

Create **Healthy** and **Delicious** Meals!

TEAMINGUP
for Diabetes



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Association of Diabetes Care & Education Specialists

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TeamingUp Recipe Book

From The TeamingUp Kitchen
First Edition

This dietary information is being provided for general educational purposes only. Your healthcare provider is the single best source of information regarding your health. Please consult your healthcare provider if you have any questions about your health or treatment.

What is a Diabetes Meal Plan?

A diabetes meal plan tells you how much and what kinds of food and drinks you can choose, and how much to have at meals and snacks. For most people with diabetes, a healthy, nutritious diet consists of 40% to 60% of calories from carbohydrates, 20% from protein, and 30% or less from fat.

What are Carbohydrates, Protein & Fats?

Carbohydrates are 1 of 3 sources of calories or energy that we need in our diets (the other 2 are protein and fat). Carbohydrates provide most of the energy needed in our daily lives, and tend to have the greatest effect on blood sugar. Carbohydrates are found in fruits, vegetables, beans, dairy foods, and breads (1 serving of bread is a single slice)—as well as ketchup, and mustard.¹

Note: 1 Carb serving = 15 Grams of Carbs

Protein comes from meat, chicken, fish, dairy products (such as cheese, milk, and yogurt), beans, and some vegetables. In following a nutritious diet, try to eat more chicken and fish than red meat, and trim extra fat off all meat. Also choose non-fat or reduced-fat dairy products. One serving of meat is about the size of a deck of cards. One serving of cheese is about the size of a single domino.²

Note: 1 Protein serving = 7 Grams of Protein

Fats are higher in calories per gram, but the key is being mindful of portions. Eating the right types of fat is also important. Some examples of foods that contain fats are avocado, nuts, oils, peanuts, butter, flax and chia seeds, or eggs. Keep in mind meat and dairy products include fats too, so it's a good idea to work with a nutritionist to develop a meal plan that's right for you.³

Note: 1 Fat serving = 9 Grams of Fat

To get more ideas on meal planning, and other tips for helping manage your diabetes.

[Visit TeamingUp.us](https://www.teamingup.us) »



References: **1.** Types of Carbohydrates. American Diabetes Association (ADA). Available at: <https://www.diabetes.org/healthy-living/recipes-nutrition/understanding-carbs/types-carbohydrates> Last accessed on: June 24, 2021. **2.** Protein. ADA. Available at: <https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well/protein> Last accessed on: June 24, 2021. **3.** Fats. ADA. Available at: <https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well/fats> Last accessed on: June 24, 2021.

Healthy Eating

Some tips to follow

- Follow a balanced eating plan filled with fresh fruits, vegetables, whole grains, and a controlled amount of lean meats and poultry.
- Try to eat fish at least twice a week.
- Also, cut back on beverages and foods with added sugars.
- It is important to pay attention to how much you eat—even with healthy foods, you can have too much of a good thing.
- Ask your health care team to help you plan meals and snacks.
- With any of these recipes, it is recommended that you should check your blood sugar before, and 2 hours after any of these meals, to understand your individual blood sugar response. This will allow you to confirm the portion for your target range.



Did you know...

The sugar in your blood goes up when you eat. How much it goes up depends on:

- The amount you eat
- What you eat
- The amount of insulin your body produces in response to food

Why TeamingUp?

Because you deserve to be surrounded with positivity, smart thinking, and fresh ideas. With people who relate to your life, your strengths and your weaknesses, the team behind TeamingUp is here to lift you up, cheer you on, and help you work towards your overall diabetes management goals. Learn more from our Champions at [TeamingUp.us](https://www.teamingup.us).

The amount listed is for the serving size shown
Are you eating more, less, or the same?

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per 2/3 cup
Calories 230

% DV*

12%	Total Fat 8g
5%	Saturated Fat 1g
	<i>Trans Fat</i> 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

Compare your serving size to figure out the number of carbs you are eating.

Total fat tells you how much fat is in one serving of the food. Try to replace foods high in saturated fat or trans fat with foods rich in monounsaturated and polyunsaturated fats to reduce your risk of heart disease.

Total carbohydrate on the label includes all three types of carbohydrate: sugar, starch and fiber. It's important to use the total grams when counting carbs or choosing which foods to include.

The amount of fiber you need depends on your age and gender. Healthy adults need between 25 and 38 grams of fiber a day on average.

Because everyone is different, monitoring your blood sugar before and after meals gives you a picture of how (and what) foods affect your levels. Ask your health care team to help you plan meals and snacks, and see how the nutrition facts around those meals can help with future planning. <https://www.diabetes.org/healthy-living/recipes-nutrition/reading-food-labels>

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Soups



From The TeamingUp Kitchen: Carrot Lentil Soup With Ginger

Time: 38 min **Yields:** 6 **Calories:** 192

A generous amount of fresh ginger gives this carrot soup a punch of spicy flavor, and the cooked lentils lend a creamy texture—without a drop of cream! Comforting and warm in fall and winter, this soup is just as delicious served chilled when the weather warms up. (Be sure to talk to your diabetes healthcare team if you are considering making changes to your meal plan.)



Ingredients

- 2 teaspoons canola oil
- 1 medium onion, chopped
- 1/4 cup peeled fresh ginger, chopped
- 2 garlic cloves, chopped
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/8 teaspoon cayenne
- 5 cups water
- 3 large carrots (about 1 pound), peeled and sliced
- 1 cup dried red lentils, picked over and rinsed
- 1/2 teaspoon salt
- 1/4 cup lime juice
- 3/4 cup plain low-fat yogurt
- Fresh cilantro, chopped
- Lime wedges

Directions

- 1 Heat the oil in a large pot over medium-high heat. Add the onion and cook, stirring often, until softened, about 5 minutes. Add the ginger, garlic, cumin, coriander, and cayenne, and cook, stirring constantly until fragrant, about 1 minute.
- 2 Add the water, carrots, lentils, and salt, and bring to a boil. Cover, reduce the heat to low, and simmer until the carrots are very tender, about 30 minutes. Let the soup cool slightly.
- 3 Puree the soup in a food processor or blender, in batches, until smooth.
- 4 Return the soup to the pot and set over medium heat. (If the soup is too thick, add water 1/4 cup at a time to achieve desired consistency.) Cook, stirring often, until hot, about 3 minutes. Remove from the heat and stir in the lime juice. Ladle the soup into 6 bowls. Top each serving with 2 tablespoons yogurt, and sprinkle with cilantro. Serve with lime wedges.

Nutritional Facts

Each Serving
(1 cup)

Carbohydrate Choices: 2

Food Choices: 1 starch, 2 vegetable, 1 plant-based protein

192
calories
per serving

Total Fat	3g
Saturated Fat	1g
Cholesterol	2mg
Sodium	272mg
Total Carbohydrate	33g
Dietary Fiber	6g
Total Sugar	0mg
Protein	10g

TeamingUp Health Tip:

The inclusion of carrots and lentils help contribute to a healthy diet for people with diabetes.*

*Be sure to talk to your healthcare provider or nutritionist about a healthy eating plan that is right for you.

From The TeamingUp Kitchen: Spring Vegetable Soup

With Parmesan Crisps For Added Crunch

Time: 14 min **Yields:** 4 **Calories:** 116

The Parmesan crisps add a nice crunch to this soup, but if you are short on time, just sprinkle each bowl of soup with a tablespoon of grated Parmesan just before serving. To make the soup heartier, you can also add cooked brown rice or whole-wheat orzo to the soup when you add the asparagus. Remember to count the carbs if you do add rice or pasta. (Be sure to talk to your diabetes healthcare team if you are considering making changes to your meal plan.)



Ingredients

- 1/4 cup coarsely shredded Parmesan cheese
- 2 teaspoons olive oil
- 1/2 sweet onion, chopped
- 1 garlic clove, minced
- 4 cups low-sodium vegetable broth
- 1 cup baby carrots, halved lengthwise and cut into 1-inch lengths
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 pound thin asparagus (about 10 spears), trimmed and cut into 1-inch lengths
- 1 cup fresh shelled green peas or frozen petite peas
- 1 tightly packed cup baby spinach
- 1 1/2 tablespoons fresh lemon juice
- 1/4 cup thinly sliced fresh basil leaves

Directions

- 1 To make the Parmesan crisps, preheat the oven to 400°F. Line a medium baking sheet with parchment paper.
- 2 Drop the cheese by tablespoons onto the baking sheet, about 2 inches apart, making a total of 4 mounds. Spread each mound into a 3-inch round. Bake until the cheese is bubbling and lightly browned on the edges, about 7 minutes. Let the crisps cool completely on the baking sheet.
- 3 Meanwhile, to make the soup, set a large saucepan over medium heat and add the oil. Add the onion and cook, stirring often until softened, about 5 minutes. Add the garlic and cook, stirring constantly, until fragrant, 30 seconds.
- 4 Add the broth and bring to a boil. Add the carrots, salt, and pepper. Cover, reduce the heat, and simmer until the carrots are tender, about 5 minutes.
- 5 Add the asparagus and peas, and cook until crisp-tender, about 2 minutes. Remove the saucepan from the heat and stir in the spinach and lemon juice. Ladle the soup into 4 bowls. Top each bowl with a Parmesan crisp and sprinkle with 1 tablespoon of the basil. Serve at once.

Nutritional Facts

Each Serving
(1 1/3 cups soup and 1 crisp)
Carbohydrate Choices: 1
Food Choices: 3 vegetable, 1 fat

116
calories
per serving

Total Fat	4g
Saturated Fat	1g
Cholesterol	4mg
Sodium	402mg
Total Carbohydrate	15g
Dietary Fiber	5g
Total Sugar	0mg
Protein	5g

TeamingUp Health Tip:

Fiber rich vegetables and fruits are a great mix to help with your blood sugar.*

*Always talk to your healthcare provider about a healthy eating plan that is right for you.



From The TeamingUp Kitchen: Oven "Fried" Chicken Salad

With Diabetes-Friendlier Buttermilk-Herb Dressing

Time: 40 min **Yields:** 4 **Calories:** 302

You can enjoy this versatile salad by changing the types of lettuce and vegetables you use based on what looks freshest at the market. Make a double batch of the dressing to serve as a dip or on a different salad later in the week. (Be sure to talk to your diabetes healthcare team if you are considering making changes to your meal plan.)



Ingredients

CHICKEN

- 1 cup whole-wheat panko bread crumbs
- 2 teaspoons olive oil
- 1/2 cup low-fat buttermilk
- 1 pound thin-sliced boneless skinless chicken breasts
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

DRESSING

- 1/3 cup plain lowfat Greek yogurt
- 2 tablespoons reduced-fat mayonnaise
- 3 tablespoons lowfat buttermilk
- 1 tablespoon minced scallion
- 1 tablespoon chopped fresh dill or parsley
- 1 small garlic clove, crushed through a press
- 1/4 teaspoon grated lemon zest
- 1 teaspoon lemon juice
- Pinch of salt and pepper

SALAD

- 6 cups torn romaine
- 4 plum tomatoes, cut into wedges
- 1/2 hothouse cucumber, sliced
- 6 radishes, thinly sliced
- 1/4 cup thinly sliced red onion



Directions

- 1 To make the chicken, preheat the oven to 350°F. Line a large rimmed baking pan with foil. Place a wire rack in the pan and spray the rack with cooking spray.
- 2 Combine the panko crumbs and the oil in a small bowl. Using your fingers, blend the oil evenly into the crumbs. Place the crumbs in a small baking pan and bake, stirring once, until lightly toasted, 10 to 12 minutes. Transfer to a shallow dish to cool. Maintain the oven temperature.
- 3 While the crumbs cool, make the dressing. Whisk together the yogurt, mayonnaise, and 3 tablespoons buttermilk in a small bowl. Stir in the scallion, dill, garlic, lemon zest and juice, and the pinch of salt and pepper. Cover and refrigerate until ready to serve. (The dressing will keep for up to 3 days.)
- 4 To coat the chicken, pour the 1/2 cup buttermilk into a shallow dish. Working with one piece at a time, dip the chicken into the buttermilk, allowing the excess to drip off. Dredge the chicken in the bread crumb mixture, pressing to adhere crumbs. Arrange the chicken in a single layer on the rack in the prepared baking pan. Sprinkle the chicken with the salt and pepper. Bake until the juices run clear, about 15 minutes. Let the chicken cool slightly.
- 5 To assemble the salads, divide the romaine evenly among 4 plates. Top evenly with the tomatoes, cucumber, radishes and red onion. Top each salad with a sliced chicken breast. Drizzle the salads evenly with the dressing. Serve at once.

Nutritional Facts

Each Serving (1 salad with dressing)

Carbohydrate Choices: 1 and 1/2

Food Choices: 1/2 starch, 3 non-starchy vegetables,
4 lean protein, 1 fat

302
calories
per serving

Total Fat	9g
Saturated Fat	2g
Cholesterol	69mg
Sodium	517mg
Total Carbohydrate	25g
Dietary Fiber	5g
Total Sugar	0mg
Protein	31g

TeamingUp Health Tip:

While preparing your meal, play some music and dance around the kitchen.*

*Remember, always talk to your healthcare provider before you begin, increase, or change your physical activity.

From The TeamingUp Kitchen: Spinach And Goat Cheese Salad With Strawberry Dressing

Time: 10 min **Yields:** 4 **Calories:** 211

The vibrant strawberry dressing sweetened with a touch of honey is what makes this salad uniquely delicious. Serve it as a first course for any springtime meal, or top it with grilled salmon fillets or chicken breasts to make a main dish. (Be sure to talk to your diabetes healthcare team if you are considering making changes to your meal plan.)



Ingredients

- 1/4 cup sliced almonds
- 1 (1-pound) container fresh strawberries
- 1 tablespoon olive oil
- 1 tablespoon white wine vinegar
- 1 teaspoon honey
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 8 cups loosely packed baby spinach
- 4 ounces fresh goat cheese, crumbled

Directions

- 1 To toast the almonds, preheat the oven to 350°F. Place the almonds in a small baking pan and bake, stirring once, until lightly toasted, about 6 to 8 minutes.
- 2 To make the dressing, coarsely chop 3 or 4 of the strawberries to get 3/4 cup chopped berries. Place chopped berries, oil, vinegar, honey, salt and pepper in a food processor and puree.
- 3 Cut the remaining strawberries into quarters. Place the spinach in a large bowl. Add 1/4 cup of the dressing and toss gently to coat. Divide the spinach among four plates. Top evenly with the quartered strawberries, goat cheese, and almonds. Pass the remaining dressing at the table.

Nutritional Facts

Each Serving (1 salad)
Carbohydrate Choices: 1
Food Choices: 1 medium-fat protein, 1/2 fruit,
1 non-starchy vegetable, 1 fat

211
calories
per serving

Total Fat	13g
Saturated Fat	5g
Cholesterol	20mg
Sodium	206mg
Total Carbohydrate	16g
Dietary Fiber	6g
Total Sugar	0mg
Protein	10g

TeamingUp Health Tip:

Add greens and fruits to your salad, to make it more nutritious.*

*Be sure to talk to your healthcare provider or nutritionist about a healthy eating plan that is right for you.

From The TeamingUp Kitchen: Summer Salad

Time: 30 min Yields: 6 Calories: 210

"I take this to all cookouts with friends"

— Julie, TeamingUp Champion



Ingredients

- 1 cucumber
- 2 to 3 med Roma tomatoes
- 1/2 cup feta cheese
- 1 1/2 cups of Rotini pasta
- 1/2 cup Italian dressing
- Salt and pepper to taste
- Optional: add cold chicken



Directions

- 1 Cook pasta and let cool
- 2 Peel and cut cucumber into 3/4 inch squares (you can also de-seed)
- 3 Dice tomatoes into 3/4 inch squares
- 4 Optional: cut chicken into 3/4 inch cubes
- 5 Add cucumber, tomatoes, feta cheese, italian dressing, and salt and pepper to pasta
- 6 Mix

Nutritional Facts

Serving Size: 3/4 Cup
Total Servings: 6
Carbohydrate Choices: 1 and 1/2
Food Choices: 1 starch, 1 non-starchy vegetables,
2 lean protein, 1 fat

210
calories
per serving

Total Fat	8g
Saturated Fat	3g
Cholesterol	30mg
Sodium	330mg
Total Carbohydrate	20g
Protein	12g

TeamingUp Health Tip:

During the summer months, remember to drink plenty of water to remain hydrated.

From The TeamingUp Kitchen: Grilled Corn And Mango Salad

Time: 30 min Yields: 4 Calories: 110

"As far as I'm concerned, summer doesn't officially begin until I make this delicious recipe. It's my signature dish and a big hit at barbeques."

— Robert G., TeamingUp Champion

Serve as a side to complete any picnic or outing.



Ingredients

- 2 ears of fresh corn
- 1 ripened mango, diced
- 1 sweet red pepper, diced
- 1/2 cup red onion, diced
- 1/4 cup fresh cilantro or flat leaf parsley, roughly chopped
- 1/2 the juice of 1 lime
- Salt to taste (optional)

Directions

- 1 Grill the 2 ears of corn and turn, allowing them to get grill marks. Set aside to cool.
- 2 Combine the diced mango, diced pepper, 1/2 cup onion, 1/4 cup cilantro or parsley in a bowl.
- 3 Cut the kernels off the cob and combine into the bowl with the mango mix.
- 4 Squeeze the juice of 1/2 a lime into the mixture. Stir to combine. Salt to taste (optional).
- 5 Refrigerate and serve chilled.

Nutritional Facts

Serving Size: 1 cup
Total Servings: 4 cups
Carbohydrate Choices: 1 and 1/2
Food Choices: 1 starch, 1 non-starchy vegetables, 1/2 fruit

110
calories
per serving

Total Fat	1g
Saturated Fat	0g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	24g
Dietary Fiber	2g
Total Sugar	13mg
Protein	3g

TeamingUp Health Tip:

Enjoy cooking. Cook when you can. Fresh homemade meals are always best.

From A TeamingUp Champion: Fiesta Black Bean Salad

Time: 30 min Yields: 4 Calories: 110

"I love this combination of beans and veggies. It's a complete meal that's healthy, tasty and super easy to make!"

— Robert G., TeamingUp Champion

Serve as a main entrée with tortillas, lime wedges, salsa, guacamole and fresh cilantro. Or serve as a side with a healthy meal. Either way, it's a fresh South of the Border treat.



Ingredients

- 1 can black beans, drained
- 2 cups mango, diced
- 1 cup sweet red peppers, diced
- 6 green onions, thinly sliced
- 1/4 cup cilantro, chopped
- 1/4 cup fresh lime juice
- 1 tablespoon olive oil
- 1 seeded jalapeno pepper, minced
- Salt and pepper to taste



Directions

- 1 Mix all ingredients together and refrigerate until ready to serve.

Nutritional Facts

Serving Size: 1 cup
Total Servings: 4 cups
Carbohydrate Choices: 1
Food Choices: 1 starch, 1 non-starchy vegetables, 1/2 fruit

90
calories
per serving

Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	95mg
Total Carbohydrate	17g
Dietary Fiber	4g
Total Sugar	7mg
Protein	3g

TeamingUp Health Tip:

Remember to review the nutrition facts to get a good balance of minerals and vitamins from your diet.*

*Be sure to talk to your healthcare provider or nutritionist about a healthy eating plan that is right for you.

From The TeamingUp Kitchen: Sweet Potato Fries

Spicy Baked Sweet Potato "Fries" With Chipotle-Lime Dipping Sauce

Time: 28 min **Yields:** 4 **Calories:** 126

Baked "fries" make a really satisfying snack or side. Tangy lowfat Greek yogurt stands in for sour cream in this cool and spicy sauce. It's a tasty accompaniment to the sweet potatoes, but it's also great for topping a baked potato or as a dip for veggies or baked tortilla chips. Remember to figure any "dippers" into your meal plan. (Be sure to talk to your diabetes healthcare team if you are considering making a change to your meal plan.)



Ingredients

SWEET POTATOES

- 2 large sweet potatoes (1 pound)
- 2 teaspoons canola oil
- 1/2 teaspoon chili powder
- 1/8 teaspoon salt

SAUCE

- 3/4 cup plain low-fat Greek yogurt
- 1 teaspoon grated lime zest
- 1 tablespoon lime juice
- 1/2 - 1 teaspoon minced canned chipotle peppers in adobo sauce
- 1/2 teaspoon honey
- 1/8 teaspoon ground cumin
- Pinch of salt

Directions

- 1 To make the sweet potatoes, preheat the oven to 400°F. Spray a large rimmed baking sheet with cooking spray.
- 2 Peel the sweet potatoes and halve them lengthwise. Cut each half lengthwise into four wedges. Place the wedges in a large bowl; drizzle with the oil, sprinkle with the chili powder and salt, and toss to coat evenly.
- 3 Place the wedges cut side down in a single layer on the baking sheet. Bake until the bottoms are browned, about 18 to 20 minutes. Turn the wedges to the opposite cut sides and bake until browned, about 8 minutes longer.
- 4 Meanwhile, to make the sauce, stir together the yogurt, lime zest and juice, chipotle, honey, cumin, and salt in a small bowl. Serve the "fries" with the sauce.

Nutritional Facts

Each Serving
(4 sweet potato wedges and 3 tablespoons sauce)
Carbohydrate Choices: 1
Food Choices: 1 starch, 1/2 fat

126
calories
per serving

Total Fat	4g
Saturated Fat	1g
Cholesterol	3mg
Sodium	208mg
Total Carbohydrate	18g
Dietary Fiber	3g
Total Sugar	0mg
Protein	5g

TeamingUp Health Tip:

Nutritious and tasty snacks are a smart choice.

From The TeamingUp Kitchen: Angela's Baked Parmesan Zucchini

Time: 30 min Yields: 4 Calories: 80

"It's easy to make, low in calories, and makes the perfect summer dish"

— Angela Y., TeamingUp Champion



Ingredients

- 4 zucchini, quartered lengthwise
- 1/2 cup grated parmesan cheese
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 1/4 tsp. garlic powder
- Kosher salt and freshly ground black pepper to taste
- 2 T. olive oil
- 2 T. chopped fresh parsley leaves (optional)

Directions

- 1 Preheat oven to 350 degrees. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
- 2 In a small bowl, combine parmesan, thyme, oregano, basil, garlic powder, salt and pepper to taste.
- 3 Place zucchini onto prepared baking sheet and drizzle with olive oil and sprinkle parmesan mixture.
- 4 Place in oven and bake until tender, about 15 minutes. Then broil for 2 to 3 minutes, or until crisp and golden brown. Garnish with parsley if desired.

Nutritional Facts

Serving Size: 1 cup
Total Servings: 4 cups
Carbohydrate Choices: 0
Food Choices: 1 non-starchy vegetable, 1 protein, 1/2 fat

80
calories
per serving

Total Fat	6g
Saturated Fat	1.5g
Cholesterol	5mg
Sodium	115mg
Total Carbohydrate	3g
Dietary Fiber	1g
Total Sugar	2g
Protein	3g

TeamingUp Health Tip:

Talk to your healthcare provider or nutritionist and design a balanced meal plan that's perfect for you.



From The TeamingUp Kitchen: Grilled Salmon With Summer Vegetables

Time: 30 min **Yields:** 4 **Calories:** 234

Summer is a great time for flavorful seafood. This salmon and vegetable dish is a colorful celebration of summer that tastes as good as it looks. Try grilling a double batch of the vegetables to have in a salad the next day.



Ingredients

- 2 medium zucchini, cut on the diagonal into 1/4 inch slices
- 2 cups cherry tomatoes
- 2 1/4 inch lemon slices, seeded
- 5 tsp. olive oil, divided
- 4 (5-ounce) skin-on salmon fillets
- 2 T chopped fresh basil
- 1 T lemon juice
- 1/2 tsp. salt, divided
- 1/4 tsp. freshly ground black pepper, divided

Directions

- 1 Preheat an outdoor grill to medium-high heat or set an indoor grill pan over medium-high heat.
- 2 Place the zucchini, tomatoes, and lemon slices in a large bowl. Drizzle with 1 teaspoon of the olive oil and toss to coat. Brush the salmon with 2 teaspoons of the remaining olive oil; sprinkle with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper.
- 3 Place the salmon, zucchini, and lemon slices on a grill rack or in a grill pan coated with cooking spray. Grill, turning once, until the fish is opaque in the center, about 3 minutes on each side. Place the tomatoes on the grill (try using an outdoor grill pan or skewer the tomatoes), and grill, turning often, just until skins begins to blister, about 1 minute. (If using an indoor grill pan, grill the vegetables and lemon slices in batches first, then cook salmon.)
- 4 Place the vegetables and lemon slices in a large bowl and the fish on a serving platter. Cover the fish to keep warm.
- 5 Transfer the lemon slices to a cutting board and finely mince. Return to the bowl with the vegetables. Add the basil, lemon juice, the remaining 2 teaspoons oil, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon pepper and toss to combine. Spoon the vegetables around the salmon and serve at once. (Remove the salmon skin before eating.)

Nutritional Facts

Serving Size: 1 salmon fillet and 1 cup of vegetables
Total Servings: 4 salmon fillets and 4 cups of vegetables
Carbohydrate Choices: 1/2
Food Choices: 1 non-starchy vegetables, 4 lean protein, 1 fat

234
calories
per serving

Total Fat	11g
Saturated Fat	2g
Cholesterol	53mg
Sodium	294mg
Total Carbohydrate	7g
Dietary Fiber	2g
Total Sugar	2g
Protein	26g

TeamingUp Health Tip:

Eat small meals at frequent intervals. Avoid both starving and overindulging.*

*Talk to your healthcare provider or nutritionist if you are considering making changes to your meal plan.

From The TeamingUp Kitchen: Julie's Turkey Enchiladas

Time: 40 min **Yields:** 6 Enchiladas **Calories:** 340

"My family loves this recipe. It goes great served with a green salad, and/or kale. Yummy!"

— Julie, TeamingUp Champion



Ingredients

- 1 lb ground turkey
- 1 bag fresh spinach
- 1/2 package cream cheese
- 1 cup salsa or 1 can of green enchilada sauce
- 6 6-inch flour tortillas
- Pinch of salt
- Pinch of pepper
- 3/4 cup cheddar cheese
- Sour cream (optional)

Directions

- 1 Preheat oven to 350 degrees.
- 2 Brown the turkey in a large skillet. Add two handfuls of spinach. When the spinach has been reduced, add the salt and pepper.
- 3 Add cream cheese, then add 3/4 cup of salsa or the can of enchilada sauce. Bring to a light boil and set aside.
- 4 Get your tortillas and one by one add the mixture into the middle of the tortillas. For each tortilla, fold one side over the filling, then the other and place the filled enchilada seam side down into a 9"x 9" square baking pan.
- 5 After the enchiladas are filled and placed in the pan, add the remaining mixture on top and then top with cheddar cheese.
- 6 Place in oven for 15 minutes or until cheddar cheese melts. Serve hot—2 enchiladas per person.

Nutritional Facts

Serving Size: 1 enchilada
Total Servings: 6 enchiladas
Carbohydrate Choices: 1 and 1/2
Food Choices: 1 starch, 1 non-starchy vegetables,
3 lean protein, 2 fat

340
calories
per serving

Total Fat	19g
Saturated Fat	9g
Cholesterol	90mg
Sodium	800mg
Total Carbohydrate	20g
Protein	22g

TeamingUp Health Tip:

Avoid heavy meals. Being physically active can help reduce your risk of getting serious health conditions.*

*Always talk to your healthcare provider before you begin, increase, or change your physical activity.

From The TeamingUp Kitchen: Lamb Chops

With Mint Pesto

Yields: 8 **Calories:** 264

Mint pesto is easy to make in just a few minutes and tastes brighter and fresher than traditional mint jelly. You can also make the pesto up to a day ahead to shorten the preparation time of this main dish. Enjoy it for a special spring celebration. (Be sure to talk to your diabetes healthcare team if you are considering making changes to your meal plan.)



Ingredients

PESTO

- 2 tablespoons coarsely chopped walnuts
- 1/4 cup tightly packed mint leaves
- 1/4 cup tightly packed Italian parsley leaves
- 1/4 cup freshly grated Parmesan cheese
- 1 1/2 tablespoons extra-virgin olive oil
- 2 teaspoons lemon juice
- 1/4 teaspoon minced garlic
- Pinch of salt

LAMB

- 8 (4-ounce) lamb loin or rib chops, trimmed of visible fat
- 1/4 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper

Directions

- 1 To make the pesto, preheat the oven to 350°F. Place the walnuts in a small baking pan and bake, stirring once, until lightly toasted, about 6 minutes. Transfer to a plate to cool completely.
- 2 Place the walnuts, mint and parsley in a food processor and pulse until coarsely chopped. Add the remaining pesto ingredients and process until the mixture is finely chopped, stopping several times to scrape down the sides of the food processor. Transfer to a small bowl, place plastic wrap on the surface of the pesto, and refrigerate for up to 1 day.
- 3 To make the lamb chops, heat a large heavy skillet (such as cast iron) over medium-high heat. Sprinkle the lamb with the salt and pepper. Cook the lamb 2 minutes on each side for medium rare, or to the desired degree of doneness. (The internal temperature of the chops should be at least 145°F on an instant read thermometer.) Serve with the mint pesto.

Nutritional Facts

Each Serving
(2 lamb chops and generous 1 tablespoon pesto)
Carbohydrate Choices: 0
Food Choices: 4 lean meat, 1 fat

264
calories
per serving

Total Fat	16g
Saturated Fat	5g
Cholesterol	99mg
Sodium	320mg
Total Carbohydrate	2g
Dietary Fiber	1g
Total Sugar	0mg
Protein	27g

TeamingUp Health Tip:

Remember that fats are higher in calories per gram, and the key to eating meats is being mindful of portions. It's always a good idea to work with a nutritionist to develop a meal plan that's right for you.*

*It is always a best practice to approach your healthcare professional for information about your health.

From The TeamingUp Kitchen: Beef Brisket

With Root Vegetables

Time: 20 min **Yields:** 10 **Calories:** 266

Perfect for any celebration, this slow-braised brisket with earthy root vegetables makes a comforting meal for a crowd. Change the vegetables depending on what's in season and what looks good at the market. Try using rutabagas, parsnips, or celery root. (Be sure to talk to your diabetes healthcare team if you are considering making changes to your meal plan.)



Ingredients

- 1 (4 1/2-pound) flat-cut beef brisket, trimmed of fat (see note)
- 1 teaspoon salt, divided
- 3/4 teaspoon black pepper, divided
- 4 teaspoons olive oil, divided
- 2 stalks celery, chopped
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1/2 cup dry red wine
- 2 cups reduced-sodium beef broth or chicken broth
- 1/4 cup tomato paste
- 1/2 teaspoon dried thyme
- 1 pound red-skinned potatoes, scrubbed and cut into 1 1/2-inch pieces
- 1 pound turnips, peeled and cut into 1 1/2-inch pieces
- 1/2 pound carrots, peeled, cut in half lengthwise, and cut into 2-inch pieces
- Fresh flat-leaf parsley, chopped, for garnish (optional)



Directions

- 1 Preheat the oven to 325°F.
- 2 Sprinkle the brisket with 3/4 teaspoon of the salt and 1/2 teaspoon of the pepper. Heat 2 teaspoons of the oil in a large skillet over medium-high heat. Add the brisket and cook, turning once, until well browned, about 8 minutes. Transfer the brisket to a deep-sided 4- to 5-quart baking dish.
- 3 Add the remaining 2 teaspoons of oil to the skillet. Add the celery and onion, and cook, stirring often, until the vegetables are softened, about 5 minutes. Add the garlic and cook, stirring constantly, until fragrant, about 1 minute.
- 4 Add the wine and bring to a boil, stirring to scrape up the browned bits from the bottom of the skillet. Add the broth, tomato paste, and thyme, and cook, stirring constantly, until the tomato paste is incorporated into the broth and the mixture comes to a boil. Pour the mixture over the brisket. Cover and bake 2 hours.
- 5 Combine the potatoes, turnips, carrots, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a large bowl, and toss to coat. Remove the baking dish from the oven and add the vegetables around the brisket. Press the vegetables into the dish so they are almost covered with broth. If necessary, add additional broth or water. Cover and bake until the brisket and vegetables are very tender, about 1 hour longer.
- 6 Cut the roast into thick slices and serve with the vegetables and broth. Garnish with chopped parsley, if desired.

Note: Brisket is typically a fatty meat; choosing the leaner cut of brisket is a healthier choice than the fattier point cut. Brisket is sold with a layer of fat attached to one side of the meat. Removing this will drastically reduce the calories and saturated fat. Ask your butcher to remove it, or you can easily trim it away yourself. A 4 1/2-pound brisket will have as much as 1 pound of fat that can be trimmed away.

Nutritional Facts

Each Serving
(3 ounces brisket with 2/3 cup vegetables and 1/4 cup broth)
Carbohydrate Choices: 1
Food Choices: 1/2 starch, 1 vegetable, 4 lean protein

266
calories
per serving

Total Fat	8g
Saturated Fat	3g
Cholesterol	85mg
Sodium	441mg
Total Carbohydrate	15g
Dietary Fiber	3g
Total Sugar	0mg
Protein	30g

TeamingUp Health Tip:

Plan your holidays with healthy food and friends.

From The TeamingUp Kitchen: Diabetes-Friendlier Pulled Pork

Time: 50 min **Yields:** 4 **Calories:** 251

Bring all the flavor of a North Carolina barbecue to your table with a few tweaks to make it more quickly and healthier.



Ingredients

PORK

- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne
- 1 pound pork tenderloin, trimmed of all visible fat
- 3 teaspoons olive oil, divided
- 1 small onion, diced
- 1 garlic clove, minced
- 1 (8-ounce) can no-salt-added tomato sauce
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey

SLAW

- 2 cups thinly sliced cabbage
- 1 medium carrot, peeled and coarsely shredded
- 1 small Gala or other red apple, cored and cut into thin strips
- 2 teaspoons apple cider vinegar
- 1 1/2 teaspoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon celery seeds
- Pinch of black pepper

Directions

- 1 To make the pork, stir together the paprika, chili powder, salt, and cayenne in a small bowl.
- 2 Cut the pork across the grain into 2-inch slices. Sprinkle half of the paprika mixture all over the pork.
- 3 Heat 2 teaspoons of olive oil in a large skillet over medium heat. Add the pork and cook, turning occasionally, until browned on all sides, about 6 minutes. Transfer the pork to a plate.
- 4 Add the remaining 1 teaspoon of olive oil to the skillet. Add the onion and cook, stirring often, until it begins to soften, about 3 minutes. Add the garlic and the remaining paprika mixture and cook, stirring constantly until fragrant, about 30 seconds.
- 5 Add the tomato sauce, vinegar, and honey to the skillet and stir to mix well. Add the pork and any accumulated juices, reduce the heat to very low, cover, and simmer, stirring occasionally, until the pork is tender, about 25 minutes.
- 6 Remove the skillet from the heat. Using 2 forks, shred the pork apart into chunks in the skillet. Stir to combine with sauce.
- 7 Meanwhile, to make the slaw, toss together all the ingredients in a large bowl. Cover and refrigerate up to 1 hour. Serve the pork with the slaw.

Nutritional Facts

Serving Size: 2/3 cup of pork and 1 cup slaw
Total Servings: 4
Carbohydrate Choices: 1
Food Choices: 3 non-starchy vegetables,
 4 medium fat protein, 1 fat

251
calories
per serving

Total Fat	8g
Saturated Fat	2g
Cholesterol	74mg
Sodium	397mg
Total Carbohydrate	19g
Dietary Fiber	4g
Total Sugar	13g
Protein	26g

TeamingUp Health Tip:

When going out to eat, try to choose from the "healthier" selections of the menu. A simple change request may be asking for your vegetables to be steamed.

From The TeamingUp Kitchen: Bacon & Cheddar Crustless Quiche

Time: 1 Hr 15 min **Yields:** 6 **Calories:** 184

Whether it's breakfast or brunch, this quiche will be a real crowd-pleaser!



Ingredients

- 4 strips center-cut bacon
- 1 medium red bell pepper, diced
- 1 jalapeño pepper, seeded and minced
- 2 scallions, thinly sliced
- 1 garlic clove, minced
- 4 large eggs
- 4 large egg whites
- 1 cup 1% low-fat milk
- 2 T all-purpose flour
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- Pinch of ground cayenne
- 1 cup (4 ounces) shredded reduced-fat sharp white cheddar cheese

Directions

- 1 Preheat the oven to 350 degrees. Spray a 9-inch pie plate or quiche dish with cooking spray.
- 2 Cook the bacon in a medium nonstick skillet over medium heat until crisp, about 5 minutes. Drain on paper towels. Pour off and discard all but 2 teaspoons of the bacon drippings.
- 3 Add the bell pepper and jalapeño to the skillet and cook, stirring often, until the vegetables are softened, about 5 minutes. Add the scallions and garlic, and cook, stirring often, until softened, about 2 minutes. Transfer the vegetables to a plate to cool slightly.
- 4 Whisk together the eggs, egg whites, milk, flour, salt, black pepper, and cayenne in a large bowl. Add the bell pepper mixture and the cheese and stir to combine. Finely chop the bacon and add to the egg mixture. Pour into the prepared pie plate.
- 5 Place the pie plate on a large baking sheet. Bake until the top is golden and the center is set, 40 to 45 minutes. Let stand 5 minutes. Cut the quiche into 6 wedges using a serrated knife.

Serves 6.

Nutritional Facts

Serving Size: 1 wedge
Total Servings: 6 wedges
Carbohydrate Choices: 1/2
Food Choices: 1 non-starchy vegetable, 2 protein, 1 fat

184
calories
per serving

Total Fat	11g
Saturated Fat	5g
Cholesterol	146mg
Sodium	406mg
Total Carbohydrate	7g
Dietary Fiber	1g
Protein	15g

TeamingUp Health Tip:

Do not skip breakfast or meals. Limit intake of salt, sugars, and fats.*

*Talk to your healthcare provider or nutritionist if you are considering making changes to your meal plan.

From The TeamingUp Kitchen: Easy Chicken And Tomatoes

With Olives And Rosemary

Time: 20 min **Yields:** 4 **Calories:** 202

When you think you don't have time to make a delicious dinner, you do! This easy chicken dish comes together in less than 20 minutes and rewards you with vibrant flavor. When great-tasting local cherry tomatoes go out of season in late summer, sweet grape tomatoes make a delicious substitute. (Be sure to talk to your diabetes healthcare team if you are considering making changes to your meal plan.)



Ingredients

- 4 (4-ounce) boneless, skinless chicken breasts
- 1/4 teaspoon salt
- 3/8 teaspoon black pepper, divided
- 2 teaspoons olive oil
- 1 garlic clove, minced
- 2 cups whole cherry tomatoes or grape tomatoes
- 1/4 cup reduced-sodium chicken broth
- 8 black olives, such as Kalamata, pitted and quartered
- 2 scallions, thinly sliced
- 1 1/2 teaspoons fresh rosemary, minced, or 3/4 teaspoon dried rosemary, crumbled
- Fresh rosemary sprigs, for garnish (optional)

Directions

- 1 Sprinkle the chicken with the salt and 1/4 teaspoon of the pepper.
- 2 Heat the olive oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, turning once, until well browned and cooked through, about 6 minutes. Transfer to a plate and cover to keep warm.
- 3 Add the garlic to the skillet and cook, stirring constantly, until fragrant, about 1 minute. Add the tomatoes and cook, stirring constantly, until the tomatoes just begin to blister, about 2 minutes. Add the broth, olives, scallions and rosemary, and cook, stirring constantly, until the skins of a few of the tomatoes begin to burst, about 1 minute longer.
- 4 Arrange the chicken on 4 plates and top evenly with the tomato mixture. Garnish with fresh rosemary sprigs, if desired. Serve immediately.

Nutritional Facts

Each Serving
(1 chicken breast and about 1/2 cup tomato mixture)
Carbohydrate Choices: 0
Food Choices: 1 vegetable, 3 lean protein, 1 fat

202
calories
per serving

Total Fat	8g
Saturated Fat	1g
Cholesterol	67mg
Sodium	394mg
Total Carbohydrate	5g
Dietary Fiber	1g
Total Sugar	0mg
Protein	26g

TeamingUp Health Tip:

After a meal, it's important to get some physical activity – whether it's gardening, cleaning, or going for a nice walk.*

*Always talk to your healthcare provider before you begin, increase, or change your physical activity.

From The TeamingUp Kitchen: Sliders With Caramelized Onions

Time: 30 min **Yields:** 6 **Calories:** 201

No cookout is complete without burgers. Don't be fooled by their small size. These sliders deliver great flavor plus portion control.



Ingredients

- 2 tsp canola oil
- 3 cups thinly sliced Vidalia, Maui, or other sweet onion
- 1/2 tsp sea salt, or to taste
- 12 oz. lean ground beef sirloin
- 1 tbsp organic ketchup
- 1 1/2 tsp steak sauce
- 1 large garlic clove, minced
- 1/4 tsp freshly ground black pepper, or to taste
- 6 (1-1/2 oz) soft whole grain or other soft dinner rolls
- 6-12 organic baby arugula leaves (optional)

Directions

- 1 Preheat broiler or grill. Heat the oil in a large nonstick skillet over medium heat. Add the onion and 1/4 tsp salt. Cook, stirring constantly, for 15 minutes or until golden brown.
- 2 In a medium bowl, add the beef, ketchup, steak sauce, garlic, 1/4 tsp salt, and pepper and combine with your hands until just mixed. Form into 6 burgers.
- 3 Grill burgers for 1 minute per side or until medium well. Tip: These burgers are smaller than your average 1/4 lb burgers, so keep a close eye on how fast they cook. It's easy to overcook them and dry them out, so stay close to the grill.
- 4 Remove from heat and let the burgers sit for 3 to 5 minutes before placing in buns. Top each beef patty with about 2 tbsp caramelized onion and 1 to 2 arugula leaves (if you like). Serve with additional organic ketchup or other condiment of choice. Also feel free to top with cheese (will change nutritional information).

Nutritional Facts

Serving Size: 1 Slider (With bun)
Total Servings: 6 Sliders (With bun)
Carbohydrate Choices: 1 and 1/2
Food Choices: 1 starch, 1 non-starchy vegetables,
2 medium fat protein, 1 fat

201
calories
per serving

Total Fat	6g
Saturated Fat	1g
Cholesterol	20mg
Sodium	450mg
Total Carbohydrate	24g
Dietary Fiber	4g
Total Sugar	5mg
Protein	15g

TeamingUp Health Tip:

Eating healthy is important. But it's also important to exercise! When active, the body uses more sugar for energy, helping you lower blood sugar levels.*

<https://www.teamingupfordiabetes.com/diabetes-and-exercise>

*Always talk to your healthcare provider before you begin, increase, or change your physical activity.



From The TeamingUp Kitchen: Strawberry Swirl Angel Pie

Pre Time: 1 1/2 hrs **Cool Time:** 8 hours **Yields:** 10 **Calories:** 77

This easy-to-make pie blends creamy no-fat, sugar-free vanilla ice cream with sweet strawberry puree. Garnish with blueberries. Perfect for July 4th or any time of year.



Ingredients

CRUST

- 2 egg whites
- 1/4 tsp cream of tartar
- 1 tsp vanilla extract
- 1/4 cup granulated sugar

FILLING

- 1 cup sliced strawberries
- 3 cup no-sugar-added fat-free vanilla ice cream, softened

Directions

CRUST

- 1 Preheat oven to 225°F. Coat a 9-inch glass pie plate with cooking spray and set aside.
- 2 Combine the egg whites and cream of tartar in a medium bowl and beat at medium speed until foamy. Beat in the vanilla.
- 3 Gradually add the sugar and beat at high speed until stiff peaks form.
- 4 Spread into the prepared pie plate. Bake 1 hour to 1 hour 15 minutes or until the meringue is dry. Cool in the pan on a wire rack.

FILLING

- 5 Place the strawberries in a food processor and process until pureed. Place the ice cream in a large bowl, stirring until smooth. Add the strawberry puree and gently swirl together without mixing completely.
- 6 Spoon into the cooled meringue crust. Cover and freeze overnight for 8 hours. Let stand at room temperature 10 minutes before slicing into 10 pieces. If you want to get creative, add fresh strawberries and blueberries as a "red, white and blue" garnish.

Nutritional Facts

Each Serving: 1 slice
Total Servings: 10 slices
Carbohydrate Choices: 1
Food Choices: 1 starch

77
calories
per serving

Total Fat	0g
Saturated Fat	0g
Cholesterol	2mg
Sodium	53mg
Total Carbohydrate	18g
Dietary Fiber	3g
Total Sugar	9g
Protein	3g

TeamingUp Health Tip:

The best choices of fruit are any that are fresh, frozen or canned without added sugars.*

<https://www.diabetes.org/healthy-living/recipes-nutrition/eating-well/fruit>

*It is always a best practice to approach your healthcare professional or nutritionist for information about your health.

From The TeamingUp Kitchen: Trudy's Lemon Dream Parfaits

Time: 45 min Yields: 4 Calories: 158

"This easy dessert is my way of hanging on to summer just a little bit longer"

— Trudy S., TeamingUp Champion



Ingredients

- 1 cup orange juice (unsweetened)
- 1 envelope lemon-flavored gelatin (sugar-free)
- 1 cup fat-free cream cheese
- 1 cup evaporated skim milk
- 1 1/2 teaspoons vanilla extract



Directions

- 1 In a small saucepan, bring orange juice to a boil over medium heat.
- 2 Remove from heat and stir in gelatin. Stir until gelatin is completely dissolved.
- 3 In a blender container, combine gelatin mixture with remaining ingredients. Blend until smooth.
- 4 Pour into 4 parfait glasses. Chill.

Nutritional Facts

Serving Size: 1 parfait
Total Servings: 4 parfaits
Carbohydrate Choices: 1
Food Choices: 1 fruit, 2 protein

158
calories
per serving

Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	351mg
Total Carbohydrate	18g
Protein	13.5g

TeamingUp Health Tip:

Keep yourself hydrated by drinking enough non-sugar fluids that contain water or freshly squeezed juices along with pulp.

Blood Sugar Tracker

Patient Name: _____

My target blood sugar ranges: _____ mg/dL to _____ mg/dL

Week of: ___ / ___ / _____ to ___ / ___ / _____

Before meals: _____ mg/dL

2 hours after meals: _____ mg/dL

	Breakfast			Lunch			Dinner			Bedtime	
	Medication/ Dose	Blood Sugar		Medication/ Dose	Blood Sugar		Medication/ Dose	Blood Sugar		Medication/ Dose	Blood Sugar
		Pre-Meal	Post-Meal		Pre-Meal	Post-Meal		Pre-Meal	Post-Meal		
M											
	Activity: _____										
Tu											
	Activity: _____										
W											
	Activity: _____										
Th											
	Activity: _____										
F											
	Activity: _____										
Sa											
	Activity: _____										
Su											
	Activity: _____										

Additional Notes: _____

TEAMINGUP

for Diabetes

Why TeamingUp? Because you deserve to be surrounded with positivity, smart thinking, and fresh ideas. With people who relate to your life, your strengths and your weaknesses, the team behind TeamingUp is here to lift you up, cheer you on, and help you work towards your overall diabetes management goals. Learn more from our Champions at [TeamingUp.us](https://teamingup.us).



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