

THE
BLOOD
SUGAR
SOLUTION
COOKBOOK

More than 175 Ultra-Tasty Recipes
for Total Health and Weight Loss

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THE BLOOD SUGAR SOLUTION



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INTRODUCTION

Cooking Is a Revolutionary Act*

The cure for what ails us—both in our bodies and in our nation—can be found in the kitchen. It is a place to rebuild community and connection, strengthen bonds with family and friends, teach life-giving skills to our children, enrich and nourish our bodies and our souls. Yet, in the twenty-first century, our kitchens (and our taste buds) have been hijacked by the food industry. In 1900 only 2 percent of meals were eaten outside of the home; today that number is over 50 percent.

The foodlike substances proffered by the industrial food system trick our taste buds into momentary pleasure. But our biology rejects the junk forced on our genes and on our hormonal and biochemical pathways. Your tongue can be fooled and your brain can become addicted to the slick combinations of fat, sugar, and salt pumped into factory-made foods, but your biochemistry cannot handle these foods, and the result is the disaster we have in America today—70 percent of us are overweight, and obesity rates are expected to top 42 percent by the end of the next decade (up from only 13 percent in 1960).

Today one in two Americans has either pre-diabetes or diabetes. In less than a decade the rate of pre-diabetes or diabetes in teenagers has risen from 9 percent to 23 percent. Really? Almost one in four kids has pre-diabetes or type 2 diabetes? Yes, and perhaps even more shocking,

* Pilar Gerasimo and her *101 Revolutionary Ways to Be Healthy* inspired the idea that cooking is a revolutionary act. To learn the other 100 revolutionary ways to be healthy, go to revolutionaryact.com or check out the app.

37 percent of kids at a *normal weight* have one or more cardiovascular risk factors such as high blood pressure, high cholesterol, or high blood sugar, because even though factory food doesn't necessarily make you fat, it does make you sick! The food industry taxes our health and mortgages our children's futures. Obese children will earn less, suffer more, and die younger.

It is time to take back our kitchens and our homes. Transforming the food industry seems like a gigantic undertaking, but it is in fact an easy fix. The solution is in our shopping carts, our refrigerators, and our cupboards—and on our dining room tables. This is where the power is. It is the hundreds of small choices you make every day, choices that will topple the monolithic food industry.

We need a revolution. Cooking real food is a revolutionary act. We have lost the means to care for ourselves. We have now raised the second generation of Americans who don't know how to cook. The average child in America doesn't know how to identify even the most basic vegetables and fruit; our kids don't know where their food comes from or even that it grows on a farm. Cooking means microwaving. Food comes in boxes, plastic bags, and cans. Reading labels is supremely unhelpful in identifying the source of most foods—the ingredients are mostly factory-made science projects with a remote and unrecognizable lineage to real food.

We are brainwashed into thinking that cooking real food costs too much, is too hard, and takes too long. Hence, we rely on inexpensive convenience foods. But these aren't so convenient when we become dependent on hundreds of dollars of medication a month, when we can't work because we are sick and fat and sluggish, or when we feel so bad we can't enjoy life anymore. The average American spends eight hours a day in front of a screen (mostly the television) and spends more time watching cooking shows than actually cooking.

Convenience is killing us.

In fact, real food can be inexpensive. Choosing simple ingredients, cooking from scratch, shopping at discount club stores, and getting produce from community supported agriculture associations (CSAs), community gardens,

or co-ops all build health and community and save money. Europeans spend nearly 20 percent of their income on food, Americans only about 9 percent. Food is the best investment in your health.

I believe in the power of collective intelligence. Within my community are hundreds, if not thousands, of unheralded chefs experimenting with food and creating extraordinary meals and recipes. Within our individual and our national communities is the cure for what ails us. We are the answer. We are the revolutionaries who will change the face of food in America and around the world. *The Blood Sugar Solution Cookbook* is the product of this collective intelligence. Truly, the community is the cure!

Yes, we need to change policy in order to change the food we grow and to subsidize real food instead of the walls of processed fat, sugar, flour, and trans fats that line our grocery and convenience stores. Yes, we need to end food marketing to children. We need to make schools safe zones for kids with only those products and activities that support healthy minds and bodies. There is no room for junk food or factory foods in schools. Period. Yes, we need all that and more to take back our kitchens and our health. But each of us can start at home with a kitchen makeover. Three simple actions can change everything:

1. Do a fridge makeover.
2. Do a pantry makeover.
3. Do a shopping cart makeover.

This book gives you advice on what to keep and what to discard from your fridge, pantry, and shopping cart. It also provides recipes—gathered from our own community of health and cooking revolutionaries—to delight your palate, stimulate your senses, and nourish your body and soul. The recipes are designed to be made, shared, and enjoyed with friends and family. Think of this book as a roadmap to pleasure and health.

Once you have taken back your kitchen, then you can start something really revolutionary. Find eight (or so) people you would love to know

better or spend more time with. Invite them to start a supper club—once a week or once a month. Rotate dinners at one another's houses. Share the cooking by creating a potluck, or take turns choosing some favorite recipes from this cookbook and preparing a feast for all. At each dinner pick a topic—about food, health, or community—to discuss. Then let the juices flow. The stew of food and friendship will nourish you deeply.

In this way—one by one, kitchen by kitchen, community by community—we will take back our health together!

Serves: 1

Prep time:
5 minutes

Level: Easy

Budget: \$

BREAKFAST

ULTRASHAKE

This shake provides all of the essential protein, omega-3 fatty acids, fiber, antioxidants, and phytonutrients for detoxification. It will balance your blood sugar and help you maintain a healthy blood sugar level throughout the day.

- 2 scoops rice, hemp, or pea protein powder (any good quality plant protein powder will do)
- 1 tablespoon flaxseed oil–borage oil combination
- 2 tablespoons ground flaxseeds
- ½ cup frozen or fresh noncitrus fruit such as blueberries, cherries, raspberries, peaches, pears, or strawberries
- 6 ounces water
- 1 tablespoon nut butter (almond, macadamia, cashew, pecan, or sunflower seed) or ¼ cup nuts (such as almonds, walnuts, pecans, cashews, or any combination) soaked in water overnight (optional)
- handful of ice if using non-frozen fruit

Combine all of the ingredients in a blender. Blend on high speed until smooth, about 2 minutes. If the shake is too thick, add more water until you reach a thick but drinkable consistency.

Nutritional analysis per serving (1 cup): calories 377, fat 17 g, saturated fat 3 g, cholesterol 0 mg, fiber 14 g, protein 12 g, carbohydrate 47 g, sodium 129 mg

Serves: 3

Prep time:
15 minutesCook time:
20 minutes

Level: Easy

Budget: \$

DR. HYMAN'S CHINESE EGGS AND GREENS

A savory way to enjoy omega-3 eggs. The juiciness of the tomatoes makes this feel like an indulgent breakfast, but it takes only minutes to prepare. Cooking tomatoes in a little healthy oil enhances their nutritional value and increases the availability of their potent cancer-fighting lycopene.

- 3 tablespoons extra-virgin olive oil
- 12 garlic cloves, chopped
- 6 large eggs, beaten
- 1 (16-ounce) can chopped plum tomatoes, undrained
- 1 tablespoon toasted sesame oil
- 1 tablespoon reduced-sodium, gluten-free tamari
- 1 teaspoon Worcestershire sauce
- 1 cup cooked black rice
- 6 cups baby spinach, pre-steamed

1. Heat the oil in a large nonstick pan or wok over medium-high heat. Add the garlic and cook until aromatic, 1–2 minutes.
2. Pour the eggs into the pan and cook them, undisturbed, until no egg liquid remains. This takes about 1–2 minutes. Flip the omelet over carefully and cook the other side for 1–2 minutes. When cooked through, use a spatula to cut the omelet into 2-inch pieces.
3. Pour the tomatoes, along with their juices, over the eggs and add the sesame oil, tamari, and Worcestershire sauce. Simmer the eggs in the sauce for 10 minutes.
4. Remove the pan from the heat and serve the eggs and tomatoes over black rice with steamed spinach on the side. Leftover eggs can be refrigerated for up to 2 days.

Nutritional analysis per serving (¾ cup egg mixture, ⅓ cup rice): calories 462, fat 29 g, saturated fat 6 g, cholesterol 430 mg, fiber 4 g, protein 20 g, carbohydrate 36 g, sodium 532 mg



Dr. Hyman's Chinese Eggs and Seasoned Greens (page 72)

ASIAN PRAWN PAELLA

Replace the white rice traditionally used in paella with brown rice, and substitute turmeric for the saffron to lend that beautiful yellow color. The curcumin from the turmeric is an added bonus that not only provides a luxurious bright hue but also doubles as an inflammation-busting antioxidant.

- 2 tablespoons grapeseed oil
 - 1 tablespoon peanut oil
 - 1 medium Vidalia onion, chopped
 - 1 large carrot, peeled and chopped
 - 3 garlic cloves, minced
 - sea salt
 - 1 large egg, beaten
 - 8 ounces raw shrimp, peeled and deveined
 - 2 cups cooked medium-grain brown rice
 - 6 scallions, finely sliced
 - 3 tablespoons reduced-sodium, gluten-free tamari
 - 1 tablespoon ground turmeric
 - ¼ cup unsalted cashews, chopped
 - 3 tablespoons currants
1. Heat the grapeseed oil and peanut oil in a wok over high heat. Add the onion and carrot and stir-fry until soft, 3–4 minutes.
 2. Stir in the garlic, season to taste with salt, and cook until aromatic, 2–3 minutes.
 3. Pour in the egg and scramble it quickly and thoroughly (30–60 seconds), breaking it up.
 4. Toss in the shrimp and cook until pink and firm, 3–4 minutes.
 5. Add the brown rice, scallions, and tamari and toss the rice until fried and light brown.
 6. Add the turmeric, cashews, and currants and toss to combine. Reduce the heat to medium-low and continue to stir-fry for 3 more minutes.

Serves: 2

Prep time:
5 minutesCook time:
20 minutesLevel:
Moderate

Budget: \$\$

THE BASIC PLAN

7. Remove from the heat, transfer the contents of the wok to a large dish, and serve. Any leftovers can be refrigerated for up to 3 days.

Nutritional analysis per serving (1 cup): calories 335, fat 13 g, saturated fat 3 g, cholesterol 210 mg, fiber 4 g, protein 23 g, carbohydrate 32 g, sodium 525 mg



Asian Prawn Paella (page 123)

Serves: 2

Prep time:
20 minutes

Cook time:
30 minutes

Level:
Moderate

Budget: \$\$

WILD SALMON WITH ROSEMARY SWEET POTATOES AND LEMON ASPARAGUS

Omega-3 fats from the salmon, fiber from the asparagus, and carotenoids from the sweet potatoes make this a diabetes-fighting complete meal. Enjoy it any night of the week.

- 1 small sweet potato, peeled and sliced ¼-inch thick
- 1 small yellow onion, sliced ¼-inch thick
- 2 tablespoons extra-virgin olive oil
- sea salt
- 1 garlic clove, minced
- 2 teaspoons dry mustard
- juice and zest of 1 small lemon
- 1 tablespoon chopped fresh rosemary
- 8 ounces asparagus, trimmed
- 2 (4-ounce) skin-on wild salmon fillets

1. Preheat the oven to 425°F.
2. Line a baking sheet with parchment paper. Place the sweet potato and onion slices on the parchment in a single layer. Drizzle with olive oil and sprinkle with salt. Bake for 15 minutes.
3. Meanwhile, mix the garlic, dry mustard, lemon juice, and rosemary to make a paste. Set aside.
4. Remove the baking sheet from the oven, and place the asparagus on the parchment next to the sweet potatoes and onions. Sprinkle the lemon zest on the asparagus. Lay the salmon on top of the asparagus and onions. Spread the mustard paste on top of the salmon.
5. Return the sheet to the oven and roast for 12 minutes. The salmon is done when the flesh flakes with gentle pressure. Serve the salmon on

top of the asparagus, sweet potatoes, and cooked onions. Any leftovers can be refrigerated for up to 3 days.

Nutritional analysis per serving (4 ounces salmon, 1½ cups vegetables): calories 358, fat 18 g, saturated fat 3 g, cholesterol 23 mg, fiber 5 g, protein 34 g, carbohydrate 17 g, sodium 362 mg

Serves: 4

Prep time:
10 minutesCook time:
10 minutes

Level: Easy

Budget: \$

TUSCAN ZUCCHINI SOUP

For a nourishing, low-glycemic soup, try this wonderful Tuscan recipe. It's inexpensive—and a great way to use up zucchini from the garden.

- 4 large zucchini, quartered
- ½ cup extra-virgin olive oil
- juice of ½ small lemon, or more if needed
- 1 garlic clove, minced
- ½ bunch fresh basil (about ½ ounce)
- sea salt and freshly ground black pepper
- 1 tomato, finely chopped

1. Put the zucchini in a large pot and add water to cover. Bring to a boil over high heat. Reduce the heat to medium-low and cook at a brisk simmer until tender, 8–10 minutes.
2. Drain the zucchini and reserve ½ cup of the cooking liquid. Transfer the zucchini to a blender and blend on high speed until smooth, about 1 minute. While the blender is running, add the olive oil, reserved cooking liquid, lemon juice, garlic, half of the basil, and salt and black pepper to taste. Blend for another minute until well mixed and check for seasoning; adjust with lemon juice, salt, and black pepper if needed.
3. Garnish each serving with some chopped tomato and a few basil leaves. The soup is best served hot or at room temperature. Leftover zucchini soup can be refrigerated for up to 5 days; reblend and reheat the soup before serving.

Nutritional analysis per serving (1 cup): calories 253, fat 27 g, saturated fat 0 g, cholesterol 0 mg, fiber 1 g, protein 1 g, carbohydrate 3 g, sodium 243 mg

ROAST TURKEY BREAST AND AVOCADO CREAM ON A BED OF GREENS

Serves: 2

Prep time:
20 minutes

Level: Easy

Budget: \$

The light, refreshing dressing for this dish contains avocados, a healthy source of monounsaturated fats. The dressing keeps well in the fridge, so make it up to 3 days ahead of time and enjoy with turkey, chicken, or fish.

AVOCADO CREAM:

- 1 avocado, peeled and pitted
- juice of 1 large lemon
- 3 tablespoons extra-virgin olive oil
- 1 garlic clove, peeled
- sea salt and freshly ground black pepper to taste
- 3–4 tablespoons water

SALAD:

- 6 cups mixed baby greens
- 6 ounces roasted turkey breast, sliced
- ½ small red onion, thinly sliced
- 1 pickling cucumber, thinly sliced
- 10 green olives, pitted and chopped

MAKE THE AVOCADO CREAM:

1. Place the avocado, lemon juice, olive oil, garlic, salt, and black pepper in a food processor and process until very smooth, 1–2 minutes.
2. Slowly add the water and continue processing until the dressing is thick and creamy.

ASSEMBLE THE SALAD:

Divide the greens between two serving plates. Top with the sliced turkey, red onion, cucumber, and green olives. Drizzle over the avocado

dressing and serve. Stored separately, the turkey salad and dressing will keep for 3 days in the refrigerator.

Nutritional analysis per serving (3 ounces turkey, ½ cup avocado cream, about 3½ cups salad): calories 494, fat 38 g, saturated fat 5 g, cholesterol 46 mg, fiber 9 g, protein 25 g, carbohydrate 19 g, sodium 526 mg



Roast Turkey Breast and Avocado Cream on a Bed of Greens (page 230)

GARLIC AND HERB HUMMUS

This hummus is best made ahead of time to allow the flavors to combine. For a tangier taste, use more lemon juice or add hot chili oil to spice it up.

- 3 garlic cloves, peeled
 - 1 tablespoon extra-virgin olive oil
 - 2 cups cooked chickpeas or 1 (15-ounce) can chickpeas, rinsed and drained
 - ¼ cup tahini
 - ½ cup water
 - juice of ½ small lemon
 - ½ teaspoon paprika
 - 1 teaspoon chopped fresh parsley
 - ¼ teaspoon cayenne pepper
 - ¼ teaspoon sea salt
1. Preheat the oven to 350°F. Rub the garlic cloves with ½ teaspoon of the oil and wrap them loosely in foil. Place the garlic in the oven on the bottom rack and roast until soft, 20–25 minutes. Remove from the oven, open the foil, and let cool.
 2. Combine the roasted garlic with the remaining ingredients in a food processor and blend the mixture into a fine paste.
 3. Transfer the hummus to a bowl and serve. Any leftover hummus can be refrigerated for up to 4 days.

Nutritional analysis per serving (⅓ cup): calories 213, fat 17 g, saturated fat 2.2 g, cholesterol 0 mg, fiber 4 g, protein 5 g, carbohydrate 12 g, sodium 213 mg

Serves: 4

Prep time:
5 minutes

Cook time:
25 minutes

Chill time:
20 minutes

Level: Easy

Budget: \$

EDAMAME BEAN SALAD

This salad is a great way to enjoy whole-soy foods. Edamame are rich in fiber, complete protein, and phytoestrogens. The bright red tomatoes are a colorful addition to the salad and complement the earthy tones of the beans.

DRESSING:

- juice of 1 large lime
- 1 garlic clove, minced
- sea salt and freshly ground black pepper to taste
- 2 tablespoons extra-virgin olive oil

SALAD:

- 1 medium bunch kale, stemmed and chopped
- 2 large roasted red peppers (jarred or freshly roasted), seeded and chopped
- ½ medium red onion, finely chopped
- 2 garlic cloves, minced
- 2 cup cooked black beans or 1 (15-ounce) can black beans, rinsed and drained
- 2 cup cooked chickpeas or 1 (15-ounce) can chickpeas, rinsed and drained
- 12 ounces fresh, canned, or thawed frozen artichoke hearts
- 1 pint cherry tomatoes, halved
- 1 cup thawed frozen shelled edamame
- ½ cup chopped fresh cilantro
- 1 cup chopped cremini mushrooms
- 4 ounces fresh mozzarella, diced

MAKE THE DRESSING:

In a small bowl combine all of the dressing ingredients except the oil and whisk until well mixed. Slowly pour in the oil while whisking constantly. Whisk until the dressing has thickened slightly.

ASSEMBLE THE SALAD:

Combine all of the salad ingredients in a medium bowl and toss until the greens and beans are evenly distributed. Spoon the dressing over the salad

Serves: 12

Prep time:
5 minutes

Level: Easy

Budget: \$

Serves: 4

Prep time:
15 minutesCook time:
40 minutes

Level: Easy

Budget: \$

ALMOND-CRUSTED CHICKEN BREASTS

This chicken is encrusted with basil-infused almond meal instead of bread-crumbs. The texture adds crunch without the gluten.

- 1 cup roasted almonds
- 1 cup grated Parmigiano Reggiano cheese
- 1 teaspoon dried basil
- ¼ cup fresh basil leaves
- sea salt and freshly ground black pepper
- 2 (8-ounce) boneless, skinless chicken breasts
- 2 tablespoons extra-virgin olive oil
- 1 lemon, cut into wedges

1. Preheat the oven to 400°F.
2. Grind the almonds in a food processor until they are close to the consistency of breadcrumbs. Add the cheese and dried and fresh basil, reserving 4 leaves of the fresh basil for garnishing, and season the mixture to taste with salt and black pepper. Pulse the mixture until the basil is finely chopped and evenly distributed throughout.
3. Pound the chicken breasts between two pieces of plastic wrap with a large mallet or the bottom of a heavy pan, until each breast is ¾ inch thick.
4. Season the chicken on both sides with salt and black pepper.
5. Pour the almond crumbs onto a large plate and firmly press the chicken pieces into them, coating both sides.
6. Grease the bottom of a broiler pan with 1 tablespoon of the oil and add the chicken breasts to the pan. Drizzle the remaining 1 tablespoon oil evenly over the chicken and slide the pan into the oven on the top rack.

DOUBLE PEANUT BUTTER CHOCOLATE CUPS

Fun, flavorful, and packed with healthy fats from the coconut and peanuts, these homemade treats are an upgrade from the hydrogenated versions you should avoid at the store. You can substitute other nut butters or sunflower seed butter, but you'll need to adjust the honey to taste.

BOTTOM LAYER:

- 2 tablespoons extra-virgin coconut oil
- ¼ cup smooth peanut butter
- ½ teaspoon pure vanilla extract
- 2 tablespoons honey

TOP LAYER:

- 2 tablespoons extra-virgin coconut oil
- ¼ cup smooth peanut butter
- ¼ cup unsweetened cocoa powder
- ½ teaspoon pure vanilla extract
- 2 tablespoons honey

MAKE THE BOTTOM LAYER:

1. Combine all of the ingredients in a small bowl and mix until very smooth.
2. Set 10 mini baking cups in a mini muffin pan. Pour about one tablespoon of the bottom-layer mixture into each baking cup without dribbling it down the inside of the paper (or you'll get streaks in the final product). Place on a flat surface in the freezer.

MAKE THE TOP LAYER:

1. Combine all of the ingredients in a small bowl and mix until evenly incorporated. Remove the pan from the freezer and fill each baking cup to the top with the top-layer chocolate mixture.

Serves: 10

Prep time:
15 minutes

Chill time:
30 minutes

Level: Easy

Budget: \$

DESSERTS

2. Put the tray back in the freezer and let chill until the chocolate layer has hardened, about 15 minutes. Store the peanut butter cups in the freezer for up to 4 months.

Nutritional analysis per serving (1 peanut butter cup): calories 144, fat 13 g, saturated fat 7 g, cholesterol 0 mg, fiber 1 g, protein 4 g, carbohydrate 8 g, sodium 2 mg



Double Peanut Butter Chocolate Cups (page 325)