

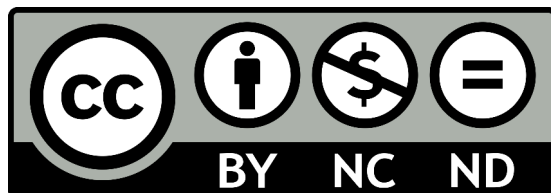
# Type 2 Diagnosis



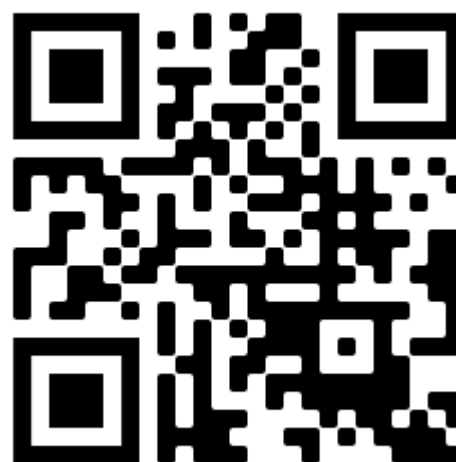
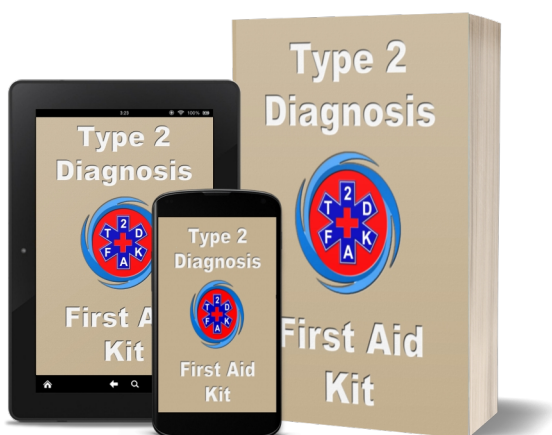
# First Aid Kit

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**By: David Mevis**



Scan the QR code for a **FREE** pdf copy of the **T2DFAK**.

Feel free to distribute this ebook to anyone who can benefit from the information it contains.

I am only giving advice as a Type 2 diabetic who has successfully reversed my own diagnosis after only 6 months.

If you find the information in this ebook helpful in controlling your diagnosis, consider making a contribution to help cover the costs of my work by using the links at my website :

**[www.t2dfak.com](http://www.t2dfak.com)**

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# Don't Panic



My diagnosis rocked my world. I was “shell shocked” for about a month as everything settled into my brain.

I didn't understand what was happening, I didn't know anything about what was happening to me, I didn't have anyone to ask about my questions.

My first meeting with an “educator” (*whatever that was*) was weeks after my diagnosis . . .

I was a rudderless ship in a rough sea.

If you have just been diagnosed, I know exactly where you are at right now.

## **Don't Panic. Really.**

You have a solution in your hands. Take a breath, close your eyes, and take a minute or two for yourself.

**You have not been given a death sentence, you can reverse this diagnosis.**

Diabetes can't be reversed with a simple pill, it takes willpower and work, but you **can** do it – and – if you stay committed you can reverse it quickly.

Read through the plan outlined in this ebook, take action to apply the practices in your life, and take control of your health.

## You CAN Do It!

Don't worry about the physiology and details of diabetes. If you want to know more about that, there's always time later.

This is “*Type 2 First Aid*” . . . you have **one goal . . . to get your blood glucose numbers down as close to normal as possible.**

*“Carbohydrate intake is the single biggest factor in blood sugar levels and therefore the need for medication.”*

*American Diabetes Association Guidelines*

To get your blood glucose levels down, you **MUST** limit the amount of carbohydrates that you eat.

You have to face the challenge of changing your thinking and your lifestyle.

This solution that you're holding will help you along that path.

**The Human “minimum daily requirement” for carbohydrates is –0–**

There are essential proteins and there are essential fats, but there are **NO** essential carbs.

Food is made up of nutrients . . . proteins, carbohydrates, fiber, vitamins, minerals, and dietary fats.

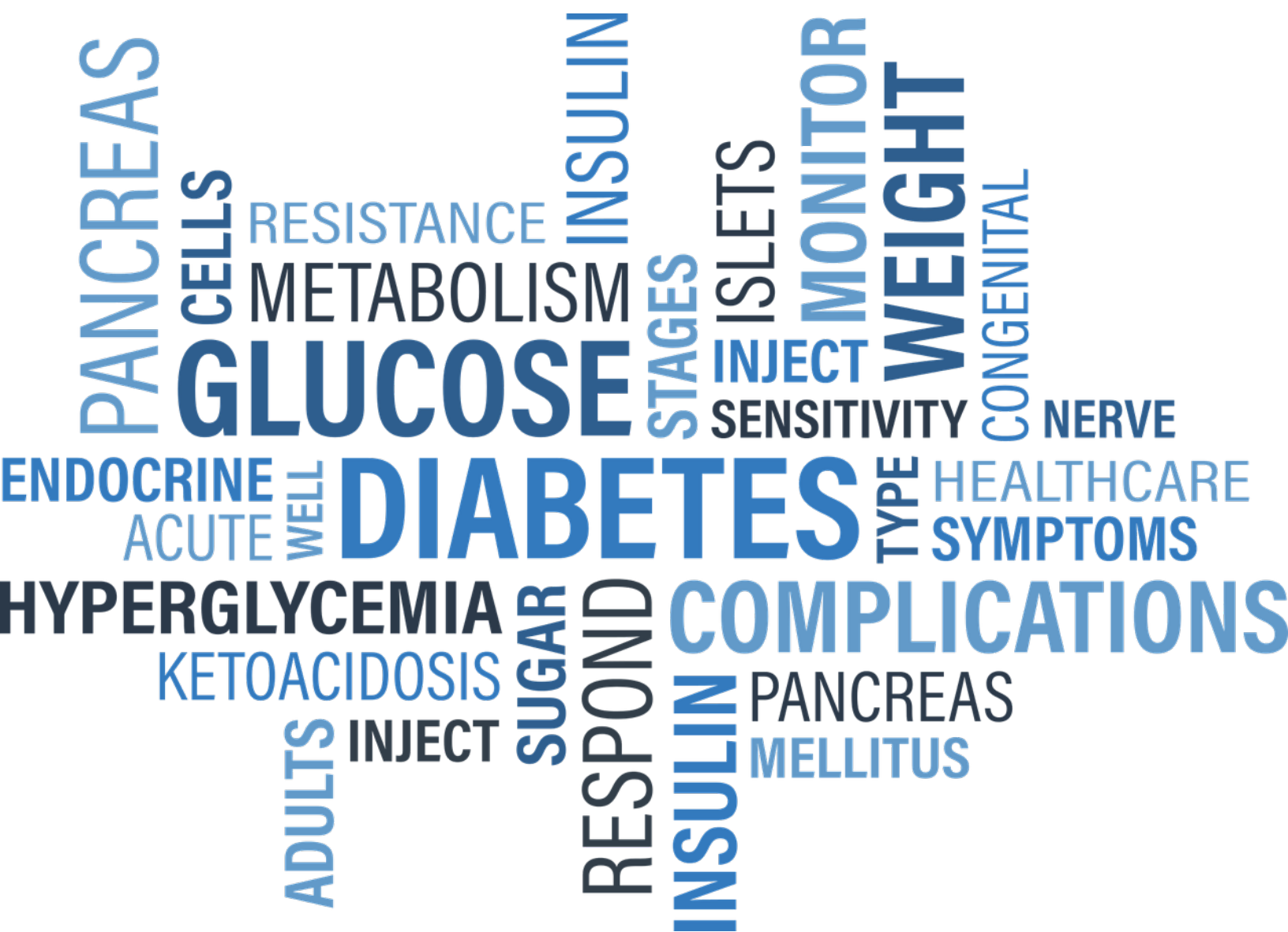
A nutrient is essential if :

- you have to have it to function, and
- you can't make it from something else



The only use your body has for the carbs that you eat is to convert them into glucose . . . and your body makes glucose all of the time.

It's called **gluconeogenesis**. Basically, your body makes glucose from certain essential amino acids (*proteins*) and glycerol that it derives from fat metabolism.



## **Simple Glucose Control Rules**

- NO grains\*, potatoes\*, or sugars
- EAT REAL FOOD
- “light”, “low-fat”, or “fat free” ALWAYS stays in the store.
- Don’t eat things you don’t like.
- Eat when you're hungry don't eat when you're not hungry.
- Stop using “bad” oils and fats . . . NO margarine, Crisco, etc.
- Stick with natural, “good”, cold-pressed oils and fats . . . Extra Virgin Olive oil, Peanut, Sunflower . . . BUTTER . . .

\* – Advanced Rules for after glucose numbers are under control

Think of Type 2 Diabetes as a condition of “*carbohydrate intolerance*” or “*carbohydrate toxicity*”.

**You don't need carbs . . .  
. . . and consuming lots of  
them makes you sick.**



**Don't try to follow a strict "diet".  
Change your thinking.**

**Make healthy choices.  
Live a healthy lifestyle.**

Some people say; "Count carbs..." but that's old "diet" thinking.

Don't be a "carb counter", be "carb aware". Change your thinking, learn the carb content of foods, and think about food in terms of carb load. Don't worry about calories, fat, etc. If you limit your carb intake, everything else should be fine.



**A diabetes diagnosis is  
NOT a death sentence.**

**Outcomes like blindness and  
amputations are preventable.**

**YOU CAN DO IT!**

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# Type 2 Diabetes



## Lifestyle Quick Start Guide

Let others “count carbs” . . . You, develop your **Carb Awareness**.

There are 3 types of carbs :

- Sugars – the natural sugars in foods and added sugars in processed foods.

- Starches – “starchy” grains and vegetables
- Fiber – the part of plant foods that aren’t digested but help your gut health.

## **Sugars and Starches raise your blood sugar. Fiber does not.**

All packaged foods have a Nutrition Facts label that shows the Total Carbohydrates, Dietary Fiber, and Sugars. They are measured in grams of carbs. Any food that doesn’t have a Nutrition Facts label, like fresh fruit, etc., can be understood after a quick internet search for

“carbs in [item]”

**Total Carbs – Fiber = Net Carbs**



Since Fiber does not affect blood sugar, subtract the Fiber from the Total Carbohydrates and you get what is called Net Carbohydrates. Net Carbs is the number you will be concerned with from now on.

Don't be concerned. Carb Awareness requires a little math and some simple tracking until you begin thinking about food differently. Then you can easily keep track of everything in your head from day-to-day.

Every day is a new day, and you roll back your carb intake to –0– every night at midnight.

If you take control of your health, change your thinking about food, and eat properly . . . your weight loss will be easier and your blood sugar level will fall.



## **TODAY . . .**

Go to the grocery store and buy 18-24 eggs, a couple of pounds of ground sausage for patties or bacon, a pound of real butter, and a loaf of Nature's Own Life Whole Grain Sugar Free bread.

Buy good quality meats. This is your diet for your first week.

After you wake up and take your morning fasting blood sugar reading, enjoy "break-fast"!

Have 2 or 3 eggs cooked in real butter, 2 or 3 sausage patties or bacon slices, and a slice of toast with butter or peanut butter.

This delicious “breakfast” has about **16g** of net carbs.

Repeat this for “lunch” and “dinner” and your daily carb intake is only about **48g** of carbs!

Now that you don't have to worry about what to eat right now or for the next couple of days, let's start thinking about your kitchen. When I got to this point in my process, I had to give away a couple of hundred pounds of flour, cornmeal, rice, and other staples that I could no longer use.

As a southern boy it hurt my wallet and my love of beans and rice, jambalaya, dirty

rice, boudin . . . ooooooh. It hurt deeeep.  
But I knew that if I didn't commit to change,  
I couldn't take control of my condition. It  
was all in my hands.

## **How committed to change are you?**

Only you can decide what you need to  
remove from your kitchen, just remember,  
this is a life change . . . not a "diet".



**If you resist something,  
it will haunt you constantly.**

**If you remove something,  
it is gone forever.**

# Consider replacing some of the products you use now.



Get rid of the flour . . .

Carbalose can be used 1 for 1 to replace all-purpose flour.

Carbalose = **32g** net carbs per cup

(*all-purpose flour = 88g/cup*)

If baking from scratch is too much for you, Carbquik can be used in place of Bisquick for making biscuits, pizza crust, cookies, and other baked goods.



Get rid of sugar . . . Splenda granulated sweetener can be used 1 for 1 to replace sugar.



Splenda Coffee Creamer – Sweet Cream flavor has only **1g** of net carbs and 15 calories per Tablespoon.

3 Tablespoons of creamer in a cup of french roast or dark roast coffee with a tsp or two of Splenda sweetener makes a tasty Cafe Au Lait that only has about **3g** of carbs per cup.

Nature's Own Life 100% Whole Grain Sugar Free Bread has only **8g** of net carbs and 50 calories per slice.



A slice toasted with no sugar added peanut butter spread on it is only about **12g** of net carbohydrates.



Mission Carb Balance Flour Tortillas has only **4g** of net carbs and 70 calories per tortilla.

Add some shredded beef or chicken, a little lettuce and a pinch of cheese, topped with picante sauce and you have a soft taco with only about **7g** of net carbs.

Ray's No Sugar Added Original Barbecue Sauce has only **4g** of net carbs and 15 calories per 2 Tablespoons.



Rub 2 Tablespoons on a skinless, boneless chicken breast, bake it at 350 for 30 minutes and you have a tasty BBQ chicken breast with only **4g** of net carbohydrates.

**To learn more about diabetes and how to reverse it, refer to these resources :**

Dr. Jason Fung – The Diabetes Code  
ISBN-13 : 978-1771642651  
and on YouTube

Dr. Sarah Hallberg – on YouTube

[www.accu-chek.com](http://www.accu-chek.com)

A1C estimator based on your glucose reading

[www.carbmanager.com](http://www.carbmanager.com)

website and app for tracking carb consumption

[www.tovaindustries.com/carbalose/  
recipe.php](http://www.tovaindustries.com/carbalose/recipe.php)

Carbquick and Carbalose recipes

Think carefully about what you read, see, and hear so that you can make the best informed decision for your best health outcome.

If you have issues with depression, check out the work of Dr. Stephen Ilardi, Ph.D. and his book The Depression Cure or Amazon and YouTube.





# Rethinking Meal Prep Quick Start Guide

You probably think T2D meals are boring, bland, and tasteless. NOPE! You will be able to make tasty meals for yourself that others will also find tasty and appetizing.

If you don't have a full set of measuring spoons and cups, get them as soon as possible. You don't need them today but

you're going to measure a lot of things from now on.

A kitchen scale will be handy, too.

Glad plastic containers from the dollar store will let you prepare and store a whole week of meals in advance.

Yes . . . One day spent in the kitchen can prepare all of your daily meals for a whole week.



I prefer to make breakfast fresh every morning. I eat breakfast like my grandfather; “***Earl’s Way***”. 2 eggs fried in butter and seasoned with kitchen pepper and a dash or two (*or three*) of Tabasco with 2 sausage patties (*Jimmy Dean preferably*).

If you use homemade, 100% spice Kitchen Pepper (*the recipe is found a few pages from here*) or commercial Tony Chachere’s Cajun Seasoning (**0g** carbs), this breakfast is only about **2g** of carbs.

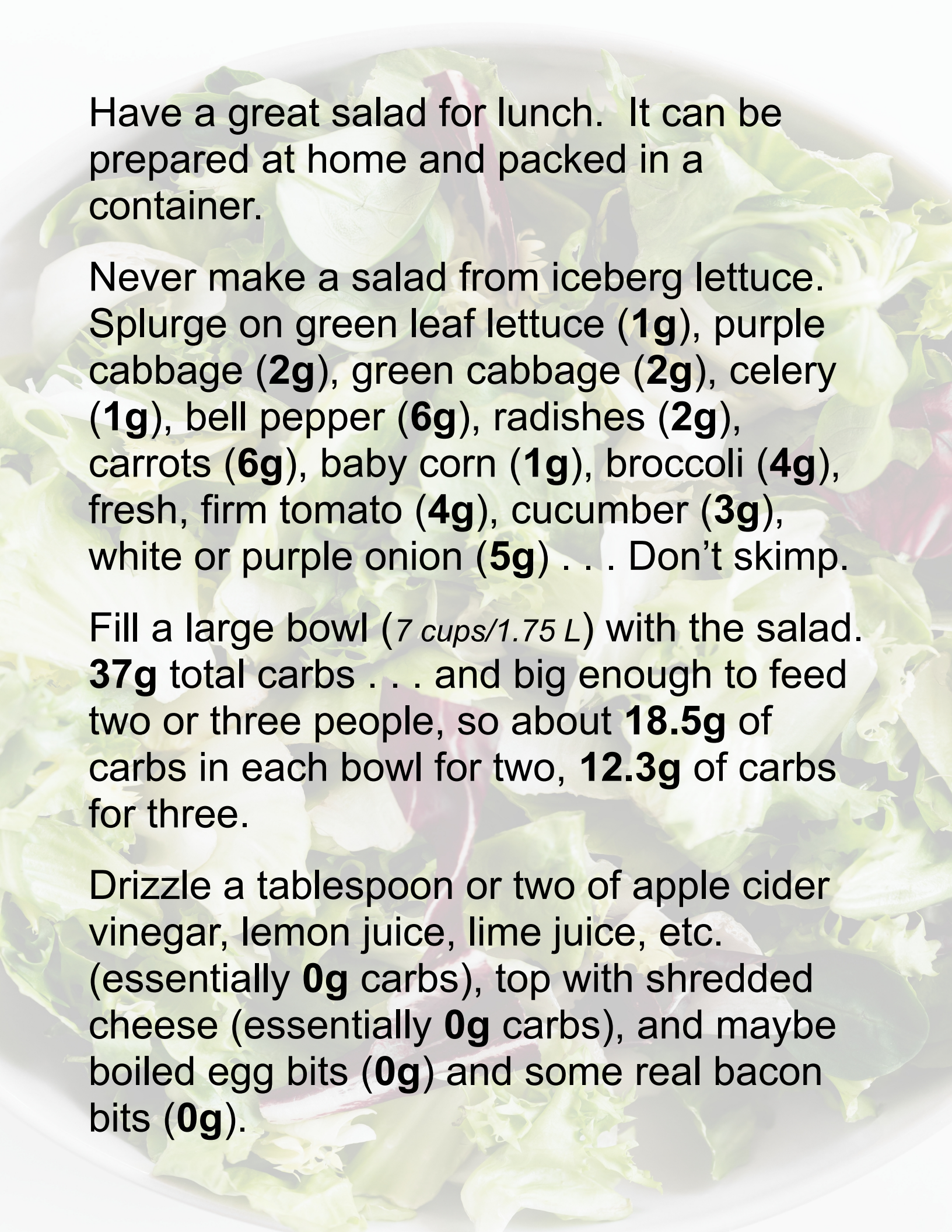
If you add a toasted slice of Nature’s Own Life 100% Whole Grain Sugar Free bread with butter, the total net carbs for breakfast is still only about **10g!**

The same eggs and sausage (**2g**) can be scrambled with Tex-Mex or taco seasoning, split, and wrapped into two Low Carb Tortillas (**8g** net total) with an added pinch

of shredded cheese (**<1g**) and topped with a Tablespoon of Picante Sauce (Pace – **1g/Tbsp**) for breakfast with only **12g** of net carbs.

If you would rather have a light breakfast, a toasted slice of Nature's Own bread (**8g**), with butter or cinnamon and Splenda, and a cup of Cafe Au Lait made with Splenda sweetener and creamer (about **3g/cup**) makes a nice **11g** net carbs breakfast. If you add a Tbsp of No Sugar Added peanut butter (**2g**) it's still only **13g!**





Have a great salad for lunch. It can be prepared at home and packed in a container.

Never make a salad from iceberg lettuce. Splurge on green leaf lettuce (**1g**), purple cabbage (**2g**), green cabbage (**2g**), celery (**1g**), bell pepper (**6g**), radishes (**2g**), carrots (**6g**), baby corn (**1g**), broccoli (**4g**), fresh, firm tomato (**4g**), cucumber (**3g**), white or purple onion (**5g**) . . . Don't skimp.

Fill a large bowl (*7 cups/1.75 L*) with the salad. **37g** total carbs . . . and big enough to feed two or three people, so about **18.5g** of carbs in each bowl for two, **12.3g** of carbs for three.

Drizzle a tablespoon or two of apple cider vinegar, lemon juice, lime juice, etc. (essentially **0g** carbs), top with shredded cheese (essentially **0g** carbs), and maybe boiled egg bits (**0g**) and some real bacon bits (**0g**).

If you feel like that's not enough, brown 1 lb of 80% / 20% ground beef. Drain fat into a container. Add ½ an onion, diced, 3 Tbsp of taco seasoning, and about ½ cup of water. Stir and continue heating until the water is absorbed and/or evaporated. This will make 4 to 5 ½ cup servings. Add ½ cup of this mixture to your salad, then top with shredded cheese and picante sauce.

Ground beef has **0g** of carbs  
½ onion has about **5g** of carbs  
Commercial taco seasoning has about **162g** of carbs

2 tsp of taco meat = **3g** carbs  
½ cup = 24 tsp so 24 tsp/2 tsp = 12 servings  
12 servings \* **3g** carbs each = **36g** carbs  
**36g** carbs \* 4.5 total servings = **162g** total carbs  
½ cup of taco meat = **36g** carbs  
2 tsp of taco meat (1 taco) = **3g** carbs  
4 tsp (1 burrito) = **6g** carbs



Most of these carbs can be eliminated by using homemade taco seasoning that is 100% spices with no added sugar or starchy fillers so that it has practically no carbs. Using homemade taco seasoning, ½ cup of taco meat mix equals only about 1g carbs.



A pack of skinless, boneless chicken breasts (usually about 3) can be split up with each breast seasoned differently, placed in separate baking dishes, covered with foil, and baked at 350 for 30 minutes.

You can then use the chicken for various meals. ½ a chicken breast diced or shredded is plenty to add to the salad just described if you don't prefer beef.

A dusting of Greek Seasoning, a few Tbsp of lemon juice, and a light covering with oregano or Italian seasoning makes a tasty, light chicken breast.

A Tbsp or two of No Sugar BBQ sauce on each side of a breast, then baked at 350 for 30 minutes.

Taco seasoning, cumin, and a shot of lemon or lime juice, then baked at 350 for 30 minutes and you've got a Tex-Mex hit.

These can be used as entrees, in salads, in low carb wraps, in stir fry's, and more. The "worst" one here is the BBQ, coming in at a whopping **10g-15g** of carbs for a whole chicken breast depending on how much BBQ sauce is used. Still a great tasting low carb option.







Stir fry is your friend. Slice up onions, garlic, bell pepper, celery, etc. Thinly slice about ½ of a chicken breast you've cooked and dice it bite sized or shred it.

If you have a wok, great! If not, a heavy skillet that can withstand high heat will work. Get the pan hot on a medium high flame and once the pan is hot, add a couple of Tbsp of peanut oil.

After a few seconds, the oil will be hot and you add the veggies. Stir them as they cook, then after a minute or so, add a tsp or two of seasoning goes with the chicken you're going to add and continue stirring.

After another minute or so, add the cut up chicken breast and stir.

If you prefer a light gravy with it, while cooking add about  $\frac{1}{2}$  tsp of low sodium chicken bouillon and drizzle in about  $\frac{1}{2}$  cup of water while stirring. Continue cooking until the liquid evaporates and thickens.

This easily makes enough to serve two and uses 1 whole precooked chicken breast.





# Where's the BEEF?!?!?

Enough chicken. Let's talk beef.

A 3 to 4 lb lean beef roast or London Broil can be cut into a piece for thinly slicing to use in stir fry or in wraps. Slice it thin and marinate it overnight in the spice blend you prefer.

Another third of the roast can be cut and cooked in a crock-pot or instant pot to serve as roast or to use for roast beef sandwiches, etc.

The final third can be slow cooked with Tex-Mex spices and shredded after cooking for tacos, burritos, etc. –OR– can be used with a little No Sugar BBQ sauce

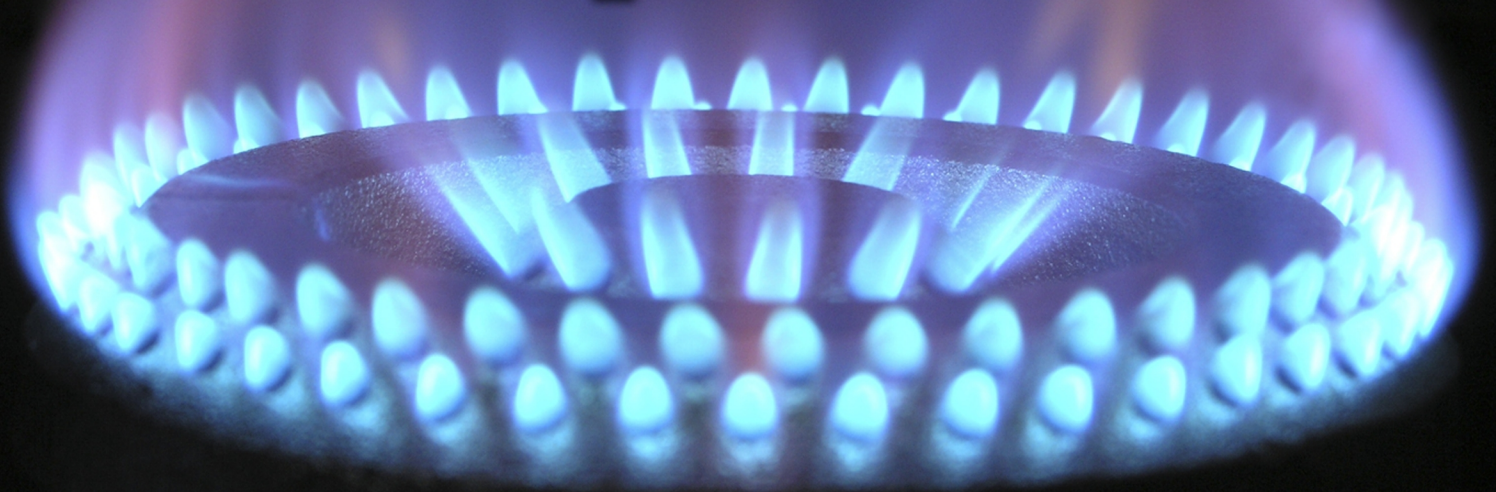
for BBQ sandwiches . . . Or, you can cut into ¼ inch cubes and used with ground beef for a good pot of chili, or for a beef-vegetable soup.



You've just read how you can make a weeks worth of meals that can be cooked in one day, packed into containers and refrigerated for serving all week long.

Hopefully, this information has also helped you begin to rethink your meal prep and helped guide you closer to being more **carb aware**.

# Turn Up the Heat



## Meal Prep Guide

It's time to **Turn Up the Heat** and add more tasty dishes to your meal planning arsenal.

Anyone can roast a chicken. Buy a whole chicken, remove any parts in the body cavity. Lay three or four pieces of celery about 6 inches long in a roasting pan or

crock-pot. Rub the outside of the bird liberally with Homemade Kitchen Pepper or commercial Tony Chacere's Cajun Seasoning. Cover the whole bird. Use a spoon and lift the skin over the breast and thigh areas and slide ½ Tbsp slices of butter (*look at the wrapper for measurements*).

Place it on the celery in the pan with the breast up and pour 1 cup of chicken broth (*or bouillon*) into the pan. Cover and bake in a 350 preheated oven for 1 ½ hours or until it reaches an internal temperature of 165 to 175. When it's done, remove it from the pan, cover, and let it sit for about 30 minutes. If you have a crock-pot and time, use it to cook the bird on High for 3-4 hours until the internal temperature reaches 165-175.

Roast chicken has **0g** carbs, so any carbs will come from the seasonings.



A whole roasted chicken easily can feed a couple of people for at least two meals, and the carcass can be cleaned of enough “leftovers” to add a couple of boiled eggs (**0g**), some onion (**5g**), celery (**1g**), maybe tomato (**4g**), and mayo (**0g**) to make a tasty chicken salad for use with salad or on Nature’s Own Life 100% Whole Grain Sugar Free toasted bread (**8g** per slice) with lettuce.

You can get about 4 good sandwiches out of this, so each one would be about **19g** of carbs.

Leave out the chicken and you have egg salad with the same carb numbers.

Hollow out 4 small tomatoes (**4g** each) and fill with either salad mixture, then chill them in the fridge for a while. A great meal for a hot day and only about **7g** of carbs each.

Low carb tortillas (**4g**) can also be used to make tasty chicken wraps. Add lettuce, onion, cheese, etc. and they still only have about **10g** of carbs per wrap.

You can make a great dinner of Lasagna . . . without the carbs of starchy noodles. It also makes enough for dinner with leftovers to pack for lunches or another dinner in the week.

Buy a couple of eggplant (*aubergine*) that are about 6 inches wide. Use a peeler to remove the purple skin. (*This skin will make*



*them tough to cut and eat.*) If you have a mandolin, set it for 2-3mm. If you don't have a mandolin, slice them very thin. After slicing, lay them out on a baking sheet and brush with olive oil and sprinkle them lightly with Italian seasoning on both sides, then put them into a preheated 350 oven for about 5 minutes per side. Remove and let them cool to touch. These are your "lasagna noodles".

Put ½ to 1 cup of sauce in the bottom of a baking dish, then a layer of eggplant "noodle". A little sauce on top and a layer of shredded mozzarella cheese then more "noodles". A little more sauce and a layer of browned ground meat. If you prefer vegetarian, use a layer of nut pieces (walnut pieces). Repeat layering until the pan is filled. Top with cheese.

Bake covered with foil in a 350 preheated oven for 30 minutes until bubbly. Let it cool a little before cutting and serving.



You don't need to buy commercial sauce with its added sugars and various unpronounceable ingredients. **Make it yourself!**

Put 2 15oz cans of Diced Tomatoes with Basil, Garlic, and Oregano (**8g**) in a large pot. Add 1/3 of an onion, diced (**2g**), a clove of garlic (**1g**), about 2 oz of sliced ripe olives (**4g**), and 2 Tbsp Italian Seasoning. Simmer for about 30 minutes.

Use a blender or immersion blender to puree. Then add 1 15oz can Diced Tomatoes with Basil, Garlic, and Oregano (**4g**), 1/3 of an onion, diced (**2g**), about 2 oz of sliced ripe olives (**4g**), and let simmer.

After about 30 minutes, add 1 6oz can of tomato paste (**4g**) to thicken the sauce and a Tbsp or two of Splenda sweetener to counter the acid of the tomatoes.

If you want meat sauce, brown about 1 lb of ground beef and drain the fat. Return to the fire and add 1/3 of an onion, diced (**2g**) and about 2 oz of sliced ripe olives (**4g**). Stir in about 1 Tbsp of Italian Seasoning and stir to heat through. When heated, stir into sauce.

The eggplants are about **16g** of carbs each. With 2 8oz bags of shredded mozzarella cheese (**4g**), the entire lasagna is **71g** of carbs and 8 servings, or about **9g** of net carbs per serving.

## A Mean Bowl of Red!

A bowl of chili is always welcome, especially on a cold evening. Or, a Frito Chili Pie. **YES . . . Even a Frito Chili Pie!** Chili on eggs for breakfast, chili on salad, chili . . . well, you get the idea.

### Real Texas Chili

- 1 lb Meat (I prefer to use ½ lb cubed beef [roast] and ½ lb 80/20 ground beef)
- 1 Onion – diced (**5g**)
- 2 cloves Garlic – minced (**2g**)
- 1/8 cup Chili Powder (**8g**)
- 1 ½ tsp Paprika (**6g**)
- 1 ½ tsp Oregano (**2g**)
- 1 ½ tsp Cumin (**2g**)
- 1 can Tomatoes with chilis and cilantro in lime juice (**4g**)
- 1 cup Chicken stock (hot water with 1 tsp chicken bouillon) (1g)

Chili is basic. Chili is comfort food.

## **Chili is simple.**

Get a large pot . . . a cast iron dutch oven is perfect, but anything like that will do.

Brown the meat, drain the fat, then add everything to the pot and simmer it until everything has blended together and the chili has thickened to the desired consistency.

This recipe makes about 4 good servings coming in at about **8g** of carbs per serving.

Or . . . Grab a 1oz single serving bag of Fritos (**15g**), slit the bag lengthwise and ladle in a serving of Chili (**8g**), and top it off with a pinch of shredded cheese (**0g**). Even the “luxury” of a Frito Chili Pie is only **23g** of carbs per serving.

Or . . . Let it thicken enough and spoon it into a low carb tortilla, topped with minced onion and shredded cheese and you can roll it up into a Chili Cheese Burrito.

You can cook  $\frac{1}{2}$  cup of dried black beans to yield about 1 cup of cooked beans (**26g**). All it takes is boiling them in enough water for about  $1\frac{1}{2}$  hours. Once they are soft and edible, drain them and set them aside. Then boil  $\frac{1}{2}$  cup of frozen corn kernels in enough water for about 20 minutes. That  $\frac{1}{2}$  cup is **17g** of carbs. Mix them together and they can be added to the Chili about 15 minutes before the Chili is done.

## **Remember to add the carbs!**

Chili (32g) + Beans & Corn (26g + 17g = 43g) = **75g** total. Divided by 4 servings is about **19g** per serving.

The beans & corn can also be kept in the fridge and a Tbsp or two can also be added to tacos, wraps, or a salad for a protein punch. Each Tbsp = **3g** carbs.



# **BREAD!**

I hear your cry. Bread can be hard to kick. Have no fear, go to your nearest Wal\*Mart and get a box of Carbquik. All you have to do is follow the recipes on (and in) the box.

You can make drop biscuits (**2g**), pancakes (**3g**), waffles (**2g**), pizza crust (**2g/slice**) [*you can use the lasagna sauce as pizza sauce*], and more.

In a pinch, it can be used to make “milk gravy” for biscuits. BUT . . . don’t forget to figure the carbs in the milk if you make gravy. If you don’t know how, it’s easy.

Brown a couple of sausage patties (**2g**) in a skillet, cutting them into crumbles as they cook. When brown, sprinkle 2 Tbsp of Carbquik (**<1g**) on the sausage and fat and stir to coat. Then add enough whole milk (1 cup=**12g**) to cover the sausage.

Continue stirring as the milk heats and begins to thicken. When it’s as thick as desired, remove from heat and ladle over Carbquik biscuits.



# Spice of Life

Spice blends can make an average dish great. A simple pound of ground beef can be used many ways simply by changing the flavor profile of the meat using different blends of spices.

Here are several blends to make yourself at home that contain NO SUGAR and NO SALT. Modify them to your taste and make them your new “family secrets”.

Salt should be added separately, to taste, while cooking or not at all if you need a low/no salt diet restriction.



## **Creole Kitchen Pepper** (spice blend)

- 5.00 Tbsp Sweet Paprika
- 2.00 Tbsp Basil
- 2.00 Tbsp Garlic Powder
- 2.00 Tbsp Cayenne Pepper Powder
- 2.00 Tbsp Onion Powder
- 2.00 Tbsp Oregano
- 1.50 Tbsp Black Pepper
- 1.50 Tbsp Ground Sage
- 1.00 Tbsp Celery Seed
- 1.00 Tbsp Ground Mustard Powder
- 1.00 Tbsp Thyme

Put it all into a blender and pulse it into a powder.

## **Seafood Boil Seasoning Blend**

- 1.00 Tbsp Chili Spice Blend (*or chili powder*)
- 1.50 tsp Creole Kitchen Pepper
- 1.00 tsp Black Pepper
- 1.00 tsp Tabasco  
(*or preferred hot pepper sauce*)
- 0.50 tsp Garlic Powder
- 0.25 tsp Cayenne Pepper
- 0.25 tsp Onion Powder
- 2.00 Bay Leaves



## **Tex-Mex** (spice blend)

4.00 Tbsp Ground Chili Powder  
4.00 tsp Smoky Paprika  
2.00 tsp Ground Ginger  
1.00 tsp Black Pepper  
1.00 tsp Ground Cumin  
1.00 tsp Onion Powder  
1.00 tsp Garlic Powder  
0.25 tsp Thyme  
0.25 tsp Cayenne Pepper Powder



## **Taco Seasoning** (spice blend)

4.00 Tbsp Chili Spice Blend (or chili powder)  
2.00 Tbsp Ground Cumin  
2.00 tsp Paprika  
1.00 tsp Garlic Powder  
1.00 tsp Onion Powder  
1.00 tsp Dried Oregano

## **Chili Spice Blend** (Homemade Chili Powder)

- 4.00 Tbsp Cayenne Pepper Powder
- 4.00 Tbsp Smoky Paprika
- 2.00 Tbsp Dried Minced Onion
- 4.00 tsp Ground Cumin
- 2.00 tsp Oregano
- 1.00 tsp Garlic Powder
- 1.00 tsp Crushed Serrano Pepper  
(*or Crushed Red Pepper*)

## **Greek Seasoning** (spice blend)

- 4.00 tsp Oregano
- 2.00 tsp Onion Powder
- 2.00 tsp Garlic Powder
- 1.00 tsp Beef Bouillon Powder
- 1.00 tsp Black Pepper
- 0.50 tsp Ground Cinnamon
- 0.50 tsp Ground Nutmeg



## **Baharat** (Arabian spice blend)

1.00 Tbsp Black Pepper  
2.00 tsp Ground Nutmeg  
2.00 tsp Smoky Paprika  
1.00 tsp Ground Coriander  
1.00 tsp Ground Cinnamon  
1.00 tsp Ground Cloves  
1.00 tsp Ground Cumin  
0.25 tsp Ground Cardamon

## **Garam Masala** (Indian spice blend)

1.00 Tbsp Ground Cumin  
1.50 tsp Ground Coriander  
1.50 tsp Ground Cardamon  
1.50 tsp Black Pepper  
1.00 tsp Ground Cinnamon  
0.50 tsp Ground Clove  
0.50 tsp Ground Nutmeg  
0.25 tsp Cayenne Pepper Powder



## “Ranch” Flavored Seasoning Blend

1.00 Tbsp	Dried Parsley
1.00 tsp	Dried Dill Weed
1.00 tsp	Onion Powder
1.00 tsp	Dried Onion Flakes
0.50 tsp	Garlic Powder
0.25 tsp	Black Pepper

Put everything in a blender and blend at high speed until a smooth powder.

You can make “Ranch”-flavored salad dressing by mixing 1 Tbsp of this blend with 1 cup of mayonnaise and 1 cup of milk. This will make about 32 Tbsp at **15g** total carbs.

Each Tbsp of dressing is about **0.50g** of carbs.

The seasoning blend can also be used to season scrambled eggs or anything else you want a little “ranch” kick on.

Do you crave soft drinks but don't want to worry about added sugars, carbs, etc.? Drinkmate is your answer.

A Drinkmate lets you carbonate almost any beverage, in fact, it can even re-carbonate beverages that have gone "flat".



Ralph's Sodamix is available in many different flavors and sizes.

All are available with 0g sugar, 0g carbs, 0g sodium, 0 calorie. A 32oz bottle of sodamix makes about 8 liters of carbonated soft drink.

Splenda granulated sweetener is a good option for a non-sugar sweetener since it can be used 1 for 1 to replace sugar in recipes and can be used at all temperatures without losing its sweet flavor profile.

## **Snacks Are Not Forbidden**

It is possible to enjoy a reasonable amount of snacking once you get your blood sugar numbers under control. To control snacking you ***must*** be **carb aware**, understand how your body will react to snack carbs, and you ***must*** be able to control the portions that you consume.

After much research, I've found that 14 peanuts in the shell is about 4g of carbs. That makes a nice snack.



If you read Nutrition Labels, you can find some brands of chips that are around 1g of carbs per chip.

I find that 15 chips at **15g** of carbs is not as fulfilling a snack as 14 peanuts at **4g** of carbs.

There are also many sweet treats that can be made with Carbquik.

## **Interesting Herb & Spice Claims**

Both White Mulberry Leaf Tea and Hibiscus Flower Tea are said to help lower and control blood sugar.

Turmeric, a common ingredient in curry, lessens inflammation.

Coffee drinkers tend to live longer and 3-4 cups a day seems to be the most beneficial amount to consume.

## **Tabasco has 0g of carbohydrates**

A daily multivitamin insures you are getting all of the essential vitamins and minerals your body needs to maintain your health.

# Carb Aware Shopping



Unfortunately, you need to know that shopping is now going to be more involved . . . especially until you become **carb aware** enough to know what you can and cannot eat without spiking your blood sugar.

If you didn't bother with Nutrition Facts labels before, you will definitely be reading

them now. Don't worry, you only need to be concerned with a couple of things.

First, find out how many servings are in the package and how big each serving is.

Then, look at the carbs.

You'll see **Total Carbs**, **Dietary Fiber**, and **Total Sugars**.

Subtract the **Dietary Fiber** from the **Total Carbs** and you will know the **Net Carbs** in each serving. Now,

you have the information you need to make good, carb-conscious eating decisions.

Don't worry about the calories, fat, or anything other than the carbs. If you are controlling your carbohydrate consumption,

**Nutrition Facts**  
8 servings per container  
**Serving size 2/3 cup (55g)**

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Amount per serving  
**Calories 230**

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**% Daily Value\***

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
Sodium 100mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>

Protein 1g

the rest tends to take care of itself unless you have other health issues to address. Even if you have high cholesterol, controlling carbs *will* lower your weight and that will have a positive impact on your cholesterol.

## **Remember the first, simple rules :**

- **NO** grains\*, potatoes\*, or sugars
- **EAT REAL FOOD**
- “light”, “low-fat”, or “fat free”  
**ALWAYS** stays in the store.
- Don't eat things you don't like.
- Eat when you're hungry don't eat when you're not hungry.
- Stop using “bad” oils and fats . . . **NO** margarine, Crisco, etc.

- Stick with natural, “good”, cold-pressed oils and fats . . . Extra Virgin Olive oil, Peanut, Sunflower . . . BUTTER . . .

Vegetables, meats, and dairy are usually on the outer edges of the grocery store. Avoid the aisles unless you need specific canned goods, etc. on an aisle.

Boxed and “prepared” foods are PROCESSED. Processed usually means added sugars, fillers, and carbs!

**Aisles = Carbs**





I know you've always been told; "*Don't go shopping when you're hungry.*" That is more true now. Hunger will cause you to make bad eating decisions.

You should also never shop when you're in a hurry.

It's fine to stop in and quickly pick up one or two specific things, but a full shopping trip requires you to read labels and make important decisions that directly impact your health. Don't get in a hurry and don't let others rush you along. Politely let them go past you. Your important decisions take priority over their haste.

Use your phone. It has a calculator to help you be more

carb aware and a notepad for you to make a shopping list of specific items to follow and help you avoid impulse purchases.

Always do your major shopping trips with a list of specific items. It is easy to do if you plan your meals in advance.

Not only will a list keep you focused, it will help keep your grocery budget under control.

Don't let anyone fool you. Grocery stores are in business only to separate you from your money. It's a business. They are not in business to help you make healthy decisions . . . they are there to present you with tempting choices to get you to





buy the sweet, tasty, savory . . . with the essential items you need here and there among all of the highly processed, sugar and carb loaded goodies.

**It Is 100% up to you to become carb aware and a smart, healthy shopper.**

Fresh vegetables, lean healthy proteins, healthy whole dairy products . . . these are the things of a healthy diet. My mother always said; “*...eat a rainbow...*”, and that’s still good advice.

Carb aware eating will probably allow you to lower your grocery bill. If you do see savings in your food budget, don’t spend the new found wealth carelessly. Consider buying higher quality proteins and a wider variety of fresh vegetables.

Speaking about money savings, don't be tempted by the little boxes and bags of pre-cut veggies. They cost more and if they've already been cut up, they can't be as fresh as the fresh vegetables next to all the little boxes and bags.

Carb aware shopping also means you'll probably be shopping for vegetables at least every week. Buy fresh, buy enough, but don't try to "stock up" since fresh vegetables go bad pretty quickly, even if properly stored. They are living, fresh things.

Here in Louisiana, we have many varieties of sausages to choose from. Remember that the more processed foods are the more likely they are to be bad for your health and to have added sugars and carbs.

Look for sausage that is processed as little as possible. Fortunately, there are lots of local butchers and meat markets in the area that have excellent sausage varieties with few fillers.

**Be careful and read the  
Nutrition Facts labels.**

It's always good to buy from local businesses, however since your health is involved in your grocery purchases you need to go to the store that can provide the things you need to maintain your healthy diet.

**Be loyal to your neighbors,  
buy local whenever possible,  
but never let shopping choices  
lead you to bad health outcomes.**

## **Fruit = Fructose = Sugar**

BUT . . . If your blood sugar is under control, you can enjoy limited fruit consumption added to your daily diet, but remember to **track those carbs**.

## **Fruit = Sugar = Carbs**

If you're using the CarbManager app mentioned earlier, it can be useful while shopping, especially if you have questions about carbs in unlabeled products like vegetables and fruits.

Don't torture yourself. If your grocery has a Bakery or a Deli, avoid them as much as possible to avoid temptations. The Bakery should be easy . . . there's nothing there for you. But, you might need something from the Deli. Always look at the labels.

Here's a basic shopping list based on the T2DFAK Solution outlined in this ebook.

It represents about a \$100 basic shop (*as of 06/2022*) and will easily allow you to cook the recipes in this ebook.

Using this list, I can feed two people for about 2 weeks following the T2DFAK Solution

# T2DFAK GROCERY SHOPPING LIST

QTY	SIZE	ITEM
6	1 gal	Spring Water
2	bag	Peanuts in shell
3	“heads”	Leaf Lettuce (Green/Red/etc.)
1	bunch	Celery (or 1 pk Celery Hearts)
2	bunch	Broccoli “floreets”
1	bunch	Carrots (or smallest bag)
3	each	Bell Pepper (Green/Red/Yellow/Orange)
1	bunch	Radishes (or 1 bag of radishes)
6	each	White or Yellow Onions (or a bag of onions) Tomatoes (as desired – for salads – Whole for slicing / Cherry / etc.)
2	bunches	Scallions (Green Onions)
2	each	Lemons
1	loaf	Nature’s Own Life Whole Grain No Sugar Bread

1	pk	Mission Low Carb Tortillas
1		Beef Roast (Lean)
2	lb	80%/20% Ground Beef
1	pk	Chicken Breasts (3-4)
1	lb Tube	Breakfast Sausage (Jimmy Dean/Owens/etc.)
1	36 flat	Eggs
1	8oz bag	shredded cheddar cheese
1	8oz bag	shredded pepper jack/colby jack/jack

Almost every one of these items is usually located on the outer walls of the grocery. The water and bread products will usually be on an aisle.

If I need canned goods I will also venture down an aisle to get that, otherwise, it's easy to avoid the carb laden processed foods.

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