

3 DAY MEAL INSPIRATION

— DESIGNED TO HELP MANAGE —

BLOOD SUGAR LEVELS



► Plan for Success

Planning meals ahead of time can help you reach your goals since managing blood sugar levels is impacted not only by the foods we eat, but also the timing of meals, portions, and combinations of ingredients. Quick and delicious, these recipes with avocados were created by registered dietitians and can help you feel more confident about tapping into the power of nutrient-dense foods to better manage your blood glucose levels.

BREAKFAST

LUNCH

SNACK

DINNER

DAY 1



[Go to recipe](#)

Potassium Power Smoothie

Fiber Content: 6g / 21% DV Added Sugar: 0g



[Go to recipe](#)

Air Fryer Avocado Black Bean Taquitos

Fiber Content: 9g / 32% DV Added Sugar: 0g



[Go to recipe](#)

Chocolate Almond Avocado Bites

Fiber Content: 3g / 11% DV Added Sugar: 0g



[Go to recipe](#)

Chicken Avocado Tikka Masala

Fiber Content: 5g / 18% DV Added Sugar: 0g

DAY 2



[Go to recipe](#)

Super Breakfast Avocado Quinoa Bowl

Fiber Content: 16g / 57% DV Added Sugar: 0g



[Go to recipe](#)

Grilled Chicken Flatbread with Avocado Yogurt and Chopped Salad

Fiber Content: 5g / 20% DV Added Sugar: 0g



[Go to recipe](#)

Avocado Rice Cracker

Fiber Content: 3g / 10% DV Added Sugar: 0g



[Go to recipe](#)

Fiesta Avocado Mac & Cheese

Fiber Content: 6g / 21% DV Added Sugar: 0g

DAY 3



[Go to recipe](#)

Fan Favorite Avocado Toast

Fiber Content: 6g / 21% DV Added Sugar: 0g



[Go to recipe](#)

Turkey Avocado Lettuce "Tacos"

Fiber Content: 4g / 12% DV Added Sugar: 0g



[Go to recipe](#)

Better-for-You Individual 7-Layer Snack Cup

Fiber Content: 8g / 29% DV Added Sugar: 0g



[Go to recipe](#)

Sunny Spiced Lentil Bowl with Avocado Lime Crema

Fiber Content: 13g / 46% DV Added Sugar: 0g

*Food impacts everyone differently. These guidelines provide inspiration a foundation that should be customized to your needs and preferences. Work with a registered dietitian or certified diabetes care and education specialist to use this inspiration to develop a plan that's right for you. More avocado recipes developed by experts and tested for deliciousness and nutritional value at [LoveOneToday.com/recipes](https://www.LoveOneToday.com/recipes).

► Empowering Facts: Fiber and Good Fats Help Reduce Spikes

What we eat can affect our blood sugar levels so it's important to recognize and prioritize food choices that help maintain balance as well as minimize risk for health complications. **Fiber and fats both help slow down the digestion of carbs and delay their absorption into the blood, helping reduce rapid rises in blood glucose after a meal.**

Avocados are a unique fruit.



One-third of a medium avocado is a good source of fiber. In fact, 79% of an avocado's weight is fiber and water.



Avocados contain naturally good fats - they are virtually the only fruit with good, unsaturated fats.



And, because avocados do not contain sugar and likely do not significantly raise blood glucose, they do not have a glycemic index or glycemic load value.

