



FUNDAMENTALS EXPERIENCE

MENU AND SHOPPING LIST



MASTERING
DIABETES

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Chia Seed Fruit Bowl

BREAKFAST

INGREDIENTS:

- 1 cup diced ripe papayas
- 2 cup bananas
- 1 cup cubed mango
- 2 cups romaine lettuce (or any other raw green)
- 1 tbsp freshly ground chia seeds**

INSTRUCTIONS:

1. Peel and slice bananas
2. Peel, seed and dice papaya
3. Slice mango into cubes
4. Arrange fruit in bowl on a bed of greens
5. Add spices to taste

**Can substitute flax seeds

FOR ADDED FLAVOR:

- Cinnamon
- Cardamom
- Cacao powder
- Cumin powder

NUTRITION INFORMATION:

Calories: 504
Carbohydrates: 120g

Protein: 8.2g
Fat: 5.6g



Tropical Buddha Bowl with Beans and Steamed Plantains

LUNCH

INGREDIENTS:

- 2 cups cubed mangoes
- 1 cup diced papaya
- 1 cup steamed plantain medallions
- ½ cup chickpeas
- 2 cups romaine or spinach mix

INSTRUCTIONS:

1. Cut plantains into 1 inch medallions (leaving peel on)
2. Steam plantains for 3-6 minutes until soft
3. When cooled, peel plantain medallions.
4. Arrange all ingredients in a bowl on a bed of greens.



FOR ADDED FLAVOR:

- Lime
- Cilantro

NUTRITION INFORMATION:

Calories: 721
Carbohydrates: 170g
Protein: 16g
Fat: 5g

Stuffed Red Peppers with Black Beans and Squash

DINNER

INGREDIENTS:

- ½ cup chopped oranges
- 1 cup chopped tomatoes
- 1 cup coarsely chopped spinach
- ½ cup black beans
- 1 cup raw cauliflower rice with parsley (pulse in food processor or blender with lime juice)
- 2 red bell peppers, sliced lengthwise in half, seeds and stem removed

INSTRUCTIONS:

1. Slice and seed the red peppers and place to the side with the skin facing down
2. To prepare cauliflower rice: Combine 4 cups of raw cauliflower with a head of parsley or cilantro and the juice of 1 lime. Pulse on low in a blender or food processor until the cauliflower looks like grains of rice.
3. Combine the remainder of the ingredients in a large mixing bowl and squeeze a fresh lime for “dressing”.
4. Add garlic, black pepper, or any other spices to your taste.



FOR ADDED FLAVOR:

- ¼ white onion, chopped
- Fresh parsley
- 2 limes (sliced in half)

NUTRITION INFORMATION:

Calories: 341

Protein: 16g

Carbohydrates: 74g

Fat: 2g

Robby's Fruit Bowl

BREAKFAST

INGREDIENTS:

- 2 cups papaya
- 2 cups mangos
- 2 cups arugula (or any other raw green)
- 1 tbsp freshly ground chia or flax seeds

INSTRUCTIONS:

1. Peel, seed and dice papaya
2. Slice mango into cubes
3. Arrange fruit in bowl on a bed of greens
4. Add spices to taste

FOR ADDED FLAVOR:

- Cinnamon
- Cardamom
- Cacao powder
- Nutmeg

NUTRITION INFORMATION:

Calories: 543
Carbohydrates: 128g
Protein: 8.7g
Fat: 6.4g



Summer Bowl

LUNCH

INGREDIENTS:

- ½ cup chickpeas
- 2 cups chopped peaches
- 1 cup mango
- 1 cup blueberries
- ½ cup corn (thawed, frozen OR cut fresh from cob)
- 2 cups romaine lettuce

INSTRUCTIONS:

1. Arrange all ingredients in large bowl on a bed of greens.
2. Toss gently

FOR ADDED FLAVOR:

- Mint
- Basil

NUTRITION INFORMATION:

Calories: 572
Carbohydrates: 130g
Protein: 17g
Fat: 5g



Cyrus' Favorite Dinner

DINNER

INGREDIENTS:

- ½ cup thawed frozen peas
- ½ cup corn (thawed, frozen OR cut fresh from cob)
- ½ cup shredded carrots
- ½ cup chickpeas
- ½ cup diced mango
- 1 cup diced tomato
- 1 cup chopped cucumber
- 2 cups spinach or mixed greens

INSTRUCTIONS:

1. Arrange vegetables and beans on top of a bed of greens
2. Add a combination of any of the vinegars, spices, powders, fresh garlic, etc. listed below to taste
3. Gently toss to combine flavors



FOR ADDED FLAVOR:

- ¼ white onions- diced
- garlic- minced
- chile powder
- curry powder
- cumin powder
- vinegar of your choice (balsamic, red wine, apple cider, etc)
- ¼ cup chopped cilantro
- Black pepper, red pepper flakes*

NUTRITION INFORMATION:

Calories: 418
Carbohydrates: 92g

Protein: 20g
Fat: 4g

Shopping/Pantry List

(FOR 1 PERSON)

PRODUCE:

1. Papaya: 2 Large
2. Bananas: 3 Medium- Large
3. Mangos: 10 Large (substitute peaches if you can't find mangos)
4. Romaine Lettuce: 3 Heads
5. Peaches: 2
6. Blueberries: 1 Pint
7. Arugula: 2 Pounds
8. Oranges: 1 Large
9. Plantains: 2 Large
10. Tomatoes: 3 Large
11. Spinach: 2 Pounds
12. Cauliflower: 1 Head
13. Lime: 1
14. Red Bell Peppers: 2
15. Carrot: 1
16. Cucumber: 1

FROZEN:

1. Frozen peas: 1 bag
2. Frozen corn: 1 bag

DRIED/CANNED:

1. Chickpeas (dried or canned): 1 can
2. Black Beans (dried or canned): 1 can
3. Flax Seeds
4. Chia Seeds

FOOD PREP:

(in advance of the retreat)

Chickpeas: 1½ cup prepared in advance
Black Beans: ½ cup prepared in advance
Carrots: 1 cup shredded
Cauliflower rice: 1 cup