

One Test at a Time: Menu Plan Day 1

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Meal	Breakfast Tacos, Orange Juice	Avocado Toast, Strawberry Smoothie	Mexican Grilled Cheese Sandwiches	Large Apple with Peanut Butter, Strawberry Smoothie	Chicken Enchiladas
Serving Size	Breakfast Tacos (serving size = 2, recipe makes 1 serving), Orange Juice (1)	Avocado Toast (1), Strawberry Smoothie (serving size = 1, recipe makes 2)	Mexican Grilled Cheese Sandwiches (serving size = 2, recipe makes 2 sandwiches)	Large Apple (1), Peanut Butter (1/2), Strawberry Smoothie(last serving)	Chicken Enchiladas(serving size=4 enchiladas, recipe makes 5 servings)
Calories	Breakfast Tacos (538.01), Orange Juice (111)	Avocado Toast (200), Strawberry Smoothie(214)	Mexican Grilled Cheese Sandwiches (618)	Large Apple (130), Peanut Butter (100), Strawberry Smoothie (214)	Chicken Enchiladas (936),
Carbs	Breakfast Tacos (33.82g), Orange Juice (9g)	Avocado Toast (18g), Strawberry Smoothie (45g)	Mexican Grilled Cheese Sandwiches (48g)	Large Apple (34g), Peanut Butter (3.5g), Strawberry Smoothie (45g)	Chicken Enchiladas (102g)
Protein	Breakfast Tacos (19.96g), Orange Juice (1.8g)	Avocado Toast (5g), Strawberry Smoothie (9g)	Mexican Grilled Cheese Sandwiches (60g)	Large Apple (1g) Peanut Butter (4g), Strawberry Smoothie (9g)	Chicken Enchiladas (68g)
Total Carbs & Insulin Intake (1:15 ratio)	Carbs: 42.82 Insulin: 2.85 round up to 3 units	Carbs: 63 Insulin: 4.2 round down to 4 units	Carbs: 48 Insulin: 3.2 round down to 3 units	Carbs: 82.5 Insulin: 5.5 round up to 6 units	Carbs: 92 Insulin: 6.8 round up to 7 units
Recipe Link	No link for Breakfast Tacos recipe; provided by dietician.	Avocado Toast Link: https://www.cookinglight.com/recipes/avocado-toast-recipe Strawberry Smoothie Link: https://fitfoodiefinds.com/strawberry-smoothie/	Mexican Grilled Cheese Sandwiches Link: https://recipelands.com/recipe/v/mexican-grilled-cheese--53777	Recipe link for Strawberry Smoothie under Day 1 A.M. Snack	Chicken Enchiladas Link: https://www.tasteofhome.com/recipes/simple-chicken-enchiladas/

Total Calories: 3,061.01, Total Carbs: 338.32g, Total Protein: 177.76g, Total Insulin: 23 units

One Test at a Time: Recipes Day 1

Ingredients:

- 2 eggs
- 2 slices of bacon
- ½ onion
- ½ baby bell pepper (optional)
- 1 teaspoon olive oil
- 2 tablespoons salsa (optional)
- 2 corn tortillas
- Shredded cheese (optional)
- Avocado sliced (optional)



Directions:

1. Heat oil in pan and add diced onion and bell pepper, cook until soft
2. Once onion and bell pepper have cooked, add eggs and scramble
3. While eggs are cooking, cook bacon in separate pan
4. Once eggs with onion and bell pepper and the bacon have cooked, add to tortilla
5. Top tacos with salsa, cheese, and/or avocado

Avocado Toast

Ingredients

- 1 small avocado
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 slices whole grain bread, toasted
- 1 teaspoon extra-virgin olive oil
- Red pepper flakes (optional)



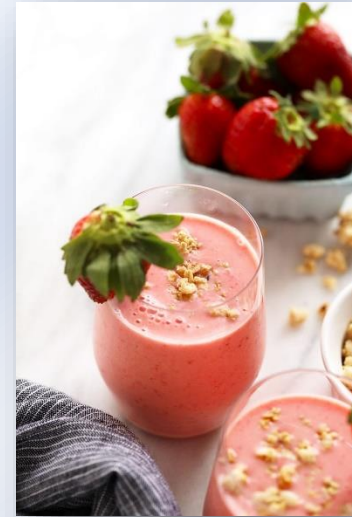
Directions

1. In a small bowl combine avocado, lemon juice, salt, and pepper. Gently mash with the back of a fork.
2. Toast 2 slices of bread to desired preference
3. Top toasted bread with mashed avocado mixture. Drizzle with olive oil and add optional red pepper flakes. Enjoy!

Strawberry Smoothie

Ingredients:

- 1.5 cup whole frozen strawberries
- ½ medium banana
- ½ cup Greek yogurt
- 1 cup orange juice



Directions:

1. Place all ingredients into a blender and mix on high until smooth
2. If smoothie is too thick, add a little bit of water to thin it out
3. Serve and enjoy!

Mexican Grilled Cheese Sandwiches

Ingredients

- 4 slices whole wheat bread
- ½ cup grated cheddar cheese
- 4 tablespoons salsa
- 2 tablespoons pickled jalapenos
- 1 tablespoon butter



Directions

1. Place one slice of bread on a cutting board. Spread half of the cheese over the bread evenly. Then spread half of the salsa over the cheese and place half of the jalapenos over the salsa. Cover with another slice of bread.
2. Heat the butter in a nonstick skillet over medium heat until butter melts
3. Place the sandwich into the pan and cook until the bottom bread becomes golden brown and the cheese melts (about 4 minutes).

4. Carefully flip the sandwich over to the other side, preferably using a rubber spatula. Cook the other side until it is golden brown (about 3-5 minutes). Remove sandwich from pan and repeat instructions for 2nd sandwich. Serve and enjoy!

Chicken Enchiladas

Ingredients

- 1 can (10 ounces) enchilada sauce, divided
- 4 ounces cream cheese, cubed
- 1 ½ cup salsa
- 2 cups cooked chicken, cubed
- 1 can (15 ounces) pinto beans, rinsed & drained
- 1 can (4 ounces) chopped green chiles
- 10 flour tortillas
- 1 cup shredded Mexican cheese blend



Directions

1. Preheat oven to 350 F. Spoon ½ cup enchilada sauce into a greased 13x9-in baking dish. In a large saucepan, cook and stir the cream cheese and salsa over medium heat until blended (about 2-3 minutes). Then stir in the chicken, beans, and chiles.

2. Place about 1/3 cup of chicken mixture down the center of each tortilla. Roll up tortilla and place seam side down in baking dish. Once each tortilla has been filled and rolled, top with remaining enchilada sauce and sprinkle with cheese.
3. Cover and bake until heated through (about 25-30 minutes). Remove from oven and let cool for 2 minutes. Serve and enjoy!

One Test at a Time: Menu Plan Day 2

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Meal	Eggs Benedict, Homemade Granola, Orange Juice	4 Whole Graham Crackers, 2 Tablespoons Peanut Butter, Peanut Butter Banana Smoothie	Chicken Enchiladas	1 Cup Greek Yogurt, 1 Cup Strawberries, Peanut Butter Banana Smoothie	Chicken Enchiladas
Serving Size	Eggs Benedict (serving size = 2, recipe makes 2), Orange Juice (1)	Graham Crackers (2), Peanut Butter (1), Peanut Butter Banana Smoothie (Serving Size = 1, recipe makes 2)	Chicken Enchiladas(serving size=2 enchiladas, 2 servings (4 enchiladas) left after Day 2 Lunch)	Greek Yogurt (1), Strawberries (1), Peanut Butter Banana Smoothie (last serving)	Chicken Enchiladas(serving size=4 enchiladas, last serving)
Calories	Eggs Benedict (696), Orange Juice (111)	Graham Crackers (236), Peanut Butter (200), Peanut Butter Banana Smoothie (295)	Chicken Enchiladas (468),	Greek Yogurt (120), Strawberries (49), Peanut Butter Banana Smoothie (295)	Chicken Enchiladas (936),
Carbs	Eggs Benedict (30g), Orange Juice (9g)	Graham Crackers (44g), Peanut Butter (7g), Peanut Butter Banana Smoothie (40g)	Chicken Enchiladas (51g)	Greek Yogurt (9g), Strawberries (11.7g), Peanut Butter Banana Smoothie (40g)	Chicken Enchiladas (102g)
Protein	Eggs Benedict (32g), Orange Juice (1.8g)	Graham Crackers (4g), Peanut Butter (8g), Peanut Butter Banana Smoothie (12g)	Chicken Enchiladas (34g)	Greek Yogurt (22g), Strawberries (1g), Peanut Butter Banana Smoothie (12g)	Chicken Enchiladas (68g)
Total Carbs & Insulin Intake	Carbs: 39 Insulin: 2.6 round up to 3 units	Carbs: 91 Insulin: 6.1 round down to 6 units	Carbs: 51 Insulin: 3.4 round down to 3 units	Carbs: 60.7 Insulin: 4.05 round down to 4 units	Carbs: 92 Insulin: 6.8 round up to 7 units
Recipe Link	Eggs Benedict Link: https://tastesbetterfromscratch.com/eggs-benedict-with-homemade-hollandaise-sauce/	Peanut Butter Banana Smoothie Link: https://fitfoodiefinds.com/peanut-butter-banana-smoothie/	Recipe for Chicken Enchiladas found under Day 1 Dinner	Recipe for Peanut Butter Banana Smoothie under Day 2 A.M. Snack	Recipe for Chicken Enchiladas found under Day 1 Dinner

Total Calories: 3,406, Total Carbs: 343.7g, Total Protein: 194.8g, Total Insulin: 23 units

Eggs Benedict

Ingredients

- 1 English muffin split in half
- 2 large eggs
- 2 slices Canadian bacon
- Splash of vinegar

Ingredients for Hollandaise Sauce:

- 2 egg yolks
- Lemon juice to taste
- Salt to taste
- Pinch of cayenne
- 4 tablespoons melted butter

Directions for Hollandaise Sauce:

1. Whisk egg yolks, lemon juice, salt, and cayenne together until combined.



2. Slowly drizzle melted butter and continue whisking until combined.
3. Microwave for 15 seconds and whisk again until sauce forms

Directions:

1. Fill a medium size pot with 3 in. of water. Bring the water to a boil and then reduce heat until it reaches a simmer.
2. Add a splash of vinegar to the water (optional but helps the egg white stay together once it is in the water).
3. Crack one egg into a small cup. Lower the egg into the simmering water, gently easing it out of the cup.
4. Cook the egg in simmering water for 3-5 minutes, depending on how soft you want your egg yolk. Remove the poached egg with a slotted spoon and place to the side.
5. Repeat process for the second egg
6. While the second egg is simmering, place the 2 slices of Canadian bacon in a large pan and cook on medium-high heat for about 1 minute on each side. And toast the English muffin halves.
7. Place each toasted English muffin with a slice of Canadian bacon, poached egg, and top with Hollandaise sauce and enjoy!

Peanut Butter Banana Smoothie

Ingredients:

- 2 cups frozen sliced bananas
- ½ cup Greek yogurt
- 1 cup milk
- 2 tablespoons peanut butter

Directions:

1. Place all ingredients into blender and blend on high until smooth
2. If smoothie is too thick, add a little more milk until desired consistency
3. Serve immediately and enjoy!



One Test at a Time: Menu Plan Day 3

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Meal	Breakfast Tacos, Orange Juice	Large Apple with Peanut Butter, Strawberry, Banana, and Peanut Butter Smoothie	Spicy Chicken and Hominy Mexican Soup	Avocado Toast, Strawberry, Banana, and Peanut Butter Smoothie	Spicy Chicken and Hominy Mexican Soup
Serving Size	Breakfast Tacos (serving size = 2, recipe makes 1 serving), Orange Juice (1)	Large Apple (1), Peanut Butter (1/2), Strawberry, Banana, and Peanut Butter Smoothie (serving size = 1, recipe makes 2)	Spicy Chicken and Hominy Mexican Soup (serving size = 1, recipe makes 4 servings)	Avocado Toast (1), Strawberry, Banana, and Peanut Butter Smoothie(last serving)	Spicy Chicken and Hominy Mexican Soup (serving size = 2, 1 serving left after Day 3 Dinner)
Calories	Breakfast Tacos (538.01), Orange Juice (111)	Large Apple (130), Peanut Butter (100), Strawberry, Banana, and Peanut Butter Smoothie (223)	Spicy Chicken and Hominy Mexican Soup (693.2)	Avocado Toast (200), Strawberry, Banana, and Peanut Butter Smoothie (223)	Spicy Chicken and Hominy Mexican Soup (1,386.4)
Carbs	Breakfast Tacos (33.82g), Orange Juice (9g)	Large Apple (34g), Peanut Butter (3.5g), Strawberry, Banana, and Peanut Butter Smoothie (35g)	Spicy Chicken and Hominy Mexican Soup (68.2g)	Avocado Toast (18g), Strawberry, Banana, and Peanut Butter Smoothie (35g)	Spicy Chicken and Hominy Mexican Soup (136.4g)
Protein	Breakfast Tacos (19.96g), Orange Juice (1.8g)	Large Apple (1g) Peanut Butter (4g), Strawberry, Banana, and Peanut Butter Smoothie (9g)	Spicy Chicken and Hominy Mexican Soup (25.2g)	Avocado Toast (5g), Strawberry, Banana, and Peanut Butter Smoothie (9g)	Spicy Chicken and Hominy Mexican Soup (50.4g)
Total Carbs & Insulin Intake	Carbs: 42.82 Insulin: 2.85 round up to 3 units	Carbs: 72.5 Insulin: 4.83 round up to 5 units	Carbs: 68.2 Insulin: 4.55 round up to 5 units	Carbs: 53 Insulin: 3.53 round up to 4 units	Carbs: 136.4 Insulin: 9.09 round down to 9 units
Recipe Link	Recipe for Breakfast Tacos found under Day 1 Breakfast	Strawberry, Banana, and Peanut Butter Smoothie Link: https://fitfoodiefinds.com/strawberry-banana-smoothie-recipe/	Spicy Chicken and Hominy Mexican Soup Link: https://www.allrecipes.com/recipe/255989/spicy-chicken-and-hominy-mexican-soup/	Recipe link for Avocado Toast found under Day 1 A.M. Snack Recipe link for Strawberry, Banana, and Peanut Butter Smoothie found under Day 3 A.M. Snack	Spicy Chicken and Hominy Mexican Soup recipe found under Day 3 Lunch

Total Calories: 3,293.61, Total Carbs: 372.92g, Total Protein: 120.36g, Total Insulin: 26 units

One Test at a Time: Recipes Day 3

Strawberry, Banana, and Peanut Butter Smoothie

Ingredients:

- 1 cup frozen strawberries
- 1 cup frozen sliced bananas
- ¼ cup Greek yogurt
- 2 tablespoons creamy peanut butter
- 1 cup milk



Directions:

1. Place all ingredients in blender and blend on high speed until smooth
2. If smoothie is too thick, add some water to thin it out
3. Serve immediately and enjoy!

Spicy Chicken and Hominy Mexican Soup

Ingredients:

- 1 tablespoon olive oil
- 2 pounds chicken breast, cut into 1 inch pieces
- 1 small onion, chopped
- 2 chipotle peppers seeded and diced
- 2 garlic cloves, minced
- Garlic salt to taste
- 1 can (32 ounces) enchilada sauce
- 2 cans (16 ounces) hominy
- 1 can (15 ounces) black beans, rinsed and drained
- 1 ½ cups water
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon oregano
- 1 pinch cayenne pepper
- Salt and pepper to taste
- ¼ cup cilantro, chopped



Directions:

1. Heat oil in a large pot over medium-high heat. Add chicken, onion, chipotle peppers, and garlic salt. Cook and stir until lightly brown (about 5-8 minutes).
2. Stir enchilada sauce, hominy, black beans, and water into the pot. Season with chili powder, cumin, oregano, cayenne pepper, salt and pepper. Bring to a gentle boil.
3. Cover and simmer until flavors combine (about 40 minutes). Garnish with cilantro.

One Test at a Time: Menu Plan Day 4

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Meal	Oatmeal Pancakes, Maple Nut Granola, Orange Juice	1 Cup Greek Yogurt, 1 Cup Strawberries, Blueberry Banana Smoothie	Spicy Chicken and Hominy Mexican Soup	4 Whole Graham Crackers, 2 Tablespoons Peanut Butter, Blueberry Banana Smoothie	Easy Meatloaf, Green Beans and Bacon
Serving Size	Oatmeal Pancakes(1), Orange Juice (1)	Greek Yogurt (1), Strawberries (1), Blueberry Banana Smoothie (serving size = 1, recipe makes 2 servings)	Spicy Chicken and Hominy Mexican Soup (serving size = 1, last serving)	Graham Crackers (2), Peanut Butter (1), Blueberry Banana Smoothie (last serving)	Easy Meatloaf (serving size = 2, recipe makes 8 servings), Green Beans and Bacon (serving size = 2, recipe makes 6 servings)
Calories	Oatmeal Pancakes(232), Orange Juice (111)	Greek Yogurt (120), Strawberries (49), Blueberry Banana Smoothie (147)	Spicy Chicken and Hominy Mexican Soup (693.2)	Graham Crackers (236), Peanut Butter (200), Blueberry Banana Smoothie (147)	Easy Meatloaf (744.2), Green Beans and Bacon (292)
Carbs	Oatmeal Pancakes(46.4g), Orange Juice (9g)	Greek Yogurt (9g), Strawberries (11.7g), Blueberry Banana Smoothie (29g)	Spicy Chicken and Hominy Mexican Soup (68.2g)	Graham Crackers (44g), Peanut Butter (7g), Blueberry Banana Smoothie (29g)	Easy Meatloaf (37), Green Beans and Bacon (24)
Protein	Oatmeal Pancakes(10.9g), Orange Juice (1.8g)	Greek Yogurt (22g), Strawberries (1g), Blueberry Banana Smoothie (3g)	Spicy Chicken and Hominy Mexican Soup (25.2g)	Graham Crackers (4g), Peanut Butter (8g), Blueberry Banana Smoothie (3g)	Easy Meatloaf (36.4), Green Beans and Bacon (10)
Total Carbs & Insulin Intake	Carbs: 55.4 Insulin: 3.69 round up to 4 units	Carbs: 49.7 Insulin: 3.31 round down to 3 units	Carbs: 68.2 Insulin: 4.55 round up to 5 units	Carbs: 80 Insulin: 5.3 round down to 5 units	Carbs: 61 Insulin: 4.06 round down to 4 units
Recipe Link	No link for Oatmeal Pancakes recipe; provided by dietician.	Blueberry Banana Smoothie Link: https://fitfoodiefinds.com/blueberry-banana-smoothie/	Spicy Chicken and Hominy Mexican Soup recipe found under Day 3 Lunch	Recipe for Blueberry Banana Smoothie under Day 4 A.M. Snack	Easy Meatloaf Link: https://www.allrecipes.com/recipe/16354/easy-meatloaf/ Green Beans and Bacon Link: https://www.momontimeout.com/nanas-famous-green-beans/

Total Calories: 2,971.4, Total Carbs: 314.3g, Total Protein: 125.3g, Total Insulin: 21 units

One Test at a Time: Recipes Day 4

Oatmeal Pancakes

Ingredients:

- 1 medium banana
- $\frac{1}{4}$ cup old-fashioned rolled oats
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon baking powder
- 2 egg whites
- $\frac{1}{4}$ tablespoon butter



Directions:

1. Add oats to a blender and blend until made into a fine powder
2. Mash banana in a medium bowl
3. Add oats, eggs, baking powder, and cinnamon to mashed banana. Mix until thick.
4. Cover the surface of a non-stick pan with butter allowing it to melt while heating the pan on medium heat
5. Using a ladle, pour the pancake mixture into the pan, forming small pancakes

6. Let the pancakes cook until bubbles come up on the surface and the edges seem cooked. Depending on the temperature, this could take 1-2 minutes
7. Flip and fry until golden brown on both sides
8. Serve immediately and enjoy!

Blueberry Banana Smoothie

Ingredients:

- 1 cup frozen blueberries
- 1 cup frozen sliced bananas
- 1 cup milk

Directions:

1. Add all ingredients into blender and blend on high until smooth
2. If smoothie is too thick, add water to thin it out to your desired consistency
3. Serve immediately and enjoy!



Easy Meatloaf

Ingredients:

- 1 ½ pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup dried breadcrumbs
- Salt and pepper to taste
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- 1/3 cup ketchup



Directions:

1. Preheat oven to 350 F. In a large bowl, combine beef, egg, onion, milk and breadcrumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan or form into a loaf and place in a lightly greased 9x13 inch baking dish.

2. In a separate small bowl, combine the brown sugar, mustard, and ketchup. Mix well and pour over the meatloaf.
3. Bake for 1 hour then remove from oven and let cool for 2 minutes. Serve and enjoy!

Green Beans and Bacon

Ingredients:

- 6 slices of bacon
- 2 pounds green beans, rinsed and trimmed
- ½ cup yellow onion, diced
- 1 ½ cups chicken broth
- Salt and pepper to taste

Directions:

1. Cut the bacon into small pieces and cook over medium heat in a 3 quart saucepan until the bacon is fully rendered.
2. Keep all of the bacon grease, do not drain. Add the onions and saute with bacon until transparent.
3. Add green beans and pepper, stir making sure the bacon grease is getting mixed in well.
4. Add chicken broth and reduce heat to low.



5. Cover and continue cooking the green beans for 30 minutes stirring occasionally.
Make sure there is liquid in the bottom of the pan so the beans don't burn. You can cook up to 2 hours if needed so all of the flavors combine.
6. Add salt and pepper if needed for your preferred taste.
7. Serve and enjoy!

One Test at a Time: Menu Plan Day 5

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Meal	Eggs Benedict, Orange Juice	1 Cup Greek Yogurt, 1 Medium Banana, Best Breakfast Smoothie	Easy Meatloaf, Green Beans and Bacon	1 Medium Banana, 2 Tablespoons Peanut Butter, Best Breakfast Smoothie	Easy Meatloaf, Green Beans and Bacon
Serving Size	Eggs Benedict (serving size = 2, recipe makes 2), Orange Juice (1)	Greek Yogurt (1), Medium Banana (1), Best Breakfast Smoothie (serving size = 1, recipe makes 2 servings)	Easy Meatloaf (serving size = 2, 4 servings left after Day 5 Lunch), Green Beans and Bacon (serving size = 2, 2 servings left after Day 5 Lunch)	Medium Banana (1), Peanut Butter (1), Best Breakfast Smoothie (last serving)	Easy Meatloaf (serving size = 2, 2 servings left after Day 5 Dinner), Green Beans and Bacon (serving size = 2, last serving)
Calories	Eggs Benedict (696), Orange Juice (111)	Greek Yogurt (120), Medium Banana (89), Best Breakfast Smoothie (204)	Easy Meatloaf (744.2), Green Beans and Bacon (292)	Medium Banana (89), Peanut Butter (200), Best Breakfast Smoothie(204)	Easy Meatloaf (744.2), Green Beans and Bacon (292)
Carbs	Eggs Benedict (30g), Orange Juice (9g)	Greek Yogurt (9g), Medium Banana (22.8g), Best Breakfast Smoothie (29g)	Easy Meatloaf (37), Green Beans and Bacon (24)	Medium Banana (22.8g), Peanut Butter (7g), Best Breakfast Smoothie (29g)	Easy Meatloaf (37), Green Beans and Bacon (24)
Protein	Eggs Benedict (32g), Orange Juice (1.8g)	Greek Yogurt (22g), Medium Banana (2.2g), Best Breakfast Smoothie(12g)	Easy Meatloaf (36.4), Green Beans and Bacon (10)	Medium Banana (2.2g), Peanut Butter (8g), Best Breakfast Smoothie (12g)	Easy Meatloaf (36.4), Green Beans and Bacon (10)
Total Carbs & Insulin Intake	Carbs: 39 Insulin: 2.6 round up to 3 units	Carbs: 60.8 Insulin: 4.05 round down to 4 units	Carbs: 61 Insulin: 4.06 round down to 4 units	Carbs: 58.8 Insulin: 3.92 round up to 4 units	Carbs: 61 Insulin: 4.06 round down to 4 units
Recipe Link	Eggs Benedict recipe link found under Day 2 Breakfast.	Best Breakfast Smoothie: https://fitfoodiefinds.com/the-best-breakfast-smoothie/	Both recipes found under Day 4 Dinner	Best Breakfast Smoothie Recipe link found under Day 5 A.M. Snack	Both recipes found under Day 4 Dinner

Total Calories: 3,785.4, Total Carbs: 280.6g, Total Protein: 185g, Total Insulin: 19 units

Best Breakfast Smoothie

Ingredients:

- 1 medium frozen banana
- 1 cup frozen strawberries
- 2 tablespoons old-fashioned rolled oats
- 1 tablespoon creamy peanut butter
- 1 cup milk



Directions:

1. Place everything in a blender and blend on high until smooth. May need to stop and scrape the sides if the peanut butter and oats clump together
2. If smoothie is too thick, add a little water to thin it out until it reaches the desired consistency
3. Serve immediately and enjoy!

One Test at a Time: Menu Plan Day 6

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Meal	Breakfast Tacos, Orange Juice	4 Whole Graham Crackers, 2 Tablespoons Peanut Butter, Wild Blueberry Smoothie	Easy Meatloaf Sandwiches	1 Cup Greek Yogurt, 1 Cup Strawberries, Wild Blueberry Smoothie	Easy Mexican Casserole
Serving Size	Breakfast Tacos (serving size = 2, recipe makes 1 serving), Orange Juice (1)	Graham Crackers (2), Peanut Butter (1), Wild Blueberry Smoothie (serving size = 1, recipe makes 2 servings)	Easy Meatloaf Sandwiches (serving size = 2 sandwiches, use the last 2 servings of the meatloaf leftovers)	Greek Yogurt (1), Strawberries (1), Wild Blueberry Smoothie (last serving)	Easy Mexican Casserole (Serving size = 2, recipe makes 6)
Calories	Breakfast Tacos (538.01), Orange Juice (111)	Graham Crackers (236), Peanut Butter (200), Wild Blueberry Smoothie (223)	Easy Meatloaf Sandwiches (1,020.2)	Greek Yogurt (120), Strawberries (49), Wild Blueberry Smoothie (223)	Easy Mexican Casserole (1,263.8)
Carbs	Breakfast Tacos (33.82g), Orange Juice (9g)	Graham Crackers (44g), Peanut Butter (7g), Wild Blueberry Smoothie (46.8g)	Easy Meatloaf Sandwiches (85g)	Greek Yogurt (9g), Strawberries (11.7g), Wild Blueberry Smoothie (46.8g)	Easy Mexican Casserole (65.6g)
Protein	Breakfast Tacos (19.96g), Orange Juice (1.8g)	Graham Crackers (4g), Peanut Butter (8g), Wild Blueberry Smoothie (9.4g)	Easy Meatloaf Sandwiches (50.8g)	Greek Yogurt (22g), Strawberries (1g), Wild Blueberry Smoothie (9.4g)	Easy Mexican Casserole (63.4g)
Total Carbs & Insulin Intake	Carbs: 42.82 Insulin: 2.85 round up to 3 units	Carbs: 97.8 Insulin: 6.52 round up to 7 units	Carbs: 85 Insulin: 5.67 round up to 6 units	Carbs: 67.5 Insulin: 4.5 round up to 5 units	Carbs: 65.6 Insulin: 4.37 round down to 4 units
Recipe Link	Recipe for Breakfast Tacos found under Day 1 Breakfast	Wild Blueberry Smoothie Link: https://pinchofyum.com/honey-wild-blueberry-smoothie	Recipe for Easy Meatloaf found under Day 4 Dinner	Wild Blueberry Smoothie Recipe found under Day 6 A.M. Snack	Easy Mexican Casserole Link: https://www.allrecipes.com/recipe/20680/easy-mexican-casserole/

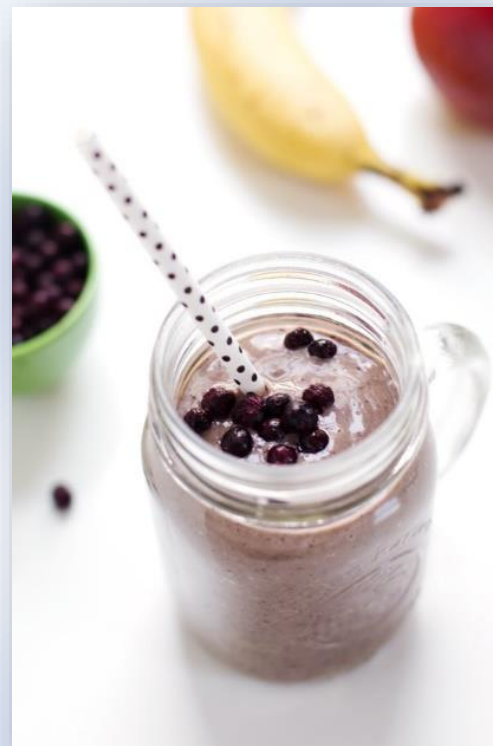
Total Calories: 3,984.01, Total Carbs: 358.72g, Total Protein: 189.76g, Total Insulin: 25 units

One Test at a Time: Recipes Day 6

Wild Blueberry Smoothie

Ingredients:

- 1 medium banana
- 1 cup mango chunks
- ½ cup blueberries
- ½ cup Greek yogurt
- ½ cup milk
- 1 tablespoon maple syrup
- ½ cup kale



Directions:

1. Place banana, mangos, blueberries, yogurt, and milk in a blender and blend on high until smooth.
2. Add kale and maple syrup and blend again on high until smooth
3. Add a few ice cubes to increase the volume of the smoothie if fruits were not frozen and crush until smooth
4. If smoothie is too thick, add a little water to thin it out until it has reached desired consistency
5. Serve immediately and enjoy!

Easy Mexican Casserole

Ingredients:

- 1 pound ground beef
- 2 cups salsa
- 1 can (16 ounces) chili beans, drained
- 3 cups tortilla chips, crushed
- 2 cups sour cream
- ½ cup green onion, chopped
- 2 cups shredded cheddar cheese



Directions:

1. Preheat oven to 350 F. In a large skillet, cook ground beef until no longer pink over medium-high heat.
2. Stir in salsa, reduce heat and simmer for 20 minutes or until liquid is absorbed. Then stir in beans and heat through.
3. Spray a 9x13 baking dish with cooking spray. Spread crushed tortilla chips in dish and then spoon beef mixture over chips.

4. Spread sour cream over beef and sprinkle green onions over the sour cream. Top with cheddar cheese.
5. Bake for 30 minutes or until hot and bubbly. Let cool for 2 minutes and then serve and enjoy!

One Test at a Time: Menu Plan Day 7

	Breakfast	A.M. Snack	Lunch	P.M. Snack	Dinner
Meal	Eggs Benedict, Homemade Granola, Orange Juice	1 Medium Banana, 2 Tablespoons Peanut Butter, Berry Green Smoothie	Spaghetti Squash Casserole	1 Cup Greek Yogurt, 1 Medium Banana, Berry Green Smoothie	Spaghetti Squash Casserole
Serving Size	Eggs Benedict (serving size = 2, recipe makes 2), Homemade Granola (serving size=1, 3 servings after Day 7 Breakfast), Orange Juice (1)	Medium Banana (1), Peanut Butter (1), Berry Green Smoothie (serving = 1, recipe makes 2)	Spaghetti Squash Casserole (Serving size = 2, 2 servings left after Day 7 Lunch)	Greek Yogurt (1), Medium Banana (1), Berry Green Smoothie(last serving)	Spaghetti Squash Casserole (Serving size = 2, last serving)
Calories	Eggs Benedict (696), Homemade Granola (322), Orange Juice (111)	Medium Banana (89), Peanut Butter (200), Berry Green Smoothie (296)	Spaghetti Squash Casserole (572)	Greek Yogurt (120), Medium Banana (89) Berry Green Smoothie (296)	Spaghetti Squash Casserole (572)
Carbs	Eggs Benedict (30g), Homemade Granola (40.5g), Orange Juice (9g)	Medium Banana (22.8g), Peanut Butter (7g), Berry Green Smoothie (70.6g)	Spaghetti Squash Casserole (38g)	Greek Yogurt (9g), Medium Banana (22.8g), Berry Green Smoothie (70.6g)	Spaghetti Squash Casserole (38g)
Protein	Eggs Benedict (32g), Homemade Granola (5.7g), Orange Juice (1.8g)	Medium Banana (2.2g), Peanut Butter (8g), Berry Green Smoothie (5.7g)	Spaghetti Squash Casserole (50g)	Greek Yogurt (22g), Medium Banana (2.2g), Berry Green Smoothie (5.7g)	Spaghetti Squash Casserole (50g)
Total Carbs & Insulin Intake	Carbs: 79.5 Insulin: 5.3 round down to 5 units	Carbs: 100.4 Insulin: 6.69 round up to 7 units	Carbs: 38 Insulin: 2.53 round up to 3 units	Carbs: 102.4 Insulin: 6.83 round up to 7 units	Carbs: 38 Insulin: 2.53 round up to 3 units
Recipe Link	Eggs Benedict recipe link found on Day 3 under Breakfast. Homemade Granola found under Day 2 Breakfast	Berry Green Smoothie: https://pinchofyum.com/berry-green-smoothie	Recipe link found on Day 6 under Dinner	Recipe link found under Day 7 A.M. Snack	Recipe link found on Day 6 under Dinner.

Total Calories: 3,363, Total Carbs: 358.3g, Total Protein: 185.3g, Total Insulin: 25 units

One Test at a Time: Recipes Day 5

Berry Green Smoothie

Ingredients:

- 3 small bananas or 2 medium bananas
- ½ cup milk
- 1 cup fresh spinach
- 1 cup frozen blueberries
- ½ cup bran cereal like All Bran
- 2 tablespoons maple syrup

Directions:

1. Blend bananas and milk until smooth.
2. Add spinach and blend on high until most of the spinach has been broken down.
3. Add blueberries and blend until smoothie is all one color
4. Add bran and maple syrup and blend until desired consistency
5. If smoothie is too thick, add a little water until desired consistency
6. Serve immediately and enjoy!

