



QUICK & EASY DINNER CHALLENGE



MASTERING
DIABETES

Quick & Easy Dinner Challenge

Dinner is one of the most difficult meals to change because it's usually the most social meal of the day, and many people are accustomed to eating a large meal centered around meat.

To us, the perfect dinner is one that's centered around green leafy vegetables (like spinach, arugula, kale, lettuce, and cabbage), non-starchy vegetables (like tomatoes, cucumbers, zucchini, carrots, okra, cauliflower, and onions), and mushrooms, but also includes fruit, starchy vegetables, legumes, or intact whole grains.

Another reason dinner is a challenging meal to change is because most of us experience decision fatigue at the end of a day spent working or studying. Decision fatigue is an extremely common psychological state that often surfaces at the end of the day, when your brain is fatigued from having made a wide variety of decisions.

We created this dinner challenge to provide quick and easy recipes that can help you achieve the goals you established earlier in this program. Do you remember those goals? If not, now is a good time to get in touch with them and embrace your "why" to help keep you on track.

Make sure to think about what you plan to eat for dinner at some point well in advance of dinner time. Whether that's at the beginning of the week, the night before, or in the morning, make sure you have a plan for dinner and then execute. Don't put yourself in the position of scrambling last minute to come up with a nutrient-dense dinner meal. Use this PDF as a guide to plan for some delicious and nutritious meals.

Bon appetit!

Sincerely,
The Mastering Diabetes Coaching Team

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Quinoa Power Bowl

By Reversing T2D

The perfect combination of non-starchy vegetables and grains to end your day fiber-fueled!

INGREDIENTS:

- 1 cup quinoa, cooked
- 3 cups spinach
- 1 cup yellow bell peppers, sliced
- 2 cups cucumbers, sliced
- ½ cup carrots, chopped
- ½ onions, chopped
- 1 tbsp oil-free hummus
- Cilantro

INSTRUCTIONS:

1. Place the spinach into a large bowl first and then assemble the rest of the ingredients on top.
2. Add the hummus on the side and sprinkle chopped cilantro on top.
3. Enjoy!

NUTRITION INFORMATION:

Entire Recipe
Kcal: 405
Carbohydrates: 80 g
Fat: 5 g
Protein: 17 g



Cauliflower Delight

By Reversing T2D

This cauliflower delight will surely refresh and satisfy your taste buds!

INGREDIENTS:

- 3 cups spinach
- 2 cups cauliflower, finely chopped
- 2 cups grape tomatoes, halved
- 1 cup red bell pepper, chopped
- ½ cup pomegranate seeds
- Cilantro
- Lime

INSTRUCTIONS:

1. Place all ingredients in a large bowl.
2. Squeeze 1 lime and mix everything well.
3. Serve and enjoy!

NUTRITION INFORMATION:

Entire Recipe
Kcal: 240
Carbohydrates: 50 g
Fat: 3 g
Protein: 14 g



Quinoa Chickpea Buddha Bowl

By Jessica Stidham

This simple bowl is a colorful mix of goodness using grains, vegetables, and other healthy plant foods. With 20 grams of plant protein, your sore muscles won't stand a chance.

INGREDIENTS:

- ½ cup quinoa
- ½ cup frozen peas
- ½ cup garbanzo beans - .5 cup
- ¼ cup grated golden beets
- 1 cup mango
- ⅔ cup lettuce
- Onion, 5 medium slices
- ¼ cup cilantro, chopped
- 1 tsp hemp seeds
- ⅔ tbsp balsamic vinegar

INSTRUCTIONS:

1. Cook ½ cup of quinoa in 1 cup of water - this will yield about 2 cups of quinoa. Bring the mixture to a boil over medium-high heat, then lower the heat to a simmer and pop the lid on.
2. Defrost the frozen peas in a bowl of warm water.
3. Drain and rinse can of garbanzo beans.
4. Chop golden beets, mangos, lettuce, onion, and cilantro.
5. Sprinkle hemp seeds.
6. Drizzle balsamic vinegar.

NUTRITION INFORMATION:

Entire Recipe

Kcal: 746

Carbohydrates: 144 g

Fat: 10 g

Protein: 28 g



Chickpea Cesar Wraps

By WSLF

INGREDIENTS:

- ½ cup white beans, drained & rinsed
- 2 tbsp lemon juice
- 2 tsp white miso
- ½ tsp Dijon mustard
- 1 clove garlic
- 2 tbsp water
- 1 can of chickpeas, drained and rinsed
- 1 tbsp capers
- 1 tbsp pimento peppers
- 4 iceberg or romaine lettuce leaves
- Top with cucumbers, tomatoes, herbs & black pepper

INSTRUCTIONS:

1. Place white bean, lemon juice, miso, mustard, garlic and water into a blender or food processor; blend till smooth. Add chickpeas; pulse 5-10 times.
2. Fold in capers and pimento peppers.
3. Scoop Caesar mixture inside lettuce leaves.
4. Top lettuce wraps with sliced cucumber and tomatoes; sprinkle on black pepper and herbs.

NUTRITION INFORMATION:

Entire Recipe

Kcal: 395

Carbohydrates: 67 g

Fat: 7 g

Protein: 22 g



Carrot, Mango, Papaya Salad

By Robby Barbaro, MPH

This is a simple salad which can be made year-round. Feel free to use a variety of carrots to increase the color diversity of this salad. I love to use purple carrots to give my salad another element of pop!

INGREDIENTS:

- 4 cups arugula
- ½ large maradol papaya
- 2 medium mangos (any variety)
- 3 medium carrots (any color)
- 2 cups heirloom cherry tomatoes
- ½ cup celery
- ¼ cup green onion
- 1 clove garlic

INSTRUCTIONS:

1. Place arugula in a large bowl and top with cut up maradol papaya.
2. Cut both mangos and set aside a handful of mango for the sauce.
3. Grate carrots and set aside a handful for the sauce.
4. Cut heirloom grape tomatoes in half and set aside a handful for the sauce.
5. Blend leftover mango, carrots, grape tomatoes, celery, green onion, and garlic.
6. Pour the sauce over the salad, mix well and enjoy!

NUTRITION INFORMATION:

Entire Recipe
Kcal: 625
Carbohydrates: 151 g
Fat: 5 g
Protein: 13 g



Sushi Burrito

By WSLF

Our two favorite foods combined into one. The first time we encountered a sushi burrito was at a place named Sushi Girl on the island of Kauai in Hawaii. It was after a long, slippery and dangerous hike. We were so exhausted, and it felt like the island gods had read our minds (and stomachs!) with the most fantastic creation ever.

INGREDIENTS:

- 2 sheets nori (toasted seaweed)
- 1 cup brown rice, cooked
- ½ cup refried black beans, fat-free
- ½ cucumber, peeled, seeded & julienned
- ½ mango, peeled & julienned
- 1 carrot, shredded or julienned
- ½ tomato, diced
- 1 handful of mixed greens
- Season with lime juice, tamari and red chili sauce or sriracha



INSTRUCTIONS:

1. In a small bowl, mix warm rice and refried black beans together.
2. On top of a long piece of a parchment paper, place two sheets of nori.
3. Spread three-fourths of the rice mixture on one sheet of nori all the way to the edges.
4. Place the second nori sheet underneath the first; overlap by one inch. Lightly wet your finger, and dab in between the two sheets until the sheets attach.
5. Add the rest of the rice mixture onto the second sheet of nori.
6. On the far left of the first sheet of nori, spread red chili sauce or sriracha on top one-third of the rice mixture.
7. Layer the thinly sliced veggies and fruits vertically on top of the seasoned rice. These fruits and veggies can include cucumbers, mangos, carrots, tomatoes, mixed greens

- vertically on top the seasoned rice.
8. Sprinkle a little lime juice and tamari on the veggies.
 9. Tightly roll the nori into a log using parchment paper; roll it tightly until it closes. Once the roll is closed, fold the parchment in to make bottoms of the burrito, and roll the rest of the paper to close it tightly.

NUTRITION INFORMATION:

Entire Recipe

Kcal: 520

Carbohydrates: 110 g

Fat: 4 g

Protein: 17 g

Lentil Spaghetti

By WSLF

Squash is one of the healthiest things you can eat and a great alternative to processed pastas. This recipe is delicious and simple to put together.

INGREDIENTS:

- 1 spaghetti squash
- ½ small onion, diced
- 1 carrot, chopped
- 1 celery stalk, chopped
- 2 cups fat-free pasta sauce
- 1 cup black or green lentils, cooked
- Garnish with fresh basil, nutritional yeast & red pepper flakes

INSTRUCTIONS:

1. Rinse and poke the squash in a few places with a paring knife or a dinner fork to create vents.
2. Bake or microwave squash. Bake: preheat the oven to 400°F. Place whole squash on parchment paper-lined baking sheet. Bake for 45-60 mins until fork can easily pierce through the outer skin all the way to the interior. Microwave: Place the squash in the baking dish, and microwave on high for 5 minutes. Using an oven mitt, make a pierced line of vents around the center of the squash. CAUTION: VERY HOT! Microwave again for another 5-7 minutes until a fork can easily pierce the outer skin.
3. Using an oven mitt, place the squash on a cutting board. Carefully slice in half and allow to slightly cool.
4. In a non-stick medium pot, add 2-3 tbsp of vegetable broth or water warm over medium heat.
5. Add diced onions and sauté until tender and translucent, about 3 minutes.
6. Add carrots & celery with additional vegetable broth or water to prevent from sticking; continue to sauté until tender, another 7 minutes.



7. Add cooked lentils and pasta sauce to the pot, heat until warm.
8. Once squash is cooled, scoop out and discard or reserve the seeds for baking; use a fork to scrape down the rind. Place the stringy “noodle” flesh into a bowl.

NUTRITION INFORMATION:

Entire Recipe
Kcal: 676
Carbohydrates: 140 g
Fat: 4 g
Protein: 34 g

Noodle Salad

By Melissa Pampanin

This is a simple salad that is packed with nutrition and flavor. If you prefer, feel free to lightly steam any or all of the veggies.

INGREDIENTS:

- 1 zucchini
- 1 cucumber
- 1 cup spinach
- ½ cup onion, diced
- ½ cup cauliflower
- 1 cup grape tomatoes
- ¼ cup white button mushrooms
- Handful dulse
- 2 large mangos



INSTRUCTIONS:

1. Use a spiralizer or vegetable peeler to create pasta noodles with the zucchini and cucumber
2. Place the spiralized zucchini, cucumber, spinach, onion, cauliflower, tomatoes, mushrooms and dulse in a bowl.
3. Cut the mangos into cubes and place them on top of other ingredients. Enjoy!

NUTRITION INFORMATION:

Entire Recipe
Kcal: 646
Carbohydrates: 154 g
Fat: 5 g
Protein: 23 g

Colorful Arugula Salad

By Melissa Pampanin

INGREDIENTS:

- 1 cucumber
- 3 cups arugula
- ¼ cup purple cabbage, thinly sliced
- 1 large heirloom tomato
- ½ cup cherry tomatoes
- 2 large mangos
- ¼ avocado

INSTRUCTIONS:

1. Spiralize the cucumber or use a vegetable peeler to make thin strips.
2. Place all ingredients in a large bowl
3. Mix well and enjoy!

NUTRITION INFORMATION:

Entire Recipe

Kcal: 590

Carbohydrates: 132 g

Fat: 9 g

Protein: 13 g



Cabbage Slaw

By Melissa Pampanin

INGREDIENTS:

- 2 cups purple cabbage finely shredded
- ½ cup red pepper, thinly chopped into strips
- 1 cup carrot, julienned and chopped
- ⅓ cup green onion
- ½ cup cilantro chopped
- 2 garlic cloves, minced
- 1 tbsp lime juice
- 3 tbsp orange juice
- 1 tsp cumin
- ¼ tsp black pepper
- 2 large apples



INSTRUCTIONS:

1. In a large mixing bowl, add cabbage, orange & lime juice. Massage until cabbage starts to soften & wilt.
2. Add bell pepper, carrots, green onion, cilantro & garlic to bowl. Top with cumin & black pepper. Thoroughly mix together.
3. Add fruit of choice. This recipe calls for 2 apples but you can add any fruit such as mangos or papaya.

NUTRITION INFORMATION:

Entire Recipe

Kcal: 418

Carbohydrates: 106 g

Fat: 2 g

Protein: 7 g

Energy Bowl

By Adam Sud

Hearty, warm, and filling bowl of goodness. Full of spices and starches to fill you up and light up your taste buds.

INGREDIENTS:

- 1 cup brown rice
- 2 russet potatoes
- 1 can chickpeas
- 1 head of broccoli
- 1 tbsp tomato paste (or more if you desire)
- 1 tbsp garlic powder (or more if you desire)
- 1 tbsp curry powder (or more if you desire)
- 1 tbsp onion powder (or more if you desire)

INSTRUCTIONS:

1. Cook the brown rice in a pot add the onion powder, garlic powder and curry powder to the rice.
2. Cut the potatoes into cubes.
3. Steam the broccoli and the cubed potatoes separately.
4. Add the canned chickpeas to the brown rice to heat them up.
5. Put the broccoli and cubed potatoes on top of the brown rice when it's done.
6. Add the tomato paste and mix together.

NUTRITION INFORMATION:

Entire Recipe
Kcal: 851
Carbohydrates: 173 g
Fat: 7 g
Protein: 30 g



Chopped Thai Peanut Quinoa Salad

By Jessica Stidham

Delicious plant-based salad with a tasty, low-fat peanut dressing. Perfect for a light lunch or dinner and tastes even better the second day! Super healthy, and high in fiber and protein.

INGREDIENTS:

- 3/4 cup Quinoa
- 1 cup Peas
- 1 cups Carrots
- 1 cup Purple Cabbage
- 2 tbsp Green Onion
- 2 tbsp Cilantro
- 1 tbsp PB2 (powdered peanut butter)
- 2 tbsp Liquid Aminos
- 1 clove garlic
- 1 limes
- 1/2 tbsp Rice Vinegar
- 1/2 tbsp Fresh Ginger



INSTRUCTIONS:

1. Cook 1/2 cup of dry quinoa in 1 cup of water - this will yield about 2 cups of quinoa. Bring the mixture to a boil over medium-high heat, then lower the heat to a simmer and pop the lid on.
2. Defrost the frozen peas in a bowl of warm water.
3. Chop carrots, purple cabbage, green onion, and cilantro.
4. For the dressing: mix PB2, liquid aminos, rice vinegar, fresh ginger, garlic and lime juice
5. Pour sauce on top of salad

NUTRITION INFORMATION:

Entire Recipe

Kcal: 400

Carbohydrates: 72 g

Fat: 5 g

Protein: 18 g

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