



Recipe Samples

INSULIN FRIENDLY LOW CARB PLANT-BASED PROTEIN-PACKED



INSULIN FRIENDLY



Beef Lettuce Wraps

3-4



Slow Cooker Pulled Pork

5



Chicken & Bok Choy Stir Fry

6

LOW CARB



Egg & Tuna Toast w/ Honey Mustard

7



Simple Chickpea & Tuna Salad

8



Avacado, Scrambled Egg
& Smoked Salmon Toast

9

PLANT-BASED



Supercharged Coleslaw

10



Honey & Peanut Butter Energy Balls

11



Spicy Cheesy Kale Crisps

12

PROTEIN-PACKED



Lamb & Chickpea Stuffed Peppers

13



High-Protein Turkey Salad

14



Sesame Almond Chicken
w/ Miso Pumpkin Puree

15



PREP TIME: 10 MIN COOK TIME: 8 HRS TOTAL TIME: 8 HRS 10 MIN SERVINGS: 4

INGREDIENTS

The Beef

1 cup (240ml) beef stock

4 tbsp. honey

4 tbsp. coconut sugar

2 tbsp. tamari sauce

1 tsp. Worcestershire sauce

6 cloves garlic, minced

3 lbs (1.3kg) beef chuck roast

INSTRUCTIONS

Making The Beef

- Firstly, prepare and cook the beef.
- In the bottom of a 5 or 6 quart (5-6 liters) slow cooker, combine the stock, honey, sugar, tamari, Worcestershire sauce, and garlic. Mix until well combined.
- Cut the beef in half lengthwise. Place in the slow cooker and turn to coat the meat with sauce on all sides. Place the lid on the pot and cook the beef on a low setting for 8 hours.
- Once the beef has cooked, remove it from the slow cooker and place it in a large bowl. Gently pull the meat apart using two forks, then return the beef into the slow cooker and mix with the cooking juices.
- Once cooled, you can store the beef in an air-tight container in the fridge for up to 4 days. Alternatively, you can freeze the beef for up to 3 months.

NUTRITION INFORMATION

Calories per Serving: 622

Carbs 38g Protein 26g Fat 9g Fiber 2g

PREP TIME: 10 MIN COOK TIME: 8 HRS TOTAL TIME: 8 HRS 10 MIN SERVINGS: 4

INGREDIENTS

The Wrap

**4 Servings Slow
Cooker Honey Garlic
Beef**

**1 cucumber, cut into
matchsticks**

**2 carrots, cut into
matchsticks**

18 radishes, sliced

16 lettuce leaves

1 tbsp. sesame seeds

INSTRUCTIONS

Making The Wrap

- If not using the honey garlic beef right away, gently reheat in a frying pan, over medium heat, until warmed through.
- Assemble the wraps by topping the lettuce leaves with beef, cucumber, carrots, and radishes.
- Sprinkle with sesame seeds to serve.

NUTRITION INFORMATION

Calories per Serving: 243

Carbs 17g Protein 24g Fat 9g Fiber 2g



PREP TIME: 10 MIN COOK TIME: 8 HRS TOTAL TIME: 8 HRS 10 MIN SERVINGS: 12

INGREDIENTS

14 oz. (400g) can diced tomatoes

1 tbsp. chili powder

1 tsp. cumin

1 tsp. salt

1 tsp. chipotle chili paste

1 tsp. garlic powder

1/2 tsp. onion powder

1/2 cup (80ml) apple cider vinegar

1/2 cup (113g) honey

2.6 lbs. (1.2kg) pork shoulder

INSTRUCTIONS

- Place all ingredients except the pork into the base of your slow cooker and stir until well combined.
- Add in the pork shoulder and turn a few times to coat the pork thoroughly in the sauce.
- Cook on the low setting of your slow cooker for 8 hours.
- Once cooked, place the pork shoulder in a bowl. Remove and discard the fat using tongs, then shred the meat using two forks.
- Add cooking juices to the shredded pork, according to preference. Or return the pork to the slow cooker and mix well.
- Once cooled, the pork can be stored in an airtight container in the fridge for up to 4 days.

NUTRITION INFORMATION

Calories per Serving: 166

Carbs 9g Protein 23g Fat 4g Fiber 0g



PREP TIME: 20 MIN

COOK TIME: 5 MIN

TOTAL TIME: 25 MIN

SERVINGS: 4

INGREDIENTS

2 tbsp. tamari or soy sauce

2 tbsp. rice wine vinegar

1 1/2 tbsp. sesame oil

2 tsp. coconut sugar

12 oz (340g) chicken breast cut into strips

2 tbsp. ginger, finely chopped

3 tbsp. olive oil

8 oz (230g) bok choy, trimmed & sliced

2 leeks, halve lengthwise & thinly sliced

1 cup (30g) bean sprouts

1/4 tsp. chili flakes

salt & pepper

INSTRUCTIONS

- In a medium bowl, whisk together the soy sauce, vinegar, sesame oil, and sugar.
- Pour half the mixture over the chicken, along with half the ginger and half the garlic. Let the chicken sit for 20 minutes to marinate.
- Heat a large pan over high heat, add 1 teaspoon of olive oil to the pan and add the chicken. Cook, stirring constantly, for about 3 minutes, then remove the chicken from the pan and transfer onto a plate. Set aside.
- Add the remaining olive oil to the pan. Add the bok choy and cook for 1 minute. Then add in the leeks, bean sprouts, and chili flakes. Cook for another minute until the bok choy and leeks are tender.
- Stir in the rest of the marinade and season with salt. Move the vegetables to one side of the pan.
- Add the remaining ginger and garlic to the center of the pan and cook for 30 seconds, until fragrant.
- Return the chicken to the pan and combine it with the rest of the ingredients. Heat for 1 more minute and then take off the heat. Serve immediately.

Serving Suggestions:

- White Rice

NUTRITION INFORMATION

Calories per Serving: 288
Carbs 11g Protein 22g Fat 18g Fiber 2g

*Egg & Tuna Toast
w/ Honey Mustard*



PREP TIME: 20 MIN

COOK TIME: 5 MIN

TOTAL TIME: 25 MIN

SERVINGS: 4

INGREDIENTS

2 slices bread

1 tsp. butter

handful rocket

**5 oz (145g) can tuna in
brine,
drained**

1 egg, boiled to your liking

1 tbsp. Dijon mustard

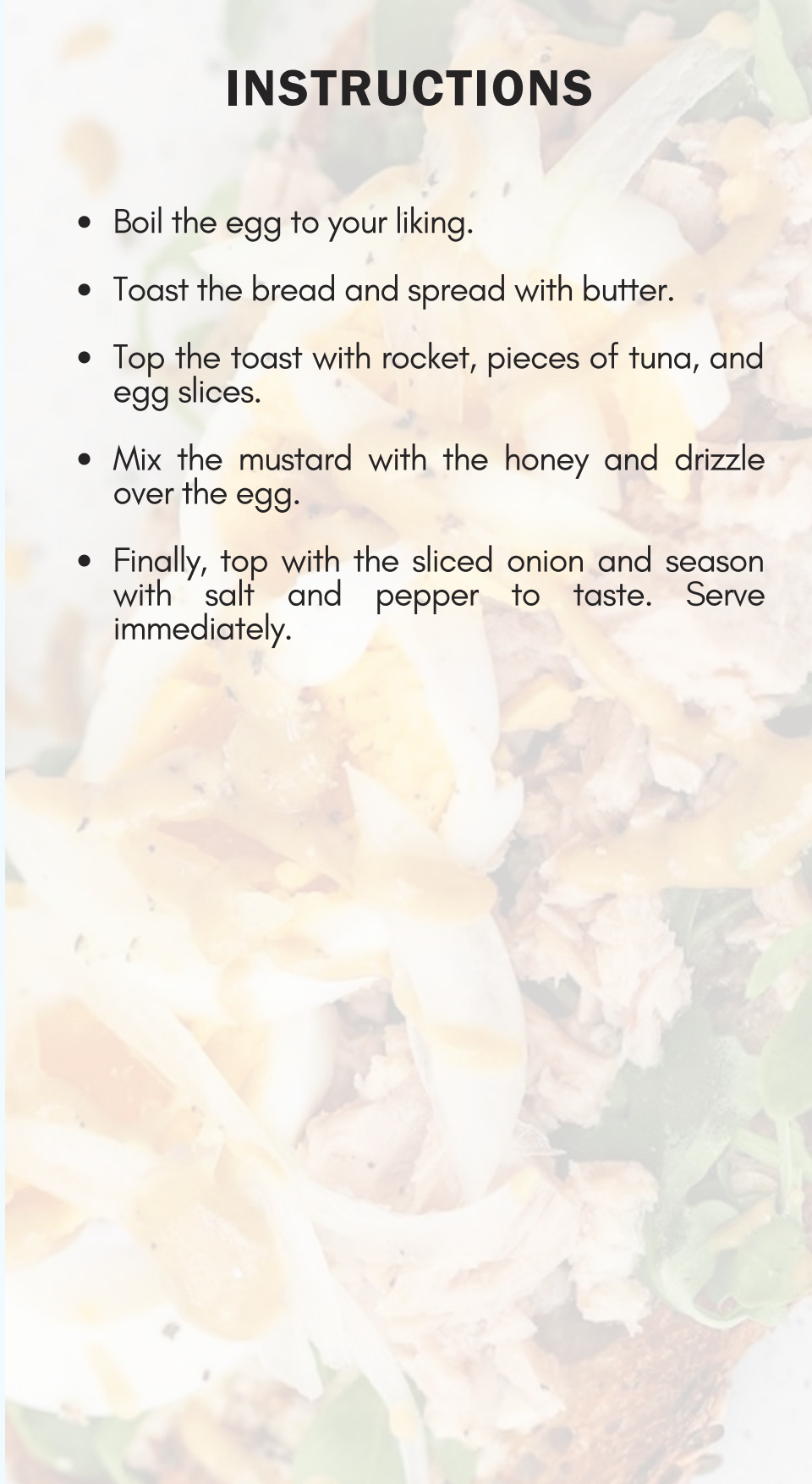
1/2 tbsp. honey

1/4 small onion, sliced

salt and pepper

INSTRUCTIONS

- Boil the egg to your liking.
- Toast the bread and spread with butter.
- Top the toast with rocket, pieces of tuna, and egg slices.
- Mix the mustard with the honey and drizzle over the egg.
- Finally, top with the sliced onion and season with salt and pepper to taste. Serve immediately.



NUTRITION INFORMATION

Calories per Serving: 212

Carbs 18g Protein 18g Fat 7g Fiber 2g



PREP TIME: 5 MIN COOK TIME: 10 MIN TOTAL TIME: 15 MIN SERVINGS: 2

INGREDIENTS

14 oz (400g) can chickpeas rinsed, drained

5 oz. (145g) can tuna in olive oil

1 oz. (30g) cocktail gherkins, sliced

1/2 red bell pepper, diced

1/4 red onion, diced

2 eggs, cooked, chopped

1 tbsp. parsley chopped to serve

salt & pepper

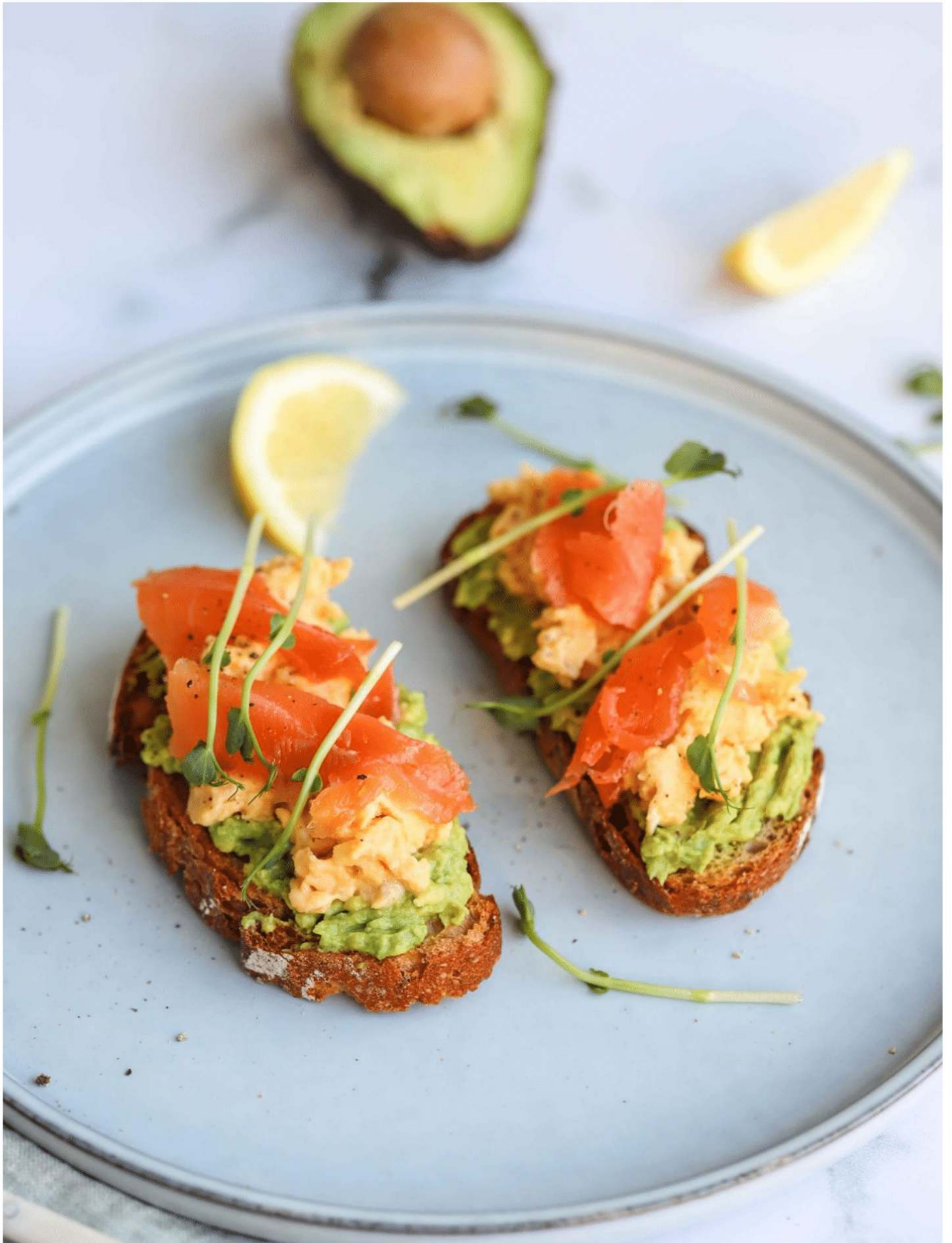
INSTRUCTIONS

- Combine all ingredients, including the oil from the tuna, in a bowl and mix well.
- Season to taste with salt and pepper and serve sprinkled with fresh parsley.

NUTRITION INFORMATION

Calories per Serving: 186
Carbs 18g Protein 15g Fat 6g Fiber 5g

Avocado, Scrambled Egg & Smoked Salmon Toast



PREP TIME: 20 MIN

COOK TIME: 0 MIN

TOTAL TIME: 20 MIN

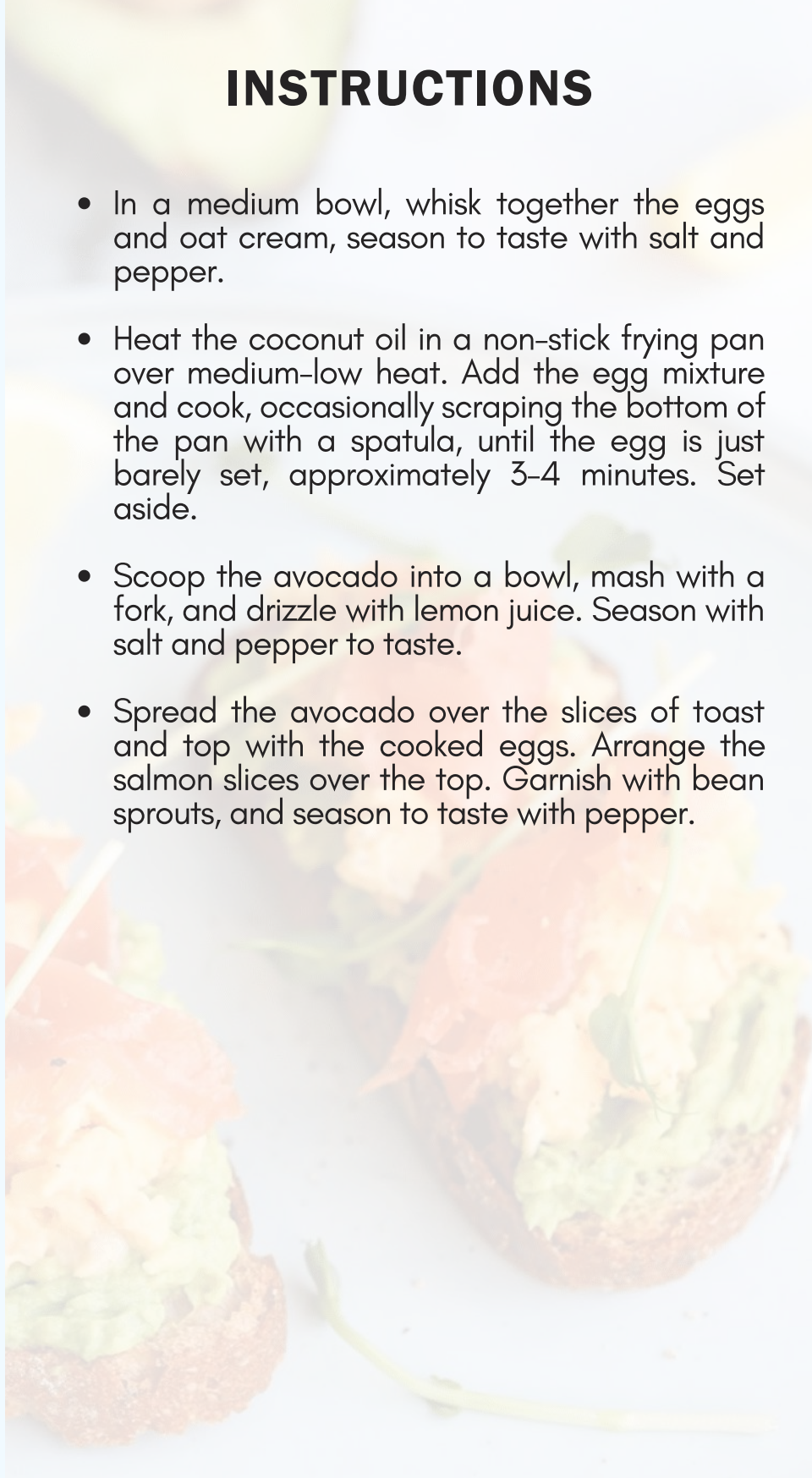
SERVINGS: 6

INGREDIENTS

16 eggs**2 tbsp. coconut oil****1 tbsp. coconut oil****4 slices bread, toasted****1 avocado, halved and pitted****1 tbsp. lemon juice****3.5 oz (100g) smoked salmon****bean sprouts, to garnish****salt & pepper**

INSTRUCTIONS

- In a medium bowl, whisk together the eggs and oat cream, season to taste with salt and pepper.
- Heat the coconut oil in a non-stick frying pan over medium-low heat. Add the egg mixture and cook, occasionally scraping the bottom of the pan with a spatula, until the egg is just barely set, approximately 3-4 minutes. Set aside.
- Scoop the avocado into a bowl, mash with a fork, and drizzle with lemon juice. Season with salt and pepper to taste.
- Spread the avocado over the slices of toast and top with the cooked eggs. Arrange the salmon slices over the top. Garnish with bean sprouts, and season to taste with pepper.



NUTRITION INFORMATION

Calories per Serving: 305
Carbs 18g Protein 17g Fat 19g Fiber 5g



Insulin
Friendly Living

Supercharged Coleslaw



PREP TIME: 20 MIN

COOK TIME: 0 MIN

TOTAL TIME: 20 MIN

SERVINGS: 6

INGREDIENTS

3 carrots, peeled & grated

1/2 medium red cabbage, shredded

1/4 tsp. coconut sugar

2 tbsp. apple cider vinegar

1 tsp. Dijon mustard

4 tbsp. mayonnaise

1 apple, peeled, cored and grated

**1 cup (115g) cheddar, grated
salt & pepper**

INSTRUCTIONS

- Coarsely grate the carrots and finely shred the cabbage and transfer into a large bowl.
- Season with salt, then add the sugar and vinegar and mix everything together. Leave to stand for 20 minutes.
- Add in the grated apple and cheese. Then stir in the mustard and mayonnaise mixing well until combined. Season to taste with salt and pepper and serve immediately.

NUTRITION INFORMATION

Calories per Serving: 191
Carbs 13g Protein 6g Fat 14g Fiber 3g





Insulin
Friendly Living

Honey Peanut Butter Energy Balls



PREP TIME: 10 MIN

CHILL TIME: 20 MIN

TOTAL TIME: 30 MIN

MAKES: 20

INGREDIENTS

**12 Medjool dates, pitted
(220g)**

1 tbsp. honey

1sp. ground cinnamon

**1/2 cup (130g) crunchy
peanut butter, natural**

1/2 cup (60g) almond meal

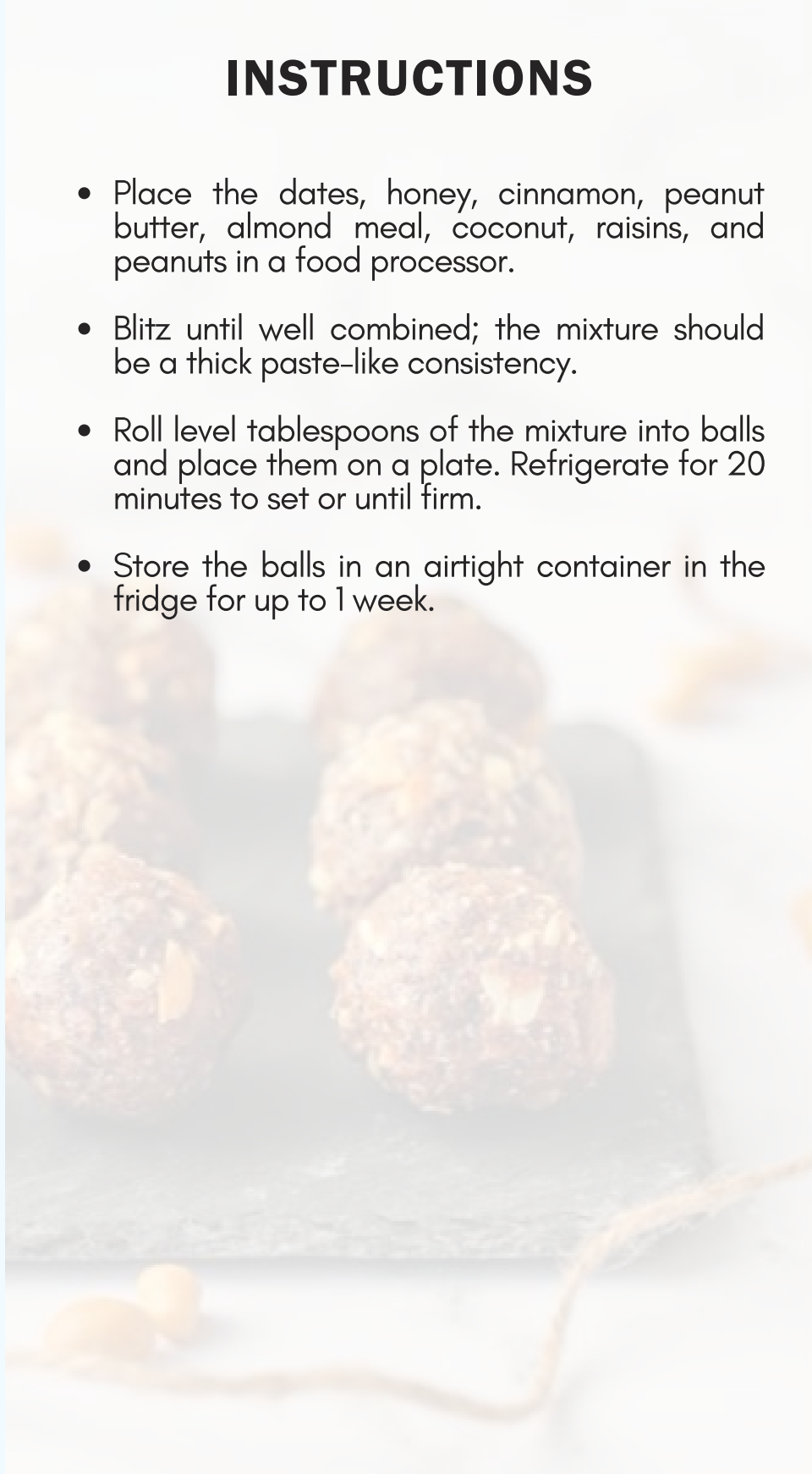
**1/4 cup (25g) desiccated
coconut**

1/4 cup (37g) raisin

**1/4 (37g) peanuts,
chopped**

INSTRUCTIONS

- Place the dates, honey, cinnamon, peanut butter, almond meal, coconut, raisins, and peanuts in a food processor.
- Blitz until well combined; the mixture should be a thick paste-like consistency.
- Roll level tablespoons of the mixture into balls and place them on a plate. Refrigerate for 20 minutes to set or until firm.
- Store the balls in an airtight container in the fridge for up to 1 week.



NUTRITION INFORMATION

Calories per Serving: 113

Carbs 14g Protein 3g Fat 6g Fiber 2g



Insulin
Friendly Living

Spicy Cheesy Kale Crisps



PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35 MIN

SERVINGS: 2

INGREDIENTS

1 1/2 bunch kale leaves
(approx. 7 oz./ 200g)

1 tbsp. olive oil

1.5 tbsp. nutritional yeast

1 tsp. paprika

3/4 tsp. chili powder

1/2 tsp. onion powder

1/2 tsp. smoked paprika

1/4 tsp. sea salt

1/8 tsp. cayenne pepper

INSTRUCTIONS

- Preheat the oven to 300 F (150 C).
- Line a large baking tray with parchment paper.
- Remove the kale leaves from the stems and roughly tear them into large pieces, placing them in a large bowl. Discard the stems.
- Massage the oil into the kale leaves with your hands, then sprinkle with the spices/seasonings and toss to combine.
- Spread the kale out on the baking tray and bake for 10 minutes. Remove from the oven and stir gently, then return to the oven to bake for a further 12-15 minutes until the kale begins to crisp. Check the kale now and then to avoid it from burning.
- Cool for 3 minutes and serve.

NUTRITION INFORMATION

Calories per Serving: 139
Carbs 10g Protein 7g Fat 9g Fiber 7g



Insulin
Friendly Living

Lamb & Chickpea Stuffed Peppers



PREP TIME: 15 MIN

COOK TIME: 60 MIN

TOTAL TIME: 75 MIN

SERVINGS: 4

INGREDIENTS

14 bell peppers**1 tbsp. olive oil****1 white onion, finely
chopped****2 garlic cloves, crushed****3 tsp. Moroccan spice mix****1 tsp. ground paprika****1/2 tsp. dried chili flakes****9 oz. (250g) lamb mince****4 tbsp. tomato paste****14 oz. (400g) can
chickpeas, rinsed, drained****3.5 oz. (100g) feta cheese,
crumbled****2 tbsp. parsley, chopped****salt & pepper**

INSTRUCTIONS

- Preheat the oven to 400 F (200 C). Grease a large roasting tray.
- Cut the capsicums in half lengthways; use a small sharp knife to carefully remove the seeds and membrane. Place the capsicum halves, cut-side up, in the tray.
- Heat the olive oil in a large deep frying pan and place over medium heat. Add the onion and cook for 5 minutes or until soft, then add the garlic and cook for a further minute.
- Stir in the Moroccan spice mix, paprika, and chili. Add the lamb mince, constantly stirring to break up the mince, and cook for 5 minutes until the meat has browned. Add in the tomato paste and chickpeas, mix well and remove from heat. Cool slightly and season to taste with salt and pepper.
- Add the feta cheese into the lamb mixture and stir to combine. Divide the mixture evenly between each of the peppers. Cover the dish loosely with tinfoil and bake for 45 minutes or until the peppers are tender.
- Divide between 4 serving plates. Serve immediately with freshly chopped parsley.

NUTRITION INFORMATION

Calories per Serving: 350

Carbs 32g Protein 22g Fat 26g Fiber 9g



Insulin
Friendly Living

High-Protein Turkey Salad



PREP TIME: 15 MIN

COOK TIME: 0 MIN

TOTAL TIME: 15 MIN

SERVINGS: 4

INGREDIENTS

10 oz (280g) cooked turkey breast, chopped

2 celery stalks, chopped

1 red onion, diced

1/2 cup (60g) dried cranberries, unsweetened

1/2 cup (70g) roasted almonds, chopped

4 tbsp. mayonnaise

4 tbsp. Greek yogurt

1 tbsp. lemon juice

2 tsp. Dijon mustard

sea salt & pepper

INSTRUCTIONS

- Place all the ingredients in a large bowl, season with salt and pepper, and mix until well combined.
- Serve the salad immediately with salad leaves, in a wrap or sandwich.
- Store any leftover salad in an airtight container in the fridge for 3-5 days.

NUTRITION INFORMATION

Calories per Serving: 350
Carbs 17g Protein 26g Fat 20g Fiber 3g



*Sesame Almond Chicken
w/ Miso Pumpkin Puree*



PREP TIME: 15 MIN COOK TIME: 35 MIN TOTAL TIME: 50 MIN SERVINGS: 4

INGREDIENTS

26.5 oz (750g) pumpkin, peeled, cut into cubes

1 tbsp. olive oil

1/2 cup (55g) almond meal

2 tbsp. cornflour

1 tbsp. sesame seeds

1/2 tsp. Chinese five-spice mix

1/3 cup (80ml) light coconut milk

17.5 oz (500g) chicken tenderloins

2 tsp. coconut oil

2 tsp. white miso paste

7 oz (200g) broccolini

7 oz (200g) green beans

lemon wedges, to serve

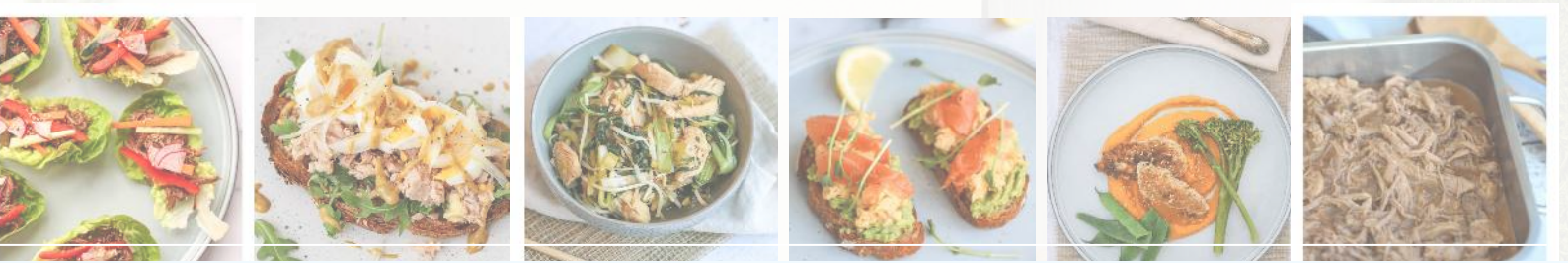
salt & pepper

INSTRUCTIONS

- Preheat the oven to 400 F (200 C). Line 2 baking trays with baking paper.
- Place the pumpkin on one of the trays and rub with 1 tablespoon of olive oil. Place the tray in the oven and bake the pumpkin for 25 minutes or until tender.
- Meanwhile, combine the almond meal, cornflour, sesame seeds, and Chinese five-spice mix in a large dish.
- Place the coconut milk in a separate dish.
- Taking 1 tenderloin at a time, dip it into the coconut milk to coat, and then dip the chicken into the almond mixture to coat. Place on the earlier prepared tray. Repeat this process with the remaining chicken tenderloins.
- Heat the coconut oil in a large non-stick frying pan over medium-high heat. Cook chicken for 2-3 minutes on each side, until cooked through.
- Cook the broccolini and green beans in slightly salted water for around 5-7 minutes, until tender.
- Place the roasted pumpkin and miso paste in a food processor and blitz until smooth. Season to taste with salt and pepper.
- Serve the chicken with the pumpkin puree, cooked beans and broccolini, and lemon wedges.

NUTRITION INFORMATION

Calories per Serving: 417
Carbs 28g Protein 39g Fat 19g Fiber 7g



FOR MORE INFORMATION OR TO START YOUR OWN JOURNEY TO AN INSULIN FRIENDLY LIFESTYLE:

CLICK HERE

[Book Your Strategy Call With Dr. Don](#)

WWW.INSULINFRIENDLYLIVING.COM

