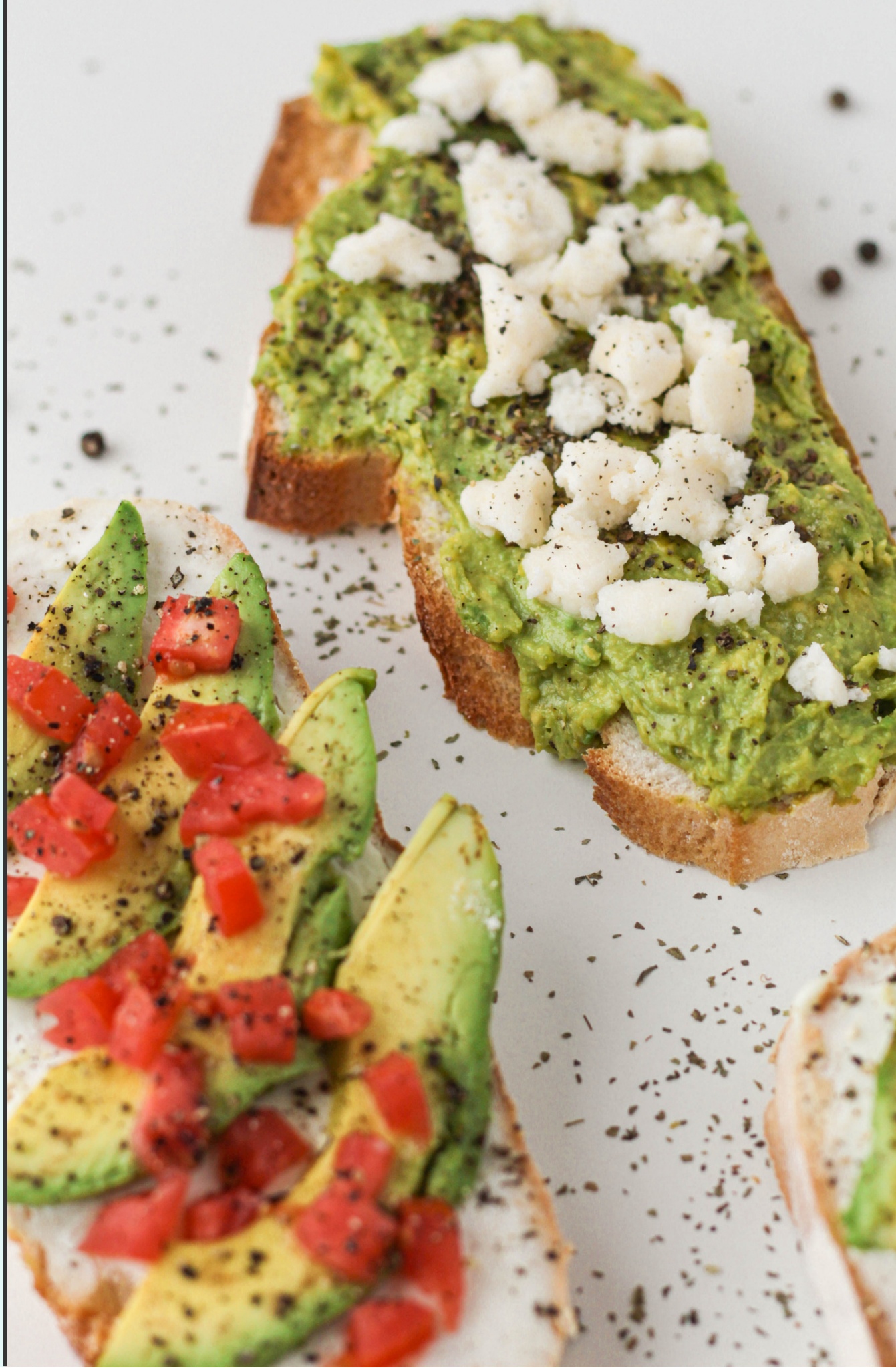


BLOOD SUGAR BALANCING GUIDE



CONTRIBUTING AUTHOR



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WHY YOUR BLOOD SUGAR MATTERS

1 in 10 Americans has diabetes and more than 1 in 3 have prediabetes. Of those with prediabetes, more than 80% don't know they have it.

This is a result of poor blood glucose management. Symptoms of this include weight gain, nerve damage, impaired vision, frequent headaches, increased thirst, brain fog, sugar cravings, anxiety, frequent trips to the bathroom at night and insomnia, in addition to more serious risks like cancer, stroke, cardiovascular disease and dementia.

ROLE OF BLOOD SUGAR



ROLE OF BLOOD SUGAR IN THE BODY

Carbs or sugar are the primary source of fuel but when the body runs out of it, it turns to use fat as energy. When you eat foods containing carbohydrates, the digestive system breaks down the digestible ones into sugar, which enters the blood.

As blood sugar levels rise, insulin is released to help cells absorb blood sugar for two purposes: immediate energy or storage. The sugar is then processed to ensure it's shuttled to cells throughout the body, including brain, liver, muscle, adipose (fat) tissue and other cells for energy.

Ideally, the blood sugar should drop to the level it was before anything was eaten in about 1-2 hours. However if it doesn't, it's a sign of poor blood sugar management.

When this happens, the blood sugar stays elevated for a longer period of time and the sugar is not used for energy – which leads to fatigue and damage to the arteries and the brain. Eventually, the excess glucose in the bloodstream is converted to fat for storage, leading to obesity and diabetes.

FIVE TOP TIPS FOR BALANCING BLOOD SUGAR

ONE

CHOOSE WHOLE FOODS 80-90% OF THE TIME.

Skip processed, packaged foods with added sugars and opt for fiber-rich and nutrient dense fruits and vegetables, lean animal proteins and beans, unrefined grains, and healthy fats like avocado, nuts, seeds and olive oil.

TWO

PRACTICE INTERMITTENT FASTING:

a 12-16 hour overnight fast helps to reduce insulin and improve insulin sensitivity, leading to better blood sugar management overall. Time-restricted eating also helps to improve metabolic flexibility - which means your body will not only metabolize sugar but effectively use fat as fuel.

THREE

DAILY MOVEMENT.

A 10 minute walk after eating and regular strength training will help to balance blood sugar and to increase muscle mass which uses the glucose you consume.

FOUR

STAY HYDRATED.

Drinking water throughout the day can slow the rise of blood sugar, whereas dehydration can result in elevated blood sugar.

FIVE

OPTIMIZE YOUR SLEEP

to get 7-9 hours each night. Not only does being tired result in sugar cravings, decreased sleep is also a risk factor for increased blood sugar levels. Even partial sleep deprivation over one night increases insulin resistance, which can in turn increase blood sugar levels.

EXERCISE + BLOOD SUGAR

There's no doubt that exercise has many benefits!

When it comes to balancing your blood sugar, exercise increases insulin sensitivity, decreases how quickly glucose enters the bloodstream after eating, and improves glucose metabolism - which means it helps your blood sugar come down quickly without the need for extra insulin.



CARDIO VS RESISTANCE TRAINING?

Studies have shown that while walking can be an effective tool to help balance blood sugar, resistance exercises were associated with a significantly better glycemic control in adults with type 2 diabetes compared to treadmill exercise. High-intensity resistance training is also more effective at reducing visceral fat levels, which can improve insulin sensitivity.

Muscle itself is a major organ that uses glucose - it just requires exercise to trigger the utilization of sugar. Without that cue, the sugar just stays in your bloodstream and gets stored as fat. Because glucose from your meals is absorbed predominantly by your muscle tissue, strength training is particularly good at improving elevated blood sugars following meals.



SUGGESTED EXERCISES

TO HELP BALANCE BLOOD SUGAR

- HIIT or high-rep workouts in which your heart rate is elevated;
- Sitting/standing calf raises ([cool research here](#)).
- Compound moves like deadlift and squats

Click on the button below to try a few of my workouts:

HIIT WORKOUT

TOTAL BODY STRENGTH

pro tip

If you have a desk job & find yourself sitting for many hours during the day, I highly recommend purchasing a walking pad & standing desk. They have been a game changer for me! If a walking pad isn't an option, set a reminder on your phone to take regular breaks throughout your work day to stand up, stretch, & go for a quick walk.



my fav

LINKED HERE

A woman with blonde hair, wearing a black top, is holding a white ceramic bowl with holes. She is looking down at the bowl with a slight smile. The background is a bright, indoor setting.

BLOOD SUGAR

BALANCING MEALS

Well balanced meals can ensure fewer blood sugar spikes! Here are some great ones!

[RECIPES LINKED HERE](#)



CHICKPEA PASTA WITH VEGGIE SAUCE

6 SERVINGS | 20 MINUTES

INGREDIENTS:

- 6 ozs Chickpea Pasta (dry)
- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 2 Carrot (large, diced)
- 1 Zucchini (small, chopped)
- 5 Cremini Mushrooms (chopped)
- 1 tbsp Oregano Sea Salt & Black Pepper
- 2 cups Crushed Tomatoes
- 2 cups Vegetable Broth, Low Sodium

INSTRUCTIONS

1. Cook the pasta according to the package directions. Drain and set aside.
2. Meanwhile, heat the oil in a pan over medium-high heat. Add the onions, carrot, zucchini, mushrooms, oregano, salt and pepper. Cook until fork tender, about 15 minutes.
3. Transfer the veggies to a blender, along with the crushed tomatoes and broth. Blend until smooth.
4. Divide the pasta and sauce evenly between plates. Enjoy!



ONE PAN SALMON, BEANS & POTATOES

4 SERVINGS | 35 MINUTES

INGREDIENTS:

- 2 1/2 Cups Mini Potatoes (Chopped)
- 1 1/2 Cups Frozen Corn
- 1 1/2 Cups Frozen Green Beans
- 2 Tbsp Coconut Aminos (divided)
- 1/8 oz Avocado Oil Spray
- 1/2 tsp Black Pepper
- 1 lb Salmon Fillet

INSTRUCTIONS

1. Preheat the oven to 400°F (205°C). Spread the potato, corn, and green beans evenly on a baking sheet. Toss with half of the coconut aminos. Spray with the avocado oil and season with black pepper.
2. Bake in the oven for 15 minutes. Remove the baking sheet and add the salmon fillets. Top with the remaining coconut aminos and bake for another 15 minutes or until cooked through.
3. Divide evenly between plates and enjoy!



CHOCOLATE QUINOA FLAKE BOWL

2 SERVINGS | 5 MINUTES

INGREDIENTS:

- 1/2 Cup Quinoa Flakes
- 1 Cup Unsweetened Almond Milk
- 2 tbsp Cocoa Powder
- 1/4 tsp Cinnamon
- 1/2 Banana
- 3/4 cup raspberries

INSTRUCTIONS

1. In a small saucepan, over medium heat, combine the quinoa flakes, almond milk, cocoa powder, and cinnamon. Add the banana and mash with a fork to incorporate.
2. Bring to a boil and then reduce the heat to low and simmer for three minutes.
3. Divide into bowls and top with raspberries. Enjoy!



CINNAMON PROTEIN OATS

1 SERVING | 10 MINUTES

INGREDIENTS:

- 1 Cup Water
- 1/2 Cup Oats
- 1/4 cup Vanilla Protein Powder
- 1/8 tsp Cinnamon

INSTRUCTIONS

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder and cinnamon.
2. Transfer the cooked oats to a bowl and enjoy!



MUSHROOM AND EDAMAME STIR FRY

2 SERVINGS | 20 MINUTES

INGREDIENTS:

- 1 1/2 tsp Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 1 Cup Kale Leaves
- 2 Cups Frozen Edamame (thawed)
- 2 Tbsp Vegetable Broth
- 2 tbsp Tamari
- 1 tbsp Ginger (freshly, finely grated)
- 2 Garlic Cloves (minced)
- 2 Cups Cauliflower Rice

INSTRUCTIONS

1. Heat the sesame oil in a large pan or skillet over medium-high heat.
2. Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
3. Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
4. Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
5. Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
6. To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!



SHEET PAN DIJON CHICKEN THIGHS & BROCCOLI

4 SERVINGS | 40 MINUTES

INGREDIENTS:

- 1 1/2 lbs Chicken Thighs (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Dijon Mustard
- 8 cups Broccoli (florets, chopped)

INSTRUCTIONS

1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. In a large bowl, combine the chicken with half the oil, salt, pepper, and dijon mustard. Transfer to the prepared baking sheet and bake for 20 minutes.
3. Remove the baking sheet and add the broccoli. Toss with the remaining oil. Return to the oven and bake for 12 to 15 minutes longer, until cooked through.
4. Divide evenly between plates. Season with additional salt and pepper if needed. Enjoy!



CHOCOLATE STRAWBERRY CHIA PUDDING

2 SERVINGS | 30 MINUTES

INGREDIENTS:

- 1/4 cup Chia Seeds
- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup Chocolate Protein Powder
- 1 cup Strawberries (halved)

INSTRUCTIONS

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the strawberries and enjoy!



ONE PAN LEMON GARLIC SHRIMP, BROCCOLI, & CAULIFLOWER RICE

2 SERVING | 30 MINUTES

INGREDIENTS:

- 3 cups Cauliflower Rice
- 3 cups Broccoli (florets)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 3/4 tsp Sea Salt (divided)
- 1 Lemon (juiced)
- 2 Garlic (cloves, smashed)
- 1/4 tsp Black Pepper
- 8 ozs Shrimp (peeled, deveined, tails removed)

INSTRUCTIONS

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the cauliflower rice on one side of the baking sheet and the broccoli florets in the middle, leaving room for the shrimp. Drizzle with half of the oil and half of the salt. Toss to coat.
3. Place in the oven and bake for 15 minutes, turning broccoli halfway through.
4. Meanwhile, in a small bowl, add the remaining oil, salt, lemon juice, smashed garlic cloves, and black pepper. Whisk well and set aside.
5. Remove the baking sheet from the oven and add the shrimp. Pour half of the lemon garlic dressing on top of the shrimp and broccoli. Discard the smashed garlic cloves. Place back in the oven for seven to eight minutes or until the shrimp is cooked.
6. To serve, divide the cauliflower rice, broccoli, and shrimp into bowls. Top with remaining lemon garlic dressing. Enjoy!



BANANA PECAN CHOCOLATE CHIP MUFFINS

9 SERVINGS | 40 MINUTES

INGREDIENTS:

- 1 Banana (ripe, mashed)
- 1 Egg
- 1/4 cup Coconut Sugar
- 1 1/8 cups Plain Coconut Milk (unsweetened from the carton)
- 1 1/2 cups Oat Flour
- 1/2 cup Coconut Flour
- 2 tsp Baking Powder
- 1/8 tsp Sea Salt
- 1/3 cup Pecans (chopped)
- 1/2 cup Dark Chocolate Chips

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
2. Whisk the banana, egg, and coconut sugar together until smooth. Stir in the milk.
3. Add the oat flour, coconut flour, baking powder, and sea salt. Mix to combine until a batter forms. Fold in the pecans and chocolate chips.
4. Divide the batter evenly between the muffin cups. Top each muffin with a few more chocolate chips, if desired. Bake for 20 to 22 minutes or until an inserted toothpick comes out with a few crumbs on it. Let them cool for 10 to 15 minutes. Enjoy!



SPICY SWEET CHICKEN & VEGGIES

4 SERVINGS | 25 MINUTES

INGREDIENTS:

- 3 tbsps Butter (melted)
- 1 1/2 tbsps Honey
- 1 1/2 tsps Sriracha
- 1 tbsp Lime Juice
- 1 lb Chicken Breast (boneless, skinless)
- 10 Heirloom Carrots (sliced into rounds)
- 3 cups Radishes (trimmed, halved or quartered)
- Sea Salt & Black Pepper (to taste)
- 1 stalk Green Onion (optional, garnish)

INSTRUCTIONS

1. Preheat the oven to 425°F (215°C).
2. In a small bowl, stir together the butter, honey, sriracha, and lime juice.
3. Add the chicken to a large baking dish and scatter the carrots and radish around the chicken. Drizzle the butter mixture over everything and toss well to combine. Season with salt and pepper.
4. Place in the oven and bake for 22 to 25 minutes, or until the chicken is cooked through and the veggies are tender. Top with green onion, divide evenly between plates, and enjoy!



READY TO IMPROVE YOUR HEALTH BUT NEED A HELPING HAND?

Incorporating one or more of these healthy habits will ultimately help you to avoid a prescription, not to mention you will have more energy, sleep better and think more clearly when you have tighter control over your blood glucose.

The FASTER Way to Fat Loss offers a blueprint for how to use these proven strategies for blood sugar balance and fat loss! With weekly trainings from me, 30-minute workouts, and daily accountability, I will teach you how to take control of your health through whole food nutrition, intermittent fasting and exercise.

[LEARN MORE](#)