



DIABETES
MEAL PLANS

A photograph of three glass bottles filled with smoothies, each with a different colored straw (green and white, blue and white, and pink and white). The bottles are topped with fresh fruit like blueberries and raspberries. They are set against a background of more fresh berries (raspberries, blueberries, and strawberries) on a wooden surface. A wire mesh basket is partially visible in the foreground.

Delicious Diabetes *SMOOTHIES*

Smoothies offer a convenient and delicious way to consume a variety of nutrients. However, not all smoothies are created equal, especially when it comes to managing blood sugar levels and weight.

The key to making smoothies that truly assist in blood sugar control and weight loss is to focus on low-carbohydrate, low sugar and nutrient-rich ingredients. Why low-carb, you might ask?

A low carb approach helps stabilize blood sugar levels, reduce hunger, and increase fat burning, making it a powerful strategy for weight loss and diabetes management. But it's not just about reducing carbs; it's about including the right ingredients that pack a nutritional punch without spiking your blood sugar.

Below you'll discover how blending the right combination of highly nutritious ingredients such as unsweetened cocoa, avocado, psyllium husk, milk, mixed berries, and protein powder can transform your health and waistline.

These ingredients are not only low in carbs but also rich in health-boosting properties like antioxidants, healthy fats, and fibers that support optimal blood sugar, weight loss, improve satiety, and provide essential nutrients.

So, whether you're looking to lose weight naturally, manage your diabetes, or simply start your day with a burst of energy and flavor, these smoothie recipes are designed just for you!

Smoothie Ingredients to Promote Blood Sugar Stability, Weight Loss and Health

There are a range of healthy ingredients in the diabetic smoothie recipes below, however, there are several ingredients that offer unique benefits that can support weight loss and overall health, particularly for diabetes. Let's go over these now.

Unsweetened Cocoa

- **Flavonoids:** Cocoa is rich in flavonoids, particularly catechins and epicatechins, which have been linked to improved insulin sensitivity and reduced blood sugar levels, both crucial for managing diabetes.
- **Appetite Control:** Studies suggest that cocoa can help decrease appetite and improve feelings of fullness, which can be beneficial for weight management.
- **Antioxidants:** High in antioxidants, cocoa can combat oxidative stress and inflammation, which are known contributors to diabetes and weight gain.

Avocado

- **Healthy Fats:** Avocados are high in monounsaturated fats, which are heart-healthy and can help improve cholesterol levels. These fats also provide sustained energy and satiety.

- **Fiber:** Rich in dietary fiber, avocados aid in digestion and help maintain steady blood sugar levels, reducing spikes after meals.
- **Vitamins and Minerals:** Packed with potassium, magnesium, and vitamins, avocados support overall health, which is essential for weight management and diabetes control.

Psyllium Husk

- **Blood Sugar Control:** As a soluble fiber, psyllium husk can help in regulating blood sugar levels by slowing the absorption of sugar in the intestines.
- **Cholesterol Management:** It's known to reduce LDL cholesterol, which is beneficial for heart health, a crucial consideration for individuals with diabetes.
- **Appetite Suppression:** By expanding in the stomach, psyllium husk can promote a feeling of fullness, potentially leading to lower calorie intake and weight loss.

Milk

- **Protein:** Milk is a good source of protein, which is essential for muscle repair and growth. Protein also helps in satiety (feeling full), which can aid in weight management.
- **Calcium and Vitamin D:** These nutrients are vital for bone health and may also play a role in regulating body weight and blood sugar levels.

Mixed Berries or Raspberries

- **Antioxidants:** Berries are high in antioxidants, which can protect against inflammation and oxidative stress, factors linked to obesity and diabetes.
- **Fiber:** High in dietary fiber, berries can aid in digestion, provide a feeling of fullness, and help manage blood sugar levels.

Vanilla Extract

- **Antioxidants:** Vanilla extract contains antioxidants that help protect the body from damage by harmful molecules known as free radicals. These antioxidants support overall health by reducing oxidative stress and inflammation, which are associated with diabetes and weight gain.
- **Blood Sugar Control:** Research has shown that vanillin, a key component of vanilla extract, may have therapeutic effects on glucose metabolism, assisting with blood sugar control.

Protein Powder

- **Muscle Maintenance:** Protein aids in muscle repair and growth, which is vital for maintaining a healthy metabolism and aiding in weight loss.
- **Satiety:** Protein can increase satiety (appetite satisfaction), reducing overall calorie intake, which is helpful for weight management.
- **Blood Sugar Control:** A higher protein intake can help stabilize blood sugar levels by slowing the absorption of carbohydrates.

Recommended Protein Powders

When it comes to protein powders, always read the label and choose one that has no more than 7-10 ingredients. Steer clear of products that contain sugar and fructose. And, the best protein powder by far is whey protein, as it contains super high quality amino acids.

Here's some brands we recommend:

- [Bodylogix – grass fed whey](#)
- [Bluebonnet - vanilla whey isolate](#) or [chocolate whey isolate](#)
- [About Time Whey Protein Isolate](#)
- [Legion whey isolate protein](#)
- [tera's: Organic Certified Whey Protein](#)

Recommended Sweeteners

Based on the research we've conducted over the years, the best sweeteners are stevia, monk fruit and the 'tols' like erythritol and xylitol.

Here's some brands we recommend:

- [NOW Better Stevia](#)
- [BSL Stevia Powder](#)
- [Sweet Leaf Liquid Stevia](#)
- [Chocolate flavored stevia drops](#) – great for anything chocolate – smoothies, cakes etc.
- [NOW Monk Fruit](#)
- [Lakanto Monk Fruit Sweetener](#)
- [Truvia](#)



Smoothie Recipes



Chocolate Raspberry Smoothie

Prep time: 5 minutes, Serves: 2



Ingredients:

- 1/2 medium avocado, sliced
- 3 Tablespoon cream cheese
- 1 Tablespoon unsweetened cocoa powder
- 1 Tablespoon monk fruit or stevia sweetener
- 1/2 cup frozen raspberries, plus a few for garnish
- 1 teaspoon pure vanilla extract
- 1 cup water
- 2 teaspoon psyllium husk

Directions:

1. Add all ingredients in the order listed to a high-speed blender
2. Blend until completely smooth and creamy.
3. For a thicker smoothie, add ice before blending.
4. If you prefer a thinner consistency, add an additional splash of water and blend to combine.
5. Pour into serving glass, top with additional berries and enjoy!

Nutrition Facts - per serving

Calories: 323 | Carbs: 18.6g | Fiber: 11.8g | Net Carbs: 6.8g | Protein: 5.7g | Fat: 26.5g

Mixed Berry Smoothie

Prep time: 5 minutes, Serves: 2



Ingredients:

- 3/4 cup frozen mixed berries
- 2 scoops vanilla protein powder
- 1/2 cup desiccated coconut
- 1 cup almond milk – or use coconut milk, soy milk or cows milk
- 1 Tablespoon flaxseed oil – or olive oil
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1 teaspoon stevia or monk fruit sweetener – optional for extra sweetness
- 1/4 cup water – if it's too thick for your liking
- 2 teaspoon psyllium husk

Instructions:

- Place everything into a blender and blend until smooth.
- Pour into a glass and you're good to go.

Nutrition Facts - per serving

Calories: 482 | Carbs: 23g | Net Carbs: 15g | Fiber: 8g | Protein: 24g | Fat: 35g

Raspberry Cucumber Cream Smoothie

Prep time: 5 minutes, Serves: 2



Ingredients:

- 1/2 cup fresh or frozen raspberries
- 1/3 cup heavy cream or milk of your choice
- 1 cup water
- 1 Tablespoon fresh lime juice
- 1 scoop vanilla protein powder
- 1 cup sliced cucumbers, peeled
- 2 teaspoon psyllium husk
- 8-10 large ice cubes

Optional garnish: 2 or 3 fresh raspberries

Instructions:

1. Combine all ingredients in a high-powered blender and blend on high speed for 2-3 minutes until thoroughly combined. Add additional water, if desired, to adjust consistency.
2. Pour into two glasses and garnish with a spoonful of whipped cream and additional raspberries, if desired. Serve immediately. Enjoy!

Nutrition Facts - per serving

Calories: 110 | Carbs: 8.14g | Fiber: 5.8g | Net Carbs: 3.74g | Protein: 2.35g | Fat: 7.63g

Chocolate Milkshake Smoothie

Prep time: 5 minutes, Serves: 2



Ingredients:

- 1/2 cup milk – or unsweetened almond, soy, or coconut milk
- 1 cup water – cold water if possible
- 1 Tablespoon unsweetened cocoa powder
- 1/2 large avocado
- 7 tsp. equiv. chocolate flavored stevia extract – follow the package label for teaspoon equiv. measurement
- 2 ice cubes

Instructions:

1. Blend everything together in a blender or food processor until smooth and creamy.
2. Pour into 2 glasses and enjoy.

Nutrition Facts - per serving

Calories: 123 | Total Carbs: 9g | Net Carbs: 5g | Fiber: 4g | Protein: 4g | Fat: 10g

Choc Coffee Protein Smoothie

Prep time: 5 minutes, Serves: 1



Ingredients:

- 1/2 cup black coffee – black – made to your preferred strength
- 1/4 cup milk
- 1/4 cup water
- 1 scoop vanilla protein powder
- 2 ice cubes
- 2 Tablespoon unsweetened cocoa powder
- 2 tsp. equiv. chocolate flavored stevia extract
- 1/2 avocado

Instructions:

1. Add all to the blender or food processor and blend until smooth and creamy.
2. Pour into a glass and away you go.

Nutrition Facts - per serving

Calories: 379 | Total Carbs: 29g | Net Carbs: 12g | Fiber: 17g | Protein: 33g | Fat: 23g

Embracing Healthy Fats and Nutrient-Rich Ingredients

As we reach the end of our flavorful journey, you may have noticed that our smoothie recipes are quite rich in fats. This might come as a surprise or even a concern for some. After all, hasn't fat been villainized for decades as the culprit behind weight gain and health issues?

Let's debunk this myth and shed light on why the right kind of fat does not make you fat but rather fuels your path to a healthier, slimmer you.

Fat Does Not Make You Fat: It's a common misconception that eating fat leads directly to weight gain. However, the truth is more nuanced. Healthy fats, like those found in avocados and full-fat milk, are essential for your body. They provide long-lasting energy, aid in the absorption of fat-soluble vitamins, and help maintain cell structure. Healthy fats promote satiety, reduce hunger, and support weight loss.

The Power of Lowering Carbohydrates: By focusing on a low-carb approach, these smoothies are designed to keep your blood sugar levels stable and prevent the spikes and crashes often caused by high-carb meals. Stable blood sugar levels are key to reducing cravings, improving energy, and making sustainable weight loss achievable. Plus, when your body starts using fat as its primary source of fuel, you may notice increased fat burning and a more efficient metabolism.

Collective Benefits of Chosen Ingredients: Each ingredient in our smoothies was carefully selected not just for its low-carb profile but for its health benefits. Unsweetened cocoa brings antioxidants. Avocado offers heart-healthy monounsaturated fats and fiber. Psyllium husk aids in digestion and blood sugar control. Milk provides protein and essential vitamins. Berries add a burst of antioxidants and fiber with minimal sugar. And protein powder supports muscle maintenance and satiety. Together, they create a symphony of nutrients that support your health and weight loss goals.

Embrace the Change: Incorporating these smoothies into your diet is about more than just enjoying delicious flavors; it's about embracing a lifestyle change that values quality over quantity, nutrition over restriction.

As you savor every sip of these delightful smoothies, remember that you're nourishing your body with a blend of ingredients chosen for their health benefits and their ability to support your diabetic journey to lose weight and be healthier overall.

Enjoy!



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WANT TO REDUCE BLOOD SUGAR, A1C, WEIGHT AND MEDICATION?

Following the food list above will help you get started toward achieving optimal results. For the best help and support to reach your goals, **JOIN US AS A MEMBER**. It will be the best decision you ever make!



"I have to say thank goodness for DMP. When I found you my husband's A1C was 8.5, a few months later, his A1C is 5.8. I have found your service to be a lifesaver." ~**Vicki**

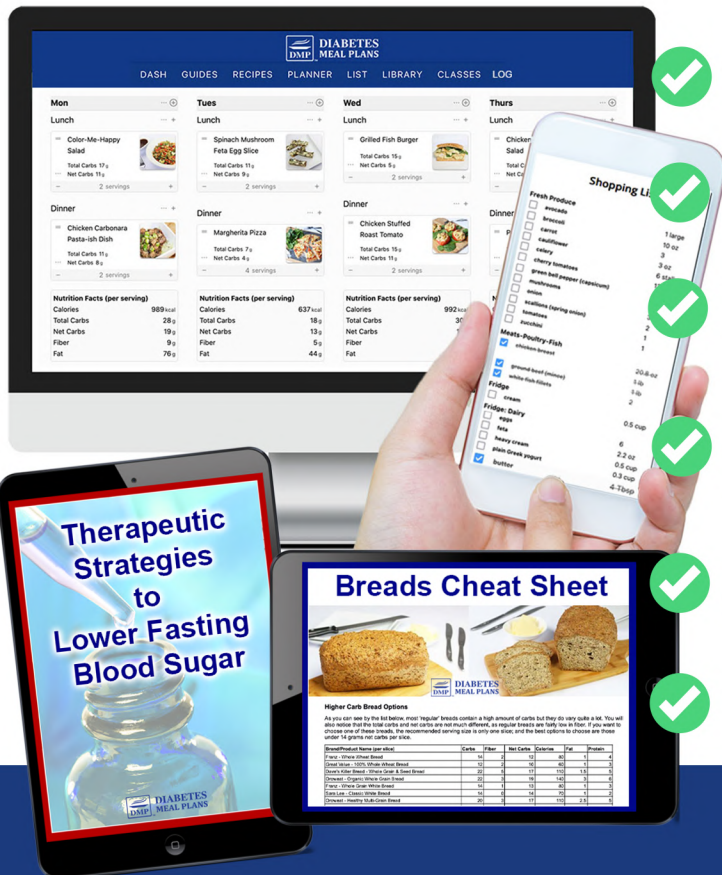


"My weight dropped 6 pounds (2.7kg), and my A1C dropped to 5.8! This was an all-time low for me. Best of all, my doctor reduced my daily amounts of metformin and glipizide by half. Four years on: at 70 years old, my HbA1C continues to be under control. I maintain lower medication." ~**Sheryl**



"I lowered HbA1c by 1.3% in 16 weeks, and my last three readings have been in the normal range, 5.6, 5.7 and 5.8. I'm almost off all medications now." ~**Dean**

DR JEDHA & THE DMP TEAM SHOW YOU HOW TO EAT TO TREAT DIABETES



Access Dr Jedha's scientifically proven T2Diet Program to reduce A1c, weight and medications in as little as 16 weeks



Receive delicious weekly meal plans and recipes to remove confusion from your eating plan and stay on track



Track your blood sugar levels and health progress and access proven resources that help you maximize results



A huge library at your fingertips with expert advice about foods, supplements and health topics, all specifically for type 2 diabetes and prediabetes



Join monthly member check ins to get personal support from our dietitians and nutritionists



Plus, lots more! Including smart meal planner, masterclasses, food guides, cheat sheets, member events, ongoing support!

JOIN THE DMP FAMILY TODAY

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