

THE 8-WEEK BLOOD SUGAR DIET

**HOW TO BEAT DIABETES FAST
(AND STAY OFF MEDICATION)**

BY DR. MICHAEL MOSLEY

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Do You Crave Carbs? Are You Addicted?

Try this short quiz about your relationship to carbohydrates.

1. Do you get an instant reward or “hit” as soon as you eat sweet, starchy, or refined foods? **YES / NO**
2. Do you eat five or more portions of carbohydrates most days (in addition to sweet things, this includes pasta, bread, potatoes, rice, and cereals)? **YES / NO**
3. Do you often drink sweetened or flavored drinks (including fruit juice and artificially sweetened drinks)? **YES / NO**
4. Do you often snack or graze between meals?
YES / NO
5. Do you eat three or more portions of fruit a day?
YES / NO

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6. Do you usually have generous portions of carbohydrate-rich foods with most of your meals, getting over 30 percent of your calories from starchy and/or refined carbohydrates, including bread, pasta, potatoes, rice, and cereals? (Whole-grain versions of all these still count as starch.) **YES / NO**
7. Do you often eat to make yourself feel better, such as when you are disappointed, are under pressure, or have had an argument? **YES / NO**
8. Are you eating large portions? **YES / NO**
9. Do you often feel unsatisfied, even soon after finishing a meal? **YES / NO**
10. Does the sight, smell, or thought of food often stimulate you to eat, even if you have just finished a meal or are not hungry? **YES / NO**
11. Do you often lose control and eat much more than you meant to, particularly when eating snacks, junk food, or sweets? (May involve eating until uncomfortable, feeling sick, or actually being sick.) **YES / NO**
12. Do you often justify eating by thinking, “Just this time” or “Later I will eat better/start the diet/burn it off”? **YES / NO**
13. Is food often on your mind? Do you frequently find yourself thinking about food during the day? **YES / NO**

Going Low-Carb

- 14.** Do you sometimes eat in secret? **YES / NO**
- 15.** Do you sometimes snack late in the evening or during the night? **YES / NO**
- 16.** Do you often feel guilty or ashamed about what you are eating, yet find yourself eating it again soon after? **YES / NO**
- 17.** Do you often crave carbohydrates or feel shaky, irritable, anxious, or sweaty without them?
YES / NO

RESULTS: Add up the number of yes answers and see which group you are in below.

0–3 You don't appear to be addicted. You can take it or leave it when it comes to eating carbs and probably have a fairly healthy attitude toward food.

4–8 You may be addicted to carbs. You like your carbs, but are probably managing to keep it in check. This may require a certain amount of self-control. At times you probably find this a bit of a challenge. The problem with carbs can be that the more you eat, the more you want. It is a slippery slope.

9–13 Moderately addicted to carbs. You are eating considerably more than you know is good for you and probably feeling bad about it. You are likely to be feeling hungry much of the time, preoccupied by food, and at times struggling to control your cravings as a result of a degree of insulin resistance. You are probably at risk of developing diabetes, if you don't have it

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already (even in the early stages). Worth getting regular health checks.

14–17 Severe addiction to carbs. Avoiding carbs is a real challenge for you. You are likely to be constantly hungry, preoccupied with food, feeling bad, and feeling guilty about your eating. You are highly likely to have insulin resistance (metabolic syndrome). Given the amount of carbs you are eating and your unhealthy relationship to carbohydrates, you're at significant risk of developing diabetes, if you don't have it already. Definitely worth getting regular health checks.

The Blood Sugar Diet:

50 Recipes

For the sake of simplicity, all calorie counts have been rounded up or down to the nearest 10 calories. All calorie counts are for one serving.

Breakfasts and Brunches

Yogurt with Passion Fruit and Almonds
Yogurt with Rhubarb Compote
Yogurt with Apple, Mango, and Hazelnuts
Almond Butter with Apple, Seeds, and Goji Berries
Portobello “Toast” with Wilted Spinach and Chickpeas
Portobello “Toast” with Goat Cheese and Pine Nuts
No-Carb Muesli
Spinach and Pea Omelet
Melon, Blueberry, and Spinach Smoothie
Grilled Apricots with Yogurt
Mango, Raspberry, and Lime Smoothie
Blueberry and Green Tea Smoothie
Spinach and Raspberry Green Drink
Vegetable Frittata
No-Carb Waffles
Baked Eggs with Minted Pea and Feta Salad
Poached Egg and Smoked Salmon Stack
Mexican Hash
Skinny Kedgeree

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Soups, Salads, and Lunches

Crab and Mustard Lettuce Cups
Chicken and Walnut Lettuce Cups
Bacon and Avocado Lettuce Cups
Crayfish Salad
Beet Falafel
Pepper with Jeweled Feta
Zucchini and Feta Salad
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Skinny Spicy Bean Burgers
Chicken and Asparagus Salad
Grapefruit and Manchego Salad
Warm Halloumi Salad

Suppers

French Fish Stew
Luxury Fish Pie with Celeriac Topping
Zucchini Ribbons with Shrimp
Lamb and Pine Nut Meatballs with Moroccan Salad
Trout on Lime and Cilantro Crushed Peas
Pork with Apples and Shallots
Spicy Chicken and Lentils
Smoked Mackerel and Orange Salad

The Blood Sugar Diet: 50 Recipes

Eggplant with Lamb and Pomegranate
Steak with Crème Fraîche and Peppercorn Sauce
Harissa Chicken
Crab Cakes
Grilled Chicken on Cannellini Bean Mash
Stir-Fried Chicken with Lime and Coconut Milk
Spicy Turkey and Apricot Burgers with Salad
Foil-Steamed Fish
Skinny Chili
Braised Cod with Lettuce and Peas
Gingery Pork with Stir-Fried Vegetables

Quick and Easy

Five-Minute Breakfasts

Scrambled Eggs Three Ways
Cottage Cheese Three Ways
Avocado Three Ways

No-Fuss Lunches

Mediterranean Platter
Mexican Platter
No-Carb Ploughman's Lunch
Cheesy Baked Beans
Peanut Butter Dip
Sardine Dip

Simple Suppers

Five Ways to Jazz Up a Chicken Breast
Three Ways to Jazz Up a Salmon Steak
Three Ways to Jazz Up a Lamb Chop
Three Ways with Zucchini Ribbons
Three Ways with Cauliflower "Rice"
Three Quick Soups

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Guilt-Free Baking

Zucchini and Pumpkin Seed Muffins

Cheesy Scones

Guilt-Free Brownies

Breakfasts

Yogurt with Passion Fruit and Almonds

170 CALORIES

SERVES 1

1 tablespoon sliced almonds

5 ounces plain yogurt

1 passion fruit

Toast the almonds in a dry skillet over low heat for a few minutes, until they turn golden. Remove them from the pan and allow them to cool.

Place the yogurt into a bowl and stir in the almonds. Cut the passion fruit in half, scoop out the seeds, and stir the seeds into the yogurt.

Yogurt with Rhubarb Compote

160 CALORIES

SERVES 1

- 1 pound rhubarb, trimmed and cut into small chunks
- Zest and juice of 1 orange
- Zest and juice of 1 lemon
- 1-inch piece fresh ginger, peeled and finely chopped
- 5 ounces plain yogurt

Preheat the oven to 350°F.

Put the rhubarb, zests, juices, and ginger in an ovenproof dish. Bake uncovered for 30 to 40 minutes. Allow to cool and then transfer to an airtight container. The rhubarb compote will keep in the fridge for 1 to 2 days.

To make the yogurt, swirl 2 tablespoons of the rhubarb compote through the yogurt.

Yogurt with Apple, Mango, and Hazelnuts

180 CALORIES

SERVES 1

- ½ mango, peeled and cut into chunks
- 1 tablespoon hazelnuts, skins rubbed off
- 1 apple, cored and diced
- 5 ounces plain yogurt

Place the mango and hazelnuts in a food processor and pulse a few times to form a coarse paste. Place the paste in the bottom of a dish, add the chunks of apple, and top with the yogurt.

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Almond Butter with Apple, Seeds, and Goji Berries

110 CALORIES

MAKES 4 SERVINGS

- 3½ ounces skin-on almonds
- 2 teaspoons mixed seeds and goji berries
- 1 apple, cored and sliced

To make the almond butter, preheat the oven to 375°F. Place the almonds on a baking sheet and bake for 10 minutes. Remove from the oven and allow to cool. Place in a food processor and process until smooth.

Serve 2 tablespoons of the almond butter in a dish and sprinkle with the seeds and goji berries. Add the apple wedges for dipping. Leftovers can be stored in the refrigerator for 2 to 3 days.

Portobello “Toast” with Wilted Spinach and Chickpeas

150 CALORIES

SERVES 1

- 2 portobello mushrooms
- Drizzle of olive oil
- Salt and black pepper
- 2 handfuls spinach
- Pinch of nutmeg
- 2 tablespoons canned chickpeas, drained and rinsed
- Pinch of paprika

Preheat the broiler. Place the mushrooms on a baking sheet, drizzle with the oil, and season with a pinch of salt and plenty of pepper. Broil for 3 minutes. Meanwhile, place the spinach in a small pan with a splash of water, place over medium heat, and cook until wilted. Drain and sprinkle with the nutmeg. Place the chickpeas in a bowl, sprinkle with the paprika, and coarsely mash with a fork. Divide the spinach and chickpeas between the two mushrooms.

Portobello “Toast” with Goat Cheese and Pine Nuts

150 CALORIES

SERVES 1

- 2 portobello mushrooms
- Drizzle of olive oil
- Salt and black pepper
- 1½ ounces goat cheese
- 1 tablespoon pine nuts
- 1 handful snipped chives

Preheat the broiler. Place the mushrooms on a baking sheet, drizzle with the oil, and season with a pinch of salt and plenty of pepper. Broil for 3 minutes.

Remove the mushrooms from the broiler, top with the cheese, and sprinkle with the pine nuts. Return to the broiler for 2 minutes more. Remove from the broiler and sprinkle on the chives.

No-Carb Muesli

180 CALORIES

SERVES 1

- 1 tablespoon raisins
- ¼ cup apple juice
- 2 tablespoons ground flaxseeds
- 2 tablespoons plain yogurt
- Pinch of cinnamon
- 1 tablespoon walnut pieces

Place the raisins in a bowl and pour on the apple juice. Let chill in the refrigerator for at least 1 hour or overnight.

When ready to eat, mix the raisins with the ground flaxseeds and the yogurt and sprinkle with the cinnamon and walnuts.

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Spinach and Pea Omelet

180 CALORIES

SERVES 1

- 2 ounces frozen peas
- 2 handfuls baby spinach
- 2 eggs
- Salt and black pepper
- 1 tablespoon snipped chives
- Drizzle of olive oil

Bring a pan of water to a boil and cook the peas for 4 minutes. Add the spinach, cook 1 minute more, and then drain well. Beat the eggs, season with salt and pepper, add the peas, spinach, and chives, and mix well. Heat the oil in a pan, add the egg mixture, and cook through.

Melon, Blueberry, and Spinach Smoothie

130 CALORIES

SERVES 1

- ¼ Galia melon, peeled, seeded, and chopped
- 2 ounces blueberries
- 7 ounces unsweetened almond milk
- 2 handfuls baby spinach
- Sprinkle of sunflower seeds

Put the melon, berries, and almond milk into a blender and whizz until smooth. Pour into a container.

Chill in the refrigerator for at least 1 hour or overnight.

Grilled Apricots with Yogurt

140 CALORIES

SERVES 2

- 1 teaspoon olive oil
- 1 tablespoon fresh lime juice
- 1 teaspoon cinnamon
- 6 apricots, peeled and cut into half-inch slices
- 4 tablespoons Greek yogurt
- 2 ounces raspberries
- 1 tablespoon hazelnuts, coarsely chopped
- 1 handful mint, torn

In a small bowl, combine the oil, lime juice, and cinnamon and whisk to blend.

Preheat the broiler. Lightly brush the apricots with the oil mixture. Broil, turning once and basting once or twice with the remaining marinade, until tender and golden, 3 to 5 minutes on each side.

Serve with the yogurt, scattered with the raspberries, hazelnuts, and mint.

Mango, Raspberry, and Lime Smoothie

150 CALORIES

SERVES 1

- ½ mango, peeled, seeded, and chopped
- 2 ounces raspberries
- 2 handfuls baby spinach
- 1 teaspoon chia seeds
- Juice of 1 lime
- 7 ounces coconut water

Place all the ingredients in a blender and whizz together.

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Blueberry and Green Tea Smoothie

100 CALORIES

SERVES 1

- 7 ounces water
- 1 teabag green tea
- 2 ounces blueberries
- 2 tablespoons Greek yogurt
- 1 tablespoon almonds
- 1 tablespoon flaxseeds

Bring the water to a boil, add the teabag, and allow it to steep for 4 minutes. Remove the teabag and chill the tea in the fridge, preferably overnight. Place in a blender with the other ingredients and whizz together.

Spinach and Raspberry Green Drink

70 CALORIES

SERVES 1

- 2 large handfuls baby spinach
- 7 ounces coconut water
- 1 cup raspberries
- Juice of 1 lime

Combine the spinach and coconut water in a blender and blend. Add the berries and lime juice and blend again. Can be frozen, or stored in the fridge for 1 day.

Brunches

Vegetable Frittata

320 CALORIES

SERVES 2

- 2 red bell peppers
- Olive oil
- 3 scallions, chopped
- 2 garlic cloves, crushed
- 7 ounces canned chickpeas, drained and rinsed
- 1 teaspoon smoked paprika
- 3½ ounces baby spinach
- 4 eggs, beaten
- Salt and black pepper

Stem the bell peppers and remove the seeds and ribs. Cut the peppers into halves or quarters. Brush lightly with oil, then place skin side up on a baking sheet and broil until the skin blackens and blisters. Place the hot peppers in a paper bag and seal tightly; let cool. When cooled, peel the charred skin from the peppers and coarsely chop the flesh.

Heat a drizzle of oil in a large ovenproof skillet over medium heat and sauté the scallions and garlic until soft. Add the bell peppers to the pan with the chickpeas and paprika. Sauté for about 5 minutes.

Add the spinach and keep stirring until it wilts. Add the eggs, season with salt and black pepper, and stir gently to incorporate the eggs into the whole mixture. Cook until set, about 2 minutes.

Slide the pan under a preheated broiler until the top of the frittata is light golden and puffed, about 1 minute.

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No-Carb Waffles

290 CALORIES

MAKES 1 SERVING

2 egg whites plus 1 whole egg
2 tablespoons coconut flour
2 tablespoons milk
½ teaspoon baking powder
Strawberries

Whip the egg whites to stiff peaks. Stir in the whole egg, coconut flour, milk, and baking powder. Heat a waffle iron to the highest temperature and grease it or spray it with nonstick spray. Pour in half the batter and cook until browned, 3 to 4 minutes. (If you don't have a waffle iron, use a hot skillet; spray the pan with oil and then use a ladle to pour half the mixture to make a thick pancake.) Repeat to make the second waffle. Serve with the strawberries.

Baked Eggs with Minted Pea and Feta Salad

330 CALORIES

SERVES 4

3 eggs
4½ fluid ounces half-fat crème fraîche
1 tablespoon grated Parmesan cheese
1 handful fresh basil, torn
Salt and black pepper
10 ounces peas
3 tablespoons chopped fresh mint
1 avocado, peeled, seeded, and diced
Juice of 1 lemon
1 tablespoon olive oil
2 ounces baby spinach
3½ ounces feta, crumbled

Preheat the oven to 350°F. Butter 4 cups of a muffin pan.

Whisk the eggs, crème fraîche, Parmesan, and basil in a bowl until well combined. Season to taste with salt and pepper. Divide the egg mixture among the muffin cups and bake in the oven for 10 to 12 minutes, until the eggs are just set.

Meanwhile, mix the peas, mint, avocado, lemon juice, and oil in a bowl.

To serve, divide the spinach onto 4 plates and spoon some pea and mint salad on top. Sprinkle with the feta and serve with the baked eggs.

Poached Egg and Smoked Salmon Stack

320 CALORIES

SERVES 2

- 4 portobello mushrooms
- Olive oil
- Salt and black pepper
- 2 ounces sliced smoked salmon
- 1 tablespoon half-fat crème fraîche
- 1 teaspoon grainy mustard
- Squeeze of lemon juice
- 2 handfuls watercress, chopped
- 2 eggs, poached
- 1 tablespoon pine nuts, toasted

Preheat the broiler. Place the mushrooms on a baking sheet, drizzle with the oil, and season with a pinch of salt and plenty of pepper. Broil for 3 minutes. Put a slice of smoked salmon on each mushroom. Mix the crème fraîche, mustard, and lemon juice and spread over the salmon. Top with a handful of watercress, a poached egg, and a scattering of pine nuts.

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Mexican Hash

340 CALORIES

SERVES 2

- 1 red chile, slit lengthways and seeded
- 1 tablespoon canola oil
- 7 ounces baby mushrooms, halved
- 1 garlic clove, chopped
- 1 teaspoon Cajun seasoning
- 7 ounces canned black beans, drained and rinsed
- Salt and black pepper
- 2 eggs
- 1 ripe avocado, chopped
- Lime wedges

Slice half the chile into strips and set aside; finely chop the other half.

Heat half the oil in a pan over medium heat and sauté the mushrooms for about 5 minutes, until golden. Add the chopped chile, garlic, Cajun seasoning, and black beans and heat through for about 5 minutes; season to taste with salt and pepper. Keep warm.

In the same pan, heat the remaining oil and fry the eggs until cooked to your liking. Divide the mushroom mixture between two bowls and top each one with a fried egg, half the avocado, and half the chile strips. Serve with lime wedges.

Skinny Kedgeree

360 CALORIES

SERVES 2

- 1 large cauliflower
- 1 tablespoon olive oil
- 2 eggs
- 1 small red onion, chopped
- 1 red chile, seeded and chopped
- 2 tablespoons medium-hot curry powder
- 1 teaspoon mustard seeds
- 1 teaspoon cayenne pepper
- 2 small smoked mackerel fillets, flaked
- Salt and black pepper
- 4 scallions, sliced
- 1 handful flat-leaf parsley, chopped

To make cauliflower “rice,” preheat the oven to 400°F. Cut the cauliflower into florets, place in a food processor, and process for 30 seconds. Transfer into a bowl, drizzle with half the oil, and toss gently. Spread the cauliflower in a thin layer on a baking sheet and bake for 10 minutes.

In a small pan, boil the eggs for 7 minutes.

Meanwhile, heat the remaining oil in a nonstick skillet over medium heat and sauté the onion and chile for 5 minutes, until soft. Add the curry powder, mustard seeds, and cayenne and sauté for 1 to 2 minutes more.

Stir the cauliflower rice into the onion mixture and then add the mackerel. Season well with salt and black pepper and heat through gently.

Peel and quarter the boiled eggs. Stir the scallions and parsley into the rice mixture, divide between two bowls, and top with the egg quarters.

Soups, Salads, and Lunches

Crab and Mustard Lettuce Cups

210 CALORIES

SERVES 1

- 1 tablespoon crème fraîche
- 1 teaspoon Dijon mustard
- Squeeze of lemon juice
- 3½ ounces white crabmeat
- 1 small handful chopped dill
- 1 teaspoon capers
- Lettuce leaves

Blend the crème fraîche, mustard, and lemon juice. Add the crabmeat, dill, and capers, and mix well. Serve on the lettuce leaves.

Chicken and Walnut Lettuce Cups

300 CALORIES

SERVES 1

- 1 tablespoon crème fraîche
- 1 teaspoon Dijon mustard
- Squeeze of lemon juice
- 3½ ounces cooked chicken, chopped
- 1 small red apple, cored and sliced
- 1 tablespoon chopped walnuts
- 1 celery stalk, chopped
- Lettuce leaves

Blend the crème fraîche, mustard, and lemon juice. Add the chicken pieces, apple, walnuts, and celery and mix well. Serve on lettuce leaves.

Bacon and Avocado Lettuce Cups

290 CALORIES

SERVES 1

2 strips lean bacon, cooked and cut into thin strips
1 radish, diced
½ avocado, peeled, seeded, and chopped
Lettuce leaves

Combine the bacon, radish, and avocado. Serve on lettuce leaves.

Crayfish Salad

250 CALORIES

SERVES 1

1 small shallot
1 garlic clove
½ red chile
1 tablespoon olive oil
1 tablespoon fish sauce
Juice of 1 lemon
1 tablespoon white wine vinegar
3½ ounces crayfish
4 radishes, halved
½ cucumber, diced
1 stalk celery, chopped
2 large handfuls arugula

Make the dressing: Finely chop the shallot, garlic, and chile. Place in a jar with the oil, fish sauce, lemon juice, and vinegar. Cover and shake well. (You will have extra dressing.)

Arrange the crayfish in a bowl with the radishes, cucumber, celery, and arugula and dress with 1 tablespoon of the dressing.

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Beet Falafel

290 CALORIES

SERVES 2

- ½ tablespoon olive oil
- 1 red onion, chopped
- 1 teaspoon cumin seeds
- Pinch of cayenne pepper
- 4 mushrooms, finely chopped
- 14 ounces canned chickpeas, drained and rinsed
- 9 ounces beets, peeled and coarsely grated
- 1 egg
- 1 tablespoon tahini
- Squeeze of lemon juice
- Salt and black pepper
- Vegetable oil
- 2 tablespoons Greek yogurt
- 1 bag arugula

Preheat the oven to 400°F.

Heat the oil in a skillet and sauté the onions for 5 minutes, until softened. Add the cumin, cayenne, and mushrooms and cook for another 2 minutes. Transfer the mixture to a food processor and add the chickpeas, two-thirds of the grated beets, egg, tahini, and lemon juice. Process to a coarse paste. Transfer to a bowl and stir in the remaining grated beets. Season with a pinch of salt and plenty of black pepper.

With wet hands, shape into eight balls and space on a baking sheet lined with parchment. Brush the falafels with a little oil and bake for 25 minutes.

Serve the falafels with a dollop of Greek yogurt and a handful of arugula.

Pepper with Jeweled Feta

220 CALORIES

SERVES 1

1 red bell pepper	1 tablespoon chopped
Olive oil	pistachios
1 ounce feta, diced	4 cherry tomatoes, halved
1 tablespoon chopped mint	2-inch piece cucumber,
1 tablespoon chopped	diced
cilantro	Seeds from 1 pomegranate
1 scallion, finely chopped	Juice of ½ lemon

Preheat the broiler. Halve the bell pepper and remove the seeds. Brush the skin with the oil and place skin side up on a baking tray. Broil the pepper for 5 minutes.

Combine all the other ingredients in a bowl.

Remove the bell pepper halves from the broiler and stuff with the feta mixture.

Zucchini and Feta Salad

270 CALORIES

SERVES 1

1 zucchini
2 large handfuls arugula
2 ounces raspberries
1 tablespoon olive oil
1 tablespoon balsamic vinegar
1½ ounces feta, diced
1 tablespoon pumpkin seeds
1 handful mint, torn

Peel a zucchini into long ribbons using a spiralizer or potato peeler. Mix with the arugula and raspberries. Drizzle with the oil and vinegar and top with the feta, pumpkin seeds, and mint.

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Beet, Apple, and Cannellini Bean Soup

200 CALORIES

SERVES 3

- 1 tablespoon olive oil
- 1 teaspoon cumin seeds
- 2 medium onions, coarsely chopped
- 1 pound beets, grated
- 2 cooking apples, peeled, cored, and quartered
- 1 quart chicken or vegetable stock
- 2 star anise
- Salt and black pepper
- 14 ounces cannellini beans, drained and rinsed
- Greek yogurt
- Handful of chives, chopped

Heat the oil in a large saucepan over medium heat, then add the cumin seeds and onions, cover, and cook gently for 10 minutes. Add the beets and the apples, stir well, cover, and cook for another 10 minutes. Pour in the stock, turn up the heat, add the star anise, and season with a pinch of salt and plenty of pepper. Bring to a boil, then reduce the heat and simmer for 5 minutes. Remove from the heat and remove the star anise. Transfer the soup to a blender and puree. Return the soup to the pan, add the beans, and simmer for 20 minutes. Serve with a swirl of Greek yogurt and some chives. Leftovers can be stored in the refrigerator for 2 to 3 days or frozen for a month.

Chicken, Lima Bean, and Walnut Salad

270 CALORIES

SERVES 2

- 7 ounces diced chicken breast
- Leaves from 2 sprigs rosemary, finely chopped
- 1 garlic clove, finely chopped
- Olive oil

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- 2 ounces green beans, trimmed
- 3½ ounces canned lima beans, drained and rinsed
- 1 red onion, very thinly sliced
- 1 tablespoon chopped walnut pieces
- 1 tablespoon grainy mustard
- 1 tablespoon white wine vinegar

Place the chicken, rosemary, and garlic in a large bowl. Drizzle with a little oil and toss together.

Place a large nonstick skillet over medium-high heat and add the chicken. Cook, stirring, for about 10 minutes until the chicken is browned on all sides and cooked through.

Meanwhile, bring a large pan of water to a boil and add the green beans. Boil for 2 minutes, then add the lima beans and cook for another 2 minutes, until the green beans are tender and the lima beans are heated through. Drain well.

In a large serving bowl, mix the warm chicken, beans, onion, and walnuts. Whisk together 1 tablespoon of oil with mustard and vinegar to make a dressing; pour over and toss gently to combine.

Classic Spicy Hummus

250 CALORIES

SERVES 3

- 14 ounces canned chickpeas, drained and rinsed
- Juice of ½ lemon
- 1 garlic clove
- 1 teaspoon paprika
- 2 tablespoons olive oil
- 2 tablespoons tahini

Combine all the ingredients in a food processor and process until smooth. If it is too thick, add a little water. Leftovers will keep in the refrigerator for 2 to 3 days.

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Beet Hummus

200 CALORIES

SERVES 3

- 9 ounces beets
- 28 ounces canned chickpeas, drained and rinsed
- Juice of 1 lemon
- 1 teaspoon ground cumin
- Salt and black pepper
- 2 tablespoons Greek yogurt

Cook the beets in a large pan of boiling water, covered, for 30 to 40 minutes, until tender. When they're done, a skewer or knife should go all the way in easily. Drain, then set aside to cool.

When cool enough to handle, peel and coarsely chop the flesh. Place the beets in a food processor along with the chickpeas, lemon juice, cumin, a pinch of salt, and some pepper. Process until smooth. Transfer to a bowl and swirl in the yogurt. Leftovers will keep in the refrigerator for 2 to 3 days.

Minted Pea Hummus

170 CALORIES

SERVES 3

- 8½ ounces cooked peas
- 1 garlic clove, crushed
- 1 tablespoon tahini
- Squeeze of lemon juice
- 1 tablespoon canned chickpeas
- 2 tablespoons olive oil
- 1 handful mint

Place all the ingredients in a food processor and process to form a thick paste. Add 1 to 2 tablespoons water, then process again. Leftovers will keep in the refrigerator for 2 to 3 days.

Spanish Chickpea and Spinach Soup

210 CALORIES

SERVES 2

- 2 ounces Spanish chorizo, diced
- 1 tablespoon olive oil
- 1 large leek, rinsed well and thinly sliced
- 2 garlic cloves, finely chopped
- 1 red bell pepper, diced
- Pinch of red pepper flakes
- 1 teaspoon paprika
- 1 tablespoon tomato puree
- 1 quart chicken stock
- 7 ounces canned chickpeas, drained and rinsed
- 5 ounces baby spinach

Place a small nonstick pan over medium heat and add the chorizo; allow to cook, stirring occasionally, for about 5 minutes, until most of the fat melts out. Set aside to drain on paper towels. Discard the fat.

Heat the oil in a large pan over medium heat. Add the leek and cook, stirring frequently, for about 5 minutes, until just soft. Add the garlic, bell pepper, red pepper flakes, and paprika and cook for 1 minute. Add the tomato puree and cook, stirring frequently, for 2 minutes more. Add the stock and chickpeas and bring to a boil. Reduce the heat to a simmer, partially cover, and cook for 20 minutes.

Finally, add the spinach and chorizo and heat through for 2 minutes, until the spinach is wilted.

THE 8-WEEK BLOOD SUGAR DIET

Chickpea and Hazelnut Salad

270 CALORIES

SERVES 2

- 3½ ounces peeled and diced butternut squash
- 1 tablespoon olive oil
- ½ teaspoon allspice
- 7 ounces canned chickpeas, drained and rinsed
- 1 tablespoon hazelnuts
- 3 ounces green beans
- 2 handfuls watercress
- 8 cherry tomatoes, halved
- 2 scallions, chopped
- ½ cucumber, chopped
- 1 tablespoon balsamic vinegar

Preheat the oven to 375°F. Place the butternut squash in a pan, cover with boiling water, and simmer for 5 minutes, drain well, and then spread out on a baking sheet. Drizzle with half the oil, sprinkle with allspice, and bake for 15 minutes, until golden.

Transfer the butternut squash to a bowl and add the chickpeas, hazelnuts, green beans, watercress, tomatoes, scallions, and cucumber. Toss and dress with the remaining oil and the vinegar.

Shrimp Pho

170 CALORIES

MAKES 2 PORTIONS

- 1 quart vegetable stock
- 1 handful bean sprouts
- 2 ounces snow peas
- 2 ounces sugar snap peas
- 2 ounces baby corn
- 1-inch piece ginger, peeled and grated
- 1 tablespoon fish sauce
- Juice of ½ lime

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- 12 large shrimp, shelled and deveined
- 1 handful each fresh basil, mint, and cilantro
- ½ red chile, finely sliced

Pour the stock into a large saucepan and bring to a boil. Add the bean sprouts, snow peas, sugar snap peas, baby corn, and ginger and cook for 3 to 4 minutes. Add the fish sauce and lime juice. Add the shrimp and cook until pink, 2 to 3 minutes. Serve topped with the herbs and chile.

Ricotta, Pear, and Walnut Salad

290 CALORIES

SERVES 1

- 2 ounces fresh ricotta
- 2 scallions, finely chopped
- 2 ounces green beans
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- ½ garlic clove, crushed
- 1 handful flat-leaf parsley, chopped
- Pinch of nutmeg
- Salt and black pepper
- 2 large handfuls watercress
- 1 small pear
- 1 tablespoon chopped walnuts

Crumble the ricotta into a bowl, add the scallions, and toss gently. Place the green beans into a small pan of boiling water and cook for 3 to 4 minutes; drain well, rinse under cold running water, and set aside. Make the salad dressing by whisking the oil, lemon juice, garlic, parsley, and nutmeg in a bowl. Season with salt and pepper. Arrange the watercress, green beans, and pear in a dish, add the ricotta and scallion mixture, drizzle with the dressing, and top with walnuts.

THE 8-WEEK BLOOD SUGAR DIET

Skinny Spicy Bean Burgers

280 CALORIES

SERVES 2

- 4 mushrooms
- 1 handful cilantro
- 14 ounces canned cannellini beans, drained and rinsed
- 14 ounces canned kidney beans, drained and rinsed
- 1 egg
- ½ onion, finely chopped
- 1 chile, finely sliced
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder or a few drops of Tabasco sauce
- Flour
- Olive oil
- Bag of salad greens
- 1 tomato, sliced

Place the mushrooms and cilantro in a food processor and process until the mixture resembles bread crumbs. Add the beans and egg and blend together to form a chunky mixture.

Stir in the rest of the ingredients. Dust your hands with flour and shape the mixture into 4 burger patties.

Heat a drizzle of oil in a large pan and fry the burgers over medium heat until brown and hot all the way through. Serve with handfuls of salad greens and thick slices of the tomato.

Chicken and Asparagus Salad

270 CALORIES

SERVES 2

- 2 skinless, boneless chicken breasts
- 1 bundle asparagus (about 7 ounces), tough ends snapped off and discarded
- 1 red bell pepper, seeds and ribs removed, and thinly sliced
- Olive oil
- Salt and black pepper
- 2 tablespoons yogurt
- 1 tablespoon sour cream
- 1 tablespoon white wine vinegar
- 1 tablespoon chopped dill
- ½ garlic clove, crushed
- 4½ ounces mixed salad greens
- 2 tablespoons pine nuts, toasted

Preheat the oven to 425°F. Arrange the chicken, asparagus, and bell pepper in a large, shallow roasting pan and drizzle with oil; toss to coat. Season with salt and black pepper and roast in the oven for 20 minutes, stirring halfway through, until the chicken is cooked through and the vegetables are tender and starting to caramelize.

In a small bowl, whisk the yogurt, sour cream, vinegar, dill, and garlic to make a dressing. Season to taste.

Divide the salad greens between two plates, scatter with pine nuts, and arrange the chicken and vegetables on top. Serve with the dressing.

THE 8-WEEK BLOOD SUGAR DIET

Grapefruit and Manchego Salad

280 CALORIES

SERVES 2

- 1 large pink grapefruit
- 3 ounces Manchego cheese (or cheddar), diced
- 1 avocado, peeled and diced
- ½ bulb fennel, thinly sliced
- Juice of 1 lime
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Large handful cilantro, chopped

Peel the grapefruit and separate the segments with a knife, catching the juice in a bowl. Combine the cheese, avocado, fennel, grapefruit sections, and juice in a bowl and toss. To make the dressing, whisk the lime juice, oil, and vinegar. Pour the dressing over the salad and sprinkle with cilantro.

Warm Halloumi Salad

280 CALORIES

SERVES 2

- ½ teaspoon chili powder
- 1 large handful mint, chopped
- Zest and juice of ½ lemon
- 1 tablespoon olive oil
- 1 zucchini, cut into ½-inch rounds
- 5 ounces halloumi cheese, cubed
- 4 handfuls arugula
- 1 red bell pepper, diced
- 1 tablespoon sliced black olives

Mix the chili powder, half the mint, the lemon zest and lemon juice, oil, zucchini, and halloumi. Let marinate for 30 minutes. Soak 8 wooden skewers in water for 20 minutes.

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Thread the zucchini and halloumi onto the skewers, put the remaining marinade to one side. Grill or broil for 7 to 8 minutes, turning halfway through, and basting with a bit of the remaining marinade.

Place the arugula in a bowl with the bell pepper, olives, remaining mint and dress with the last of the marinade.

Suppers X 18

(Approximately 350 to 500 Calories)

French Fish Stew

390 CALORIES

SERVES 2

Olive oil
1 shallot, finely chopped
1 fennel bulb, finely chopped
1 garlic clove, finely chopped
Vermouth or dry white wine
10½ ounces chicken stock
7 ounces canned tomatoes
9 ounces mixed fresh seafood (shrimp, crab, white fish, crayfish, etc.)
2 to 3 handfuls baby spinach
Salt and black pepper

Heat a drizzle of oil in a large pan. Add the shallot, fennel, and garlic and cook for 5 minutes, until softened. Add a splash of vermouth and let bubble for a minute. Pour in the stock and tomatoes and bring to a boil. Simmer for 15 minutes. Stir in the seafood and spinach, and cook until the seafood is cooked through. Season to taste.

THE 8-WEEK BLOOD SUGAR DIET

Luxury Fish Pie with Celeriac Topping

470 CALORIES

SERVES 4

- 2 small celeriac roots, peeled and diced
- 8½ ounces plus 1 tablespoon milk
- 1 tablespoon butter
- Salt and black pepper
- Olive oil
- 1 large onion, finely diced
- 2 leeks, finely sliced
- 2 tablespoons chopped flat-leaf parsley
- 1 tablespoon chopped fresh dill
- 3½ ounces mushrooms, chopped
- 14 ounces sustainable white fish fillets (haddock or cod),
cut into chunks
- 5 ounces peeled shrimp
- 1 bay leaf

Preheat the oven to 350°F.

Boil the celeriac for about 10 minutes, until tender. Drain and transfer to a food processor. Add 1 tablespoon milk, the butter, some salt and pepper and puree. Set aside.

Heat a drizzle of oil in a large pan and cook the onion, leeks, parsley, and dill for a few minutes, until softened. Transfer to a plate. In the same pan, cook the mushrooms for a few minutes until lightly golden. Add to the reserved onion and leeks.

Place the fish and shrimp into a large pan, add the remaining milk and bay leaf, and bring to a boil. Reduce the heat to a simmer and poach for about 4 minutes. Remove the fish and shrimp from the pan and put aside; reserve the milk, removing any bones or skin and the bay leaf.

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Arrange the fish and shrimp in an ovenproof serving dish. Layer the mushrooms and the onion and leek mixture on top. Drizzle with 3 to 4 tablespoons of the reserved cooking milk.

Cover with the mashed celeriac. Bake for 15 minutes.

Zucchini Ribbons with Shrimp

390 CALORIES

SERVES 2

- 1 large or 2 small leeks, thickly sliced
- 1 zucchini, spiralized or cut into ribbons with a peeler
- 1-inch piece of fresh ginger, peeled and grated
- ½ red chile, chopped
- 1 garlic clove, crushed
- Juice of 1 lemon
- 1 tablespoon olive oil
- 7 ounces shrimp
- 7 ounces canned cannellini beans, drained and rinsed
- Salt and black pepper
- 2 handfuls cilantro, chopped

Steam the leeks for 4 to 5 minutes, until tender, adding the zucchini for the final 2 minutes. Set aside.

Using a food processor or a mortar and pestle, make a paste with the ginger, chile, garlic, and lemon juice. Heat the oil in a pan over medium heat, add the paste, and sauté for a couple of minutes.

Add the shrimp and beans and cook for 10 minutes, until the shrimp are pink and cooked through. Add the leeks and zucchini to the pan and toss. Season with salt and pepper and then top with the cilantro before serving.

THE 8-WEEK BLOOD SUGAR DIET

Lamb and Pine Nut Meatballs with Moroccan Salad

480 CALORIES

SERVES 2

- 7 ounces ground lamb
- 1 small onion, finely grated
- 2 garlic cloves, crushed
- 2 ounces pine nuts, lightly toasted and coarsely chopped
- ½ teaspoon paprika
- ¼ teaspoon ground allspice
- ½ teaspoon ground cumin
- 1 egg white, lightly whisked
- 1 small bunch flat-leaf parsley, finely chopped
- 1 small bunch mint, finely chopped
- Salt and black pepper
- 1 tablespoon vegetable oil
- 3½ ounces baby spinach
- 1 tablespoon sliced almonds
- ½ cucumber, peeled, seeded, and cut into small chunks
- 2 tablespoons chickpeas, drained and rinsed
- 2 scallions, chopped
- 1 teaspoon olive oil
- 1 tablespoon balsamic vinegar
- Juice of half a lemon

In a large bowl, mix the lamb, onion, garlic, pine nuts, paprika, allspice, and cumin. Add the egg white and mix again. Stir in the parsley and mint and season to taste with salt and pepper. Shape the mixture into six evenly sized balls.

Heat the vegetable oil in a skillet and fry the meatballs over medium heat, turning occasionally, for 10 minutes, until browned on all sides and completely cooked through.

Place the spinach in a bowl. Add the almonds, cucumber, chick-peas, and scallions; drizzle with the olive oil and vinegar, and toss. Serve with the meatballs.

Trout on Lime and Cilantro Crushed Peas

480 CALORIES

SERVES 2

9 ounces trout fillets
Olive oil
2 limes, 1 peeled and sliced, the other juiced
½ teaspoon ground cumin
Salt and black pepper
7 ounces frozen peas
1 tablespoon Greek yogurt
Large handful cilantro, finely chopped

Preheat the oven to 350°F.

Lay the trout fillets in an ovenproof dish and drizzle with oil. Top the fish with the lime slices, sprinkle with the cumin, season with salt and pepper, and place in the oven to roast for 8 minutes, or until cooked through.

Meanwhile, cook the peas in boiling water for 3 minutes until tender. Drain and place in a bowl. Add the yogurt and lime juice and use a potato masher to crush the peas into a coarse mash. Stir in most of the cilantro and season with salt and pepper.

Serve the trout on top of the mashed peas and sprinkle with the remaining cilantro.

THE 8-WEEK BLOOD SUGAR DIET

Pork with Apples and Shallots

450 CALORIES

SERVES 8

- 1 (8-pound) rolled boneless pork roast
- 8 garlic cloves, crushed
- 1 bunch fresh sage, finely chopped
- Salt and black pepper
- 5 tablespoons olive oil
- 2 large leeks, diagonally sliced
- 16 shallots
- 6 small apples, cored and cut into quarters
- 1 tablespoon butter
- 1 cup apple cider

Preheat the oven to 475°F. Unroll the pork and score the flesh with a sharp knife.

Make a paste with the garlic, sage, a pinch of salt and pepper, and 3 tablespoons of the oil and spread it over the meat. Roll the pork back up and tie it with kitchen twine.

Place the leeks in the bottom of a roasting dish, toss with the remaining 2 tablespoons oil, then lay the pork on top and roast for about 25 minutes.

Meanwhile, in a skillet, brown the shallots and apple wedges in the butter.

Turn the oven down to 350°F. Place the shallots and apple wedges around the pork and roast for another 45 minutes to 1 hour, until a meat thermometer inserted into the thickest part of the meat reads 165° to 170°F.

Remove the pork, apples, and shallots from the oven and keep warm.

Strain the pan juices into a small saucepan, add the cider, and bring to a boil. Reduce to a simmer and cook until slightly thickened. Slice the pork and serve with apples, shallots, and gravy.

Spicy Chicken and Lentils

470 CALORIES

SERVES 1

- ½ bulb fennel, thinly sliced
- ½ red onion, cut into thin wedges
- 1 garlic clove, crushed
- 1 handful fresh thyme
- Olive oil
- Pinch of red pepper flakes
- 1 skinless, boneless chicken breast
- 7 ounces vegetable stock
- 7 ounces canned green lentils
- Salt and black pepper
- 2 ounces snow peas

Preheat the oven to 400°F. Place the fennel, onion, garlic, and thyme in a roasting pan, drizzle with a little oil, and sprinkle with red pepper flakes. Place the chicken breast on top. Roast for 20 minutes, then remove from the oven and turn down the temperature to 300°F.

Add the stock and lentils to the roasting pan and stir in around the chicken. Season with salt and black pepper, then return to the oven for another 20 minutes.

Meanwhile, steam or boil the snow peas for 3 to 4 minutes. Serve the chicken with the snow peas.

THE 8-WEEK BLOOD SUGAR DIET

Smoked Mackerel and Orange Salad

460 CALORIES

SERVES 2

- 7 ounces small beets
- 2 tablespoons red wine vinegar
- Zest and juice of ½ orange
- 1 tablespoon olive oil
- Salt and black pepper
- 2 oranges
- 1 head endive
- 2 scallions, sliced diagonally
- 2 small smoked mackerel fillets
- 1 ounce walnut halves

Preheat the oven to 400°F. Put the beets in a roasting pan with ¾ inch of water in the bottom. Cover with foil and roast for 30 minutes.

Meanwhile, put the vinegar, orange zest and juice, and oil into a jar, season with salt and pepper, cover, and shake until well combined.

Remove the beets from the oven (they should be tender when pierced with a knife). When they are cool enough to handle, peel off the skins and slice the beets into rounds. Toss them in a little of the dressing.

Peel the oranges, following the contour of the fruit, then cut each one into thin slices. Trim the endive and separate the leaves, discarding the outer ones.

Arrange the endive leaves in a salad bowl and then add the beets, orange slices, and scallions. Flake the fish on top, add the walnuts, and drizzle with the remaining dressing.

Eggplant with Lamb and Pomegranate

490 CALORIES

SERVES 2

- 2 eggplants, halved lengthwise
- 1 tablespoon olive oil
- Salt and black pepper
- 1 onion, finely chopped
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ½ teaspoon cinnamon
- 7 ounces lean ground lamb
- 1 tablespoon pine nuts
- 1 tablespoon tomato puree
- 2 tablespoons pomegranate seeds
- 1 handful flat-leaf parsley, chopped

Preheat the oven to 425°F. Place the eggplant in a roasting dish skin side down. Lightly brush with some of the oil, season with a pinch of salt and plenty of pepper, and bake in the oven for 20 minutes.

Meanwhile, heat the remaining oil in a pan, add the onion, cumin, paprika, and cinnamon and cook over medium heat for 8 minutes. Add the lamb, pine nuts, and tomato puree and cook for 8 minutes more. Just before the end of the cooking time, stir in the pomegranate seeds.

Remove the eggplant from the oven and divide the lamb mixture evenly between each half. Return to the oven and bake 10 minutes more. Serve topped with parsley.

THE 8-WEEK BLOOD SUGAR DIET

Steak with Crème Fraîche and Peppercorn Sauce

510 CALORIES

SERVES 2

- 7 ounces beef stock
- 3½ ounces red wine
- Salt
- 2 sirloin steaks (8 ounces each)
- Pinch of steak seasoning
- 1 teaspoon butter
- 1 teaspoon olive oil
- 2 tablespoons crème fraîche
- 2 teaspoons mixed peppercorns, coarsely crushed
- Two large handfuls mixed greens

Pour the stock and wine into a small saucepan and boil rapidly for about 10 minutes to reduce it, then season with a pinch of salt.

Season the steaks with a pinch of steak seasoning and allow to reach room temperature. Place a skillet over high heat and add the butter and oil. Add the steaks to the hot pan and, keeping the heat high, cook 3 minutes on one side for medium or 2 minutes for rare. Turn them over and give them another 2 minutes on the other side for medium or 1 minute for rare.

Pour in the reduced stock, crème fraîche, and peppercorns. Stir well and cook for 1 minute more. Serve with mixed greens.

Harissa Chicken

420 CALORIES

SERVES 2

- 2 skinless, boneless chicken breasts
- 4 teaspoons harissa
- 1 tablespoon olive oil
- Salt and black pepper
- 1 tablespoon pine nuts
- 4 large handfuls baby spinach
- 2 scallions, chopped
- ¼ cucumber, chopped
- 2 tomatoes, chopped
- 7 ounces canned navy beans, drained and rinsed
- 1 tablespoon raisins
- 1 handful flat-leaf parsley, chopped
- 1 handful mint, chopped

Preheat the oven to 325°F. Smear each chicken breast with 2 teaspoons harissa and place in an ovenproof dish. Drizzle with the oil, season with salt and pepper, and bake for 20 to 25 minutes, until cooked through. Remove from the oven, allow to cool slightly, and then shred the meat.

Put the pine nuts in a dry skillet and place over medium heat for a few minutes to toast, until golden.

Place the spinach in a bowl and add the scallions, cucumber, tomatoes, beans, raisins, parsley, and mint. Place the chicken on top and sprinkle with the pine nuts.

THE 8-WEEK BLOOD SUGAR DIET

Crab Cakes

440 CALORIES

SERVES 1

3½ ounces crabmeat
1 tablespoon canned sweet corn, drained and rinsed
Pinch of paprika
Splash of Worcestershire sauce
1 teaspoon mayonnaise
1 scallion, chopped
1 handful flat-leaf parsley, chopped
Juice of ½ lemon
Black pepper
Flour
Olive oil
A couple of florets of broccoli, steamed

In a bowl, combine the crabmeat, corn, paprika, Worcestershire sauce, mayonnaise, scallion, and parsley. Stir in the lemon juice and season with pepper. Place the bowl in the fridge for a few hours.

Sprinkle some flour, seasoned with pepper, on a clean surface and on your hands and shape the crab mixture into 2 patties. Heat a drizzle of oil in a nonstick skillet and fry the crab cakes for 3 minutes on each side. Serve with the broccoli.

Grilled Chicken on Cannellini Bean Mash

440 CALORIES

SERVES 2

2 skinless, boneless chicken breasts
1 tablespoon olive oil
Salt and black pepper
1 shallot, finely chopped
1 to 2 garlic cloves, chopped

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14 ounces canned cannellini beans, drained and rinsed
Large handful flat-leaf parsley, chopped
Steamed green beans or broccoli

Drizzle a little of the oil onto the chicken breasts and season well with a pinch of salt and plenty of pepper. Grill the chicken breasts for 10 minutes, turning regularly.

Meanwhile, heat the remaining oil in a saucepan and add the shallot. Cook gently for 5 minutes, then add the garlic and cook for another 2 minutes, until soft. Add the cannellini beans to the pan and mash coarsely, adding a little stock or water if needed. Stir in the parsley and add salt and pepper.

Serve with the green beans or broccoli.

Stir-Fried Chicken with Lime and Coconut Milk

340 CALORIES

SERVES 2

2 teaspoons canola oil
2 skinless chicken breasts, chopped into 1-inch pieces
1 green chile, seeded and finely chopped
5 ounces coconut milk
1 tablespoon fish sauce
4 scallions, chopped
1 large handful cilantro, chopped
Juice of 1 lime

Heat the oil in a wok over high heat, add the chicken, and stir-fry for 5 minutes, until golden. Add the chile and stir-fry for 1 minute. Add the coconut milk, fish sauce, scallions, and cilantro. Cook for another 3 minutes, then serve, drizzled with the lime juice. You could also serve with 2 tablespoons cooked brown rice (adds 70 calories).

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Spicy Turkey and Apricot Burgers with Salad

460 CALORIES

SERVES 2

- 5 mushrooms
- 9 ounces ground turkey
- ½ onion, finely chopped
- 6 dried apricots, finely chopped
- 1 tablespoon finely chopped flat-leaf parsley
- 1 teaspoon baharat
- 1 small egg, beaten
- 1 tablespoon olive oil
- Salt and black pepper
- 3 scallions, chopped
- 3½ ounces arugula
- 2 ounces blanched almonds
- 2 ounces pomegranate seeds
- 3½ ounces cherry tomatoes, diced
- Squeeze of lemon juice

Place the mushrooms in a food processor and process until they resemble breadcrumbs.

Combine the mushrooms, turkey, onion, apricots, parsley, baharat, and egg in a bowl, season with a pinch of salt and plenty of pepper, and mix with your hands. Form into evenly sized small balls.

Heat the oil in a skillet over high heat and sear the meatballs for 5 minutes, until browned on all sides. Reduce the heat and cook for another 10 minutes, until cooked through. Remove the meatballs and keep warm.

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In the same pan, cook the scallions for 3 minutes.

Place the arugula in a bowl and toss with the cooked scallions. Add the almonds, pomegranate, and tomatoes, squeeze some lemon juice over, and then serve with the meatballs.

Foil-Steamed Fish

370 CALORIES

SERVES 2

- 2 pieces skinless fish fillet (halibut, cod, haddock, etc.),
4½ ounces each
- 2 tomatoes, chopped
- 4 scallions, trimmed and cut on the diagonal
- 1 red chile, seeded and sliced
- 1 carrot, peeled and julienned
- Juice of 1 lime
- 1 tablespoon soy sauce
- 3½ ounces green beans, trimmed
- 1 handful cilantro, chopped

Preheat the oven to 425°F. Place each fish fillet on a sheet of foil and put on a large baking sheet.

In a bowl, mix the tomatoes, scallions, chile, and carrot, then pile half of the mixture on top of each fish fillet. Divide the lime juice and soy sauce over them, and then wrap each fish fillet in the foil to make a parcel. Bake in the oven for 15 minutes.

Meanwhile, add the green beans to a pan of boiling water and allow to simmer for 4 to 5 minutes. Serve the fish with the beans, topped with cilantro.

THE 8-WEEK BLOOD SUGAR DIET

Skinny Chili

460 CALORIES

SERVES 8

- 1 pound mushrooms
- 2 tablespoons canola oil
- 1 pound lean ground beef
- 2 red onions, finely chopped
- 2 stalks celery, chopped
- 1½ to 3 teaspoons crushed red pepper flakes
- 1½ teaspoons ground cumin
- 1½ teaspoons dried oregano
- 28 ounces canned chopped tomatoes
- 17 ounces beef or vegetable stock
- 14 ounces canned kidney beans, drained and rinsed
- 14 ounces canned black-eyed peas, drained and rinsed
- 1 cinnamon stick
- Salt and black pepper
- 3 ounces plain chocolate, coarsely chopped
- 1 handful cilantro, chopped
- Greek yogurt

Preheat the oven to 300°F. Place the mushrooms in a food processor and process until they resemble ground meat. Heat half the oil over medium-high heat in a large flameproof casserole. Add the beef and fry until browned all over. Remove from the pan with a slotted spoon and set aside.

Add the remaining oil to the pan and cook the onions and celery for 3 to 4 minutes, until softened. Stir in the mushrooms, red pepper flakes, cumin, and oregano. Cook for 3 minutes.

Return the beef to the pan, then stir in the tomatoes, stock, kidney beans, and black-eyed peas. Snap the cinnamon stick in

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half and add to the pan. Bring to a boil, then reduce the heat and cover tightly. Place in the oven and cook for 2 to 3 hours.

Remove from the oven and taste and adjust the seasoning. Stir in the chocolate pieces until they have just melted, then scatter with the chopped cilantro. Serve with the yogurt.

Braised Cod with Lettuce and Peas

440 CALORIES

SERVES 1

- 3½ ounces frozen peas
- 1 small head lettuce (Gem, butter, or romaine), shredded
- 1 tablespoon olive oil
- 5 ounces boneless cod or white fish fillets
- Salt and black pepper
- 2 scallions, thickly sliced
- 1 tablespoon crème fraîche
- Juice of ½ lemon

Place the peas in a pan of boiling water and cook for 5 minutes. Add the lettuce and cook for 2 minutes more. Drain well in a colander and then place the colander on top of the empty pan and put back on the heat for 1 minute; this allows the peas and lettuce to steam for a bit to remove any excess water.

Heat the oil in a large pan over medium heat. Season the cod well with salt and pepper and place it in the pan. Add the scallions and cook for 3 to 4 minutes on each side.

Add the lettuce, peas, crème fraîche, and lemon juice to the pan and cook for 2 minutes more, until heated through.

THE 8-WEEK BLOOD SUGAR DIET

Gingerly Pork with Stir-Fried Vegetables

270 CALORIES

SERVES 2

- 1 tablespoon soy sauce
- 2 tablespoons red wine vinegar
- 2 garlic cloves, crushed
- 1 tablespoon grated ginger
- 2 lean pork fillets (approximately 4½ ounces each)
- 1 teaspoon canola oil
- 1 medium onion, sliced
- 1 small carrot, finely sliced
- 1 zucchini, sliced
- 2 teaspoons cornstarch
- 5 ounces snow peas, halved
- 3½ ounces bean sprouts

Combine the soy sauce, vinegar, garlic, and ginger in a bowl. Add the pork and mix well. Cover and refrigerate for several hours or overnight.

Preheat the oven to 350°F. Drain the pork and reserve the marinade. Add the pork to a nonstick pan and cook until browned all over. Transfer to an ovenproof dish and bake 30 minutes. Slice diagonally.

Heat the oil in a wok, add the onion, carrot, and zucchini, and stir-fry over high heat until tender. Blend the cornstarch with the reserved marinade and a little water and add to the wok. Add the snow peas and bean sprouts and cook, stirring until sauce boils and thickens. Serve with the pork. If you want, serve with 2 tablespoons cooked brown rice (adds 70 calories).

Quick and Easy

Five-Minute Breakfasts

Scrambled Eggs Three Ways

Tomato and Chive

200 CALORIES

SERVES 1

Take 2 small eggs and whisk together in a bowl with a pinch of salt and plenty of black pepper. Heat a pat of butter in a pan and add the eggs. Use a spatula to push the eggs around the pan for 30 seconds to 1 minute until cooked to your liking. Stir in a sprinkle of snipped chives and serve on a couple of thick slices cut from a beefsteak tomato.

Creamy Smoked Salmon

310 CALORIES

SERVES 1

Whisk 1 tablespoon crème fraîche with 2 eggs. Melt 1 teaspoon butter in a skillet and pour in the egg mixture. Cook, stirring, until the eggs are halfway done. Add a sprinkle of chives and 2 ounces diced smoked salmon, then cook until eggs are done.

Chili Cheese

230 CALORIES

SERVES 1

Scramble 2 eggs with ½ teaspoon finely chopped chile. When the eggs are halfway done, add a handful of grated Parmesan and continue cooking until done to your liking.

THE 8-WEEK BLOOD SUGAR DIET

Cottage Cheese Three Ways

Pear and Walnuts

210 CALORIES

SERVES 1

Spoon 3½ ounces cottage cheese into a bowl. Core and dice a small pear and stir into the cheese. Scatter on a handful of chopped walnuts.

Middle Eastern

90 CALORIES

SERVES 1

Spoon 3½ ounces cottage cheese into a bowl. Finely chop 1 tomato, a 2-inch piece of cucumber, and a handful of flat-leaf parsley. Stir into the cheese, add a squeeze of lemon juice, and season with black pepper.

Raspberry and Spinach

140 CALORIES

SERVES 1

Spoon 3½ ounces cottage cheese into a bowl. Coarsely chop a handful of baby spinach and stir into the cheese. Top with a handful of raspberries.

Avocado Three Ways

Poached Egg

200 CALORIES

SERVES 1

Scoop out the flesh from half an avocado and cut into thick slices. Sprinkle with a pinch of paprika. Poach an egg, place on top of the avocado, and season well.

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Edam and Pecans

320 CALORIES

SERVES 1

Scoop out the flesh from half an avocado and dice. Place in a bowl and add a matchbox-sized piece of Edam cheese, diced, and a handful of pecans.

Tuna and Scallions

200 CALORIES

SERVES 1

Scoop out the flesh from half an avocado and place in a bowl. Add a small can of tuna in water, drained, and a squeeze of lemon juice. Mash together and stir in a chopped scallion. Serve on slices of beefsteak tomato.

No-Fuss Lunches

Mediterranean Platter

220 CALORIES

SERVES 1

Mix 2 tablespoons prepared hummus, a matchbox-sized piece of feta, a small handful of olives, 2 to 3 anchovies, 1 chopped red bell pepper, a 3-inch piece of cucumber cut into sticks, and a handful of halved cherry tomatoes.

Mexican Platter

350 CALORIES

SERVES 1

Mix 2 tablespoons each of prepared guacamole, salsa, and sour cream, 3½ ounces cooked chicken strips, and serve with 1 carrot and 1 celery stalk cut into dipping sticks.

THE 8-WEEK BLOOD SUGAR DIET

No-Carb Ploughman's Lunch

290 CALORIES

SERVES 1

On a plate, place 1 apple, cored and cut into thick slices, with 2 stalks of celery, a matchbox-sized piece of cheddar, 2 slices of ham, a handful of walnuts, and a dollop of chutney (look for a low-sugar option).

Cheesy Baked Beans

260 CALORIES

SERVES 1

Season 2 portobello mushrooms and place under the broiler for 2 minutes. Heat half a can of baked beans in a pan, add a splash of Worcestershire sauce, and melt in a handful of grated mozzarella. Serve on the mushrooms.

Peanut Butter Dip

230 CALORIES

SERVES 1

Place 2 tablespoons peanut butter in a bowl, add 1 tablespoon soft cheese, and mix well. Cut 1 celery stalk, 1 carrot, a 3-inch piece of cucumber, and 1 red bell pepper into sticks to dip.

Sardine Dip

320 CALORIES

SERVES 1

Place 2 tablespoons soft cheese in a bowl and add a small can of drained sardines and a squeeze of lemon juice. Season with plenty of black pepper and mix well. Cut 1 celery stalk, 1 carrot, a 3-inch piece of cucumber, and 1 red bell pepper into sticks to dip.

Simple Suppers

Five Ways to Jazz Up a Chicken Breast

Lime and Ginger

130 CALORIES

SERVES 1

Mix the juice of ½ lime with ½ teaspoon five-spice powder, a drizzle of olive oil, a splash of fish sauce, and 1 teaspoon ginger paste. Mix together and pour over the chicken. Panfry or bake.

Almond and Basil

190 CALORIES

SERVES 1

Finely chop a handful of basil and place in a bowl with 1 tablespoon ground almonds and 1 tablespoon grated Parmesan. Season with salt and black pepper, drizzle in a little olive oil, and mix together. Spoon over the chicken and bake.

Pepper and Olive

170 CALORIES

SERVES 1

Finely chop 2 red bell peppers. Mix with a handful of finely chopped black olives and a pinch of crushed red pepper flakes. Spoon over the chicken with a drizzle of olive oil and bake.

Basil and Pine Nut

220 CALORIES

SERVES 1

Place a handful of basil in a food processor and add 1 tablespoon pine nuts, 1 tablespoon grated Parmesan, salt and black pepper, and a drizzle of olive oil and process to make a pesto. Spoon over the chicken and bake.

THE 8-WEEK BLOOD SUGAR DIET

Spinach and Ricotta

230 CALORIES

SERVES 1

Finely chop a handful of spinach leaves. Place 2 tablespoons ricotta in a bowl, stir in the spinach, and add 1 tablespoon pine nuts. Make a slit lengthways along the side of the chicken and spoon the ricotta mixture into the middle. Drizzle with olive oil, season with salt and black pepper, and bake.

Three Ways to Jazz Up a Salmon Steak

Soy Sauce and Scallion

240 CALORIES

SERVES 1

Mix the juice of a lemon with 1 tablespoon each soy sauce and oyster sauce, 1 teaspoon grated ginger, and a chopped scallion. Rub the mixture over a salmon steak and place in the refrigerator to marinate for 1 hour or overnight. When ready to cook, drain the fish and panfry, adding the remaining marinade for the last few minutes.

Lime and Coriander

200 CALORIES

SERVES 1

Use a mortar and pestle to crush a handful of cilantro leaves into the juice of a lime. Mix in ½ teaspoon ground cumin and a pinch of red pepper flakes. Cover the salmon with the cilantro mixture and panfry or bake.

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Spicy Sesame Seed Crust

250 CALORIES

SERVES 1

Mix 1 tablespoon sesame seeds with a pinch of cayenne pepper and a squeeze of lemon juice. Place a salmon steak under the broiler and cook on one side. Turn, spoon on the sesame seed mixture, and broil on the other side.

Three Ways to Jazz Up a Lamb Chop

Mint

170 CALORIES

SERVES 1

Use a mortar and pestle to crush a handful of mint with 1 tablespoon lemon juice and 1 tablespoon balsamic vinegar. Serve with a grilled lamb chop.

Mustard

180 CALORIES

SERVES 1

Crush 1 garlic clove and mix with 2 teaspoons Dijon mustard and a handful of chopped rosemary leaves. Spread over a lamb chop before cooking.

Pecan Crunch

220 CALORIES

SERVES 1

Mix a handful of pecans with 2 teaspoons lemongrass paste and 1 handful each of chopped thyme and flat-leaf parsley. Gently crush and spread on the lamb before cooking.

THE 8-WEEK BLOOD SUGAR DIET

Three Ways with Zucchini Ribbons

Making the Ribbons

20 CALORIES

SERVES 1

Allow 1 zucchini per person. Use a spiralizer or a vegetable peeler to make the zucchini ribbons. Heat a skillet with a drizzle of olive oil and cook the ribbons for 2 to 3 minutes, until softened. Season with a pinch of salt and plenty of black pepper. Serve with any of the following sauces.

Bolognese

260 CALORIES

SERVES 4

Heat a drizzle of olive oil in a large pan and add 1 teaspoon Italian seasoning, a chopped red onion, a diced celery stalk, and a diced carrot; sauté for 10 minutes. Add 14 ounces lean ground beef and cook until evenly brown. Add 14 ounces of canned chopped tomatoes, 1 tablespoon each tomato puree and Worcestershire sauce, and season well with a pinch of salt and plenty of black pepper. Bring to a boil, stir well, reduce the heat to a simmer, cover, and cook for 1 to 1½ hours.

Salmon and Crème Fraîche

330 CALORIES

SERVES 1

Mix 2 to 3 tablespoons crème fraîche with 2 ounces cooked flaked salmon and 2 tablespoons cooked frozen peas. Heat gently in a saucepan.

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Arrabiata

150 CALORIES

SERVES 3

Heat a drizzle of olive oil in a pan, add 1 teaspoon each dried oregano and thyme, 1 chopped garlic clove, 1 to 2 crushed fresh chiles, and the chopped stems from a handful of basil. Fry for few minutes. Add 14 ounces of canned chopped tomatoes and 1 tablespoon tomato puree. Simmer uncovered for about 8 minutes to let the excess water evaporate. Reduce the heat and cook for another few minutes, stirring occasionally. Add 1 tablespoon balsamic vinegar, a pinch of salt, black pepper to taste, and then stir in a handful of torn basil.

Three Ways with Cauliflower “Rice”

Making the Cauliflower “Rice”

30 CALORIES

SERVES 4

Cut the hard core and stalks from 1 head cauliflower and pulse the rest in a food processor to make grains the size of rice. Then either place into a heatproof bowl, cover with plastic wrap, pierce, and microwave for 7 minutes on high (there is no need to add any water) or spread the cauliflower grains thinly on a baking tray and bake in a medium oven for 10 to 15 minutes. Stir in some chopped cilantro or toasted cumin seeds for flavor. Serve with any of the following.

THE 8-WEEK BLOOD SUGAR DIET

Vegetable Curry

270 CALORIES

SERVES 3

Heat a drizzle of oil in a large pan, add a chopped red onion, and cook for 8 minutes, until softened. Add a diced zucchini, a chopped red bell pepper, 3½ ounces chopped mushrooms, and 1 small peeled and diced butternut squash; mix in 2 to 3 tablespoons curry paste of your choice and 14 ounces of canned chopped tomatoes and bring to a boil. Reduce the heat and simmer for 25 to 30 minutes, adding a splash of water as needed.

Chicken and Pea “Pilaf”

170 CALORIES

SERVES 1

Heat a drizzle of oil in a pan and add 3½ ounces cooked chopped chicken and 2 tablespoons cooked frozen peas. Cook until the peas soften and then mix in the cauliflower rice.

Mushroom “Risotto”

210 CALORIES

SERVES 1

Sauté 3½ ounces chopped mushrooms in a drizzle of olive oil and a tiny bit of butter. Add some chopped rosemary leaves and 1½ ounces diced goat cheese and then mix in the cauliflower rice.

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Three Quick Soups

Miso with Baby Vegetables

70 CALORIES

SERVES 1

Prepare the miso soup from a packet according to the directions and add 2 handfuls of baby vegetables, such as baby corn, sugar snap peas, and snow peas.

Pho with Cooked Chicken and Spinach

130 CALORIES

SERVES 1

Prepare a pho base from a packet and add 3½ ounces cooked chicken and 2 large handfuls baby spinach.

Consommé with Celeriac and Scallion

40 CALORIES

SERVES 1

Prepare the consommé from a packet and add 2 chopped scallions and 3 ounces grated celeriac.

Guilt-Free Baking

Zucchini and Pumpkin Seed Muffins

170 CALORIES

SERVES 12

- 3 tablespoons butter
- 1 zucchini
- 1 apple, cored
- Juice of 1 orange
- 4 large eggs
- 5 ounces coconut flour
- 1 teaspoon baking powder
- 1 teaspoon mixed spice (pumpkin pie spice)
- 2 ounces pumpkin seeds

Preheat the oven to 425°F. Line the cups of a muffin pan with paper liners.

Melt the butter in a small pan and set aside. Grate the zucchini and apple into a bowl. Beat the egg and then stir into the grated zucchini and apple. Add the orange juice and melted butter and stir well.

Sift the flour, baking powder, and mixed spice into a separate bowl and gradually stir the wet mixture into the dry mixture until sticky and well combined. Stir in the pumpkin seeds.

Divide the mixture among the muffin cups. Bake for 12 to 15 minutes, or until a skewer inserted into the center of the muffins comes out clean.

Cheesy Scones

180 CALORIES

MAKES 12

- 6¼ ounces coconut flour
- 6 tablespoons butter
- 6 eggs
- 1 teaspoon baking soda
- Pinch of salt
- 3 ounces cheddar, grated

Preheat the oven to 400°F and line a baking sheet with parchment paper. Combine all the ingredients in a food processor and pulse until blended. Allow the mixture to sit for 1 to 2 minutes. Form into 12 evenly sized patties and press onto the baking tray. Bake for 15 minutes, until golden.

Guilt-Free Brownies

120 CALORIES

MAKES 16

- 4 tablespoons coconut oil, melted
- 3½ ounces almond flour
- Pinch of salt
- ½ teaspoon baking powder
- 3½ ounces cacao nibs
- 6 dates
- 3 large eggs

Preheat the oven to 350°F and, using a little of the coconut oil, grease an 8-inch square baking pan. Mix all the ingredients together, transfer to the baking pan, and smooth over with a spatula. Bake for 20 minutes.

Appendix

The Different Types of Diabetes

Type 1 diabetes is also known as “early onset” because it typically occurs in childhood, though it can occur later in life. For various reasons the body stops producing insulin, and so type 1 diabetics have to get insulin by injection or via a pump. Although this type of diabetes is not closely linked to weight gain, keeping weight down and remaining active are still important.

Type 2 diabetes is by far the most common form (90 percent) and typically used to occur after the age of forty, though now it is starting to appear earlier and earlier. It happens when you become severely insulin resistant or your pancreas stops producing enough insulin. There are many causes, but high levels of fat in the liver and pancreas seem to be particularly important.

Gestational diabetes affects pregnant women. No one really knows why it happens, but one theory is that hormones produced during pregnancy can block insulin receptors, making some women more insulin-resistant. It is important to test for this condition because it can affect the long-term health of mother and child. Babies who are exposed to high levels of glucose in the womb are more likely to become obese and

Appendix

develop diabetes later in life. In most women the insulin resistance disappears soon after the child is born, but an Australian study found that 25 percent go on to develop diabetes within fifteen years.

Further Blood Measurements

A1C Test

This is also known as the glycated hemoglobin or hemoglobin A1c test. Instead of measuring a single point in time (fasting glucose), this gives an estimate of your average blood sugar levels over the past few months.

Normal range: Below 6.0 percent (42 mmol/mol)

Prediabetes: 6.0–6.4 percent (42 to 47 mmol/mol)

Diabetic: Over 6.5 percent (42 to 47 mmol/mol)

Why is A1C important? According to Diabetes UK, “People with diabetes who reduce their A1C by less than 1 percent can cut their risk of dying within 5 years by 50 percent.”

The Glucose Tolerance Test

This is a measure of how well your body is able to handle a big hit of sugar. After overnight fasting you have a blood test and are given a sugary drink, then a series of blood tests over the next two hours. Initially your blood sugar will spike. At the end of two hours, however, it should have fallen back below 7.8 mmol/l. If not, you have problems.

Prediabetic (impaired glucose tolerance): 7.9 to 11 mmol/l

Diabetic: Over 11.0 mmol/L

Appendix

In pregnant women it is a concern if the 2-hour level is above 7.9 mmol/l because of the increased risks for the baby.

This book contains everything you need to know to do the 8-Week Blood Sugar Diet. But if you would like more information, advice, or support, please go to www.thebloodsugardiet.com.

This site is in its early days, and we would greatly appreciate feedback. We want to help build a community where people share experiences and recipes and support each other through the difficult times. It will include the latest research and up-to-date advice for professionals and dieters alike.