carrots and onions; sauté for five minutes. Add greens until bright. Add salt and pepper to taste. Finish with sesame oil, if desired.

**Black Bean Burger**

**Ingredients**

2 15 oz. can black beans, drained, rinsed, divided

½ medium yellow onion, chopped

2 T chopped garlic

2 T cilantro, chopped

2 tsp. parsley, chopped

1 egg

½ tsp. red pepper flakes

Salt and fresh ground black pepper

Toppings – lettuce, tomato, onion

**Procedure:**

Heat a grill or grill pan over medium-low heat. In a food processor, pulse onion and garlic until finely chopped. Add one can black beans, cilantro, parsley, egg, and red pepper flakes. Pulse to combine.

Transfer mixture to a large mixing bowl; add the remaining can of black beans. Season with salt and pepper, to taste, and mix until well combined. Divide mixture into four patties. Place on hot oiled grill over medium-low heat and cook about six minutes on each until heated through. Top with lettuce, tomato, onion and spicy mustard, if desired.

**Southwest Turkey Burger**

**Ingredients**

1 ½ pounds ground turkey

4 oz. can green chiles, diced, drained

Salt and pepper (may use cayenne if you like spicy foods)

Coconut oil

Romaine Lettuce

1 large tomato, sliced

1 medium red onion, sliced

1 medium avocado, sliced

½ cup jalapeños, if desired

**Procedure:**

In a large mixing bowl, combine ground turkey, green chiles, salt and pepper. Shape into four patties. Heat a large pan on medium heat and melt coconut oil. Add turkey patties to the pan and cook until browned on one side, about four minutes. Flip and reduce heat to low and cover. Cook until juices run pale pink, about four more minutes. Use Romaine lettuce leaves as a bun and add desired toppings.

**Roasted Garlic Chickpea Burgers**

**Ingredients**

1⁄3 cup coconut oil, divided

1 small onion, finely chopped

1 small stalk celery, finely chopped

1 T fresh thyme leaves

Salt and pepper, to taste

1 (15-oz) can chickpeas, rinsed and drained

1 cup cooked brown rice

8 cloves garlic, roasted and peeled

1⁄4 cup sesame tahini

2 tsp. lemon zest

1⁄4 cup finely chopped parsley

1 egg

**For Serving (optional)**

2 oz. sprouts

1 small cucumber, thinly sliced

2 Roma tomatoes, cored and sliced 1⁄2" thick

Spinach

1 medium red onion, sliced

**Procedure:**

Heat 2 T coconut oil in a 12" skillet over medium high heat. Add onions, celery and thyme and cook until soft, about 4 minutes. Transfer to a large bowl and reserve. Wipe skillet clean.Place chickpeas and rice in a food processor, along with garlic, tahini, and lemon zest. Pulse until chickpeas, rice, garlic, tahini and lemon zest until chopped, but not yet a paste, about 8 pulses or 10 seconds. Transfer mixture to the bowl with the onions. Add parsley and egg, season with salt and pepper, and mix well to combine. Divide mixture into six patties. Place on a plate and refrigerate for 20 minutes or until ready to use. Heat 2 Tcoconut oil in skillet over medium high heat and cook burgers in batches of three, flipping once halfway through until toasted on each side and cooked through, about 2 minutes per side. Repeat with remaining oil and burgers.

Top burgers with desired toppings and serve.