

## Type 2 Diagnosis First Aid Kit

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# Rethinking Meal Prep Quick Start Guide

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A 3 to 4 lb lean beef roast 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 preferred. Another third of the roast can be cut and cooked in a crockpot or instant pot to serve as roast or to use for roast beef sandwiches. The final third can be slow cooked with tex-mex spices and shredded after cooking for tacos, burritos, etc. Or, it can be cubed into 1/4 inch cubes and used with ground beef for a good pot of chili, or for a beef-vegetable soup.

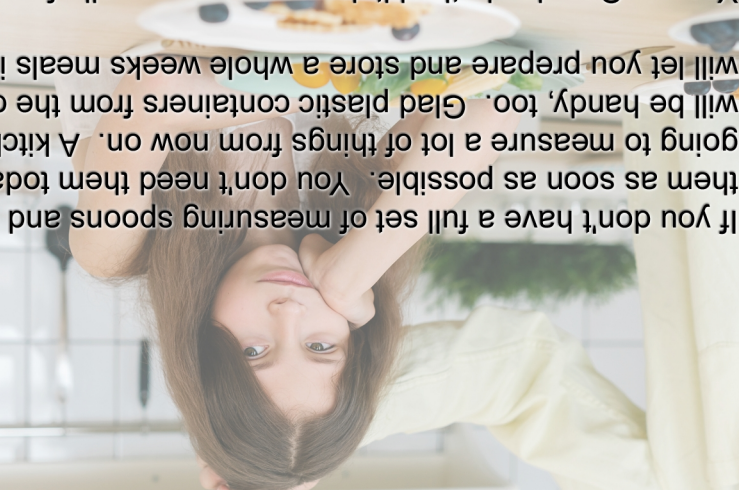
This has just shown you how to make a weeks worth of meals and they can all be cooked in one day and refrigerated for serving all week long.

Hopefully, it's also helped you begin to rethink your meal prep and helped guide you closed to **carb awareness**.

I prefer to make breakfast fresh every morning. I eat breakfast like my grandfather, "Earl's Way". 2 eggs fried in butter seasoned with kitchen pepper and a dash or two of Tabasco and 2 sausage patties. If you use homemade, 100% spices kitchen pepper, or commercial Tony Chachere's Cajun Seasoning (0g carbs), this breakfast is only **2g** of carbs. If you add a toasted slice of Nature's Own Life 100% Whole Grain Sugar Free bread with butter, the total carbs for breakfast is still only **10g!**

The same eggs and sausage (2g) can be scrambled, split and wrapped into two Low Carb Tortillas (8g net total) with an added pinch of cheddar cheese (<1g) and topped with a Tbsp of Picante Sauce (Pace 1g/Tbsp) for breakfast with only **12g** 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 (3g) makes a nice **11g** net carbs breakfast. If you add a Tbsp of No Sugar Added peanut butter (2g) it's still only **13g!**

You probably think that 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 weeks meals in advance.

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

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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 carbs total**. big enough for two or three people, so about **18.5g carbs each for two people, 12.3g carbs for three people.**

Drizzle a tablespoon or two of vinegar, lemon juice, lime juice, etc. (essentially, 0 carbs), top with grated cheese (like cheddar, colby, jack) (essentially, 0 carbs), and maybe boiled egg bits (0g) and some bacon bits (essentially, 0g).

If that's not enough, brown 1 lb (1-1.25 pack) of 80% / 20% Ground Beef. Drain fat into a container. Add 1/2 diced onion, 3 Tbsp taco seasoning, and about 1/2 cup of water. Stir and continue heating until the water is absorbed and/or evaporated. This will make 4-5 1/2 cup servings. Add 1/2 cup of this mixture to your salad, then top with cheese and picante sauce.

Ground Beef has 0- carbs  
1/2 onion has about 4.5g of carbs so we'll call it 5g  
Commercial taco seasoning has about 162g carbs  
2 tsp taco meat = 3g carbs  
1/2 cup = 24 tsp  
24 tsp / 2 tsp = 12 servings  
12 servings \* 3g carbs = 36g carbs  
36g carbs \* 4.5 total servings = 162g Total carbs  
A 1/2 cup serving of taco meat = 36g carbs  
A 2 tsp (enough to fill a taco) = 3g carbs  
A 4 tsp (enough to fill a burrito) = 6g carbs

Homemade taco seasoning is 100% spices without sugar and starchy fillers so it has practically no carbs - 1/2 cup meat mix equals about 1g carbs.

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

You can then use the chicken for various meals. 1/2 a chicken breast 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 min. Taco seasoning, cumin, and a shot of lemon or lime, then baked at 350° for 30 min. 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 to 15g for the whole breast depending on how much sauce you use. Still a great low carb option.

Stir fry is your friend. Slice up onions, garlic, bell pepper, celery, etc. Thinly slice about 1/2 of chicken breast you cooked and cut it bite sized.  
If you have a wok, great! If not, a heavy skillet will work. Put a couple of Tbsp of peanut oil in the hot pan and after a few seconds for the oil to heat up, add the veggies. Stir them as they cook, then after a minute or so, add a tsp or two of seasoning that goes with the chicken you're going to add and continue stirring. After another minute or so, add in the cut up chicken breast and stir.

If you prefer a light gravy with it, while cooking add about 1/2 tsp of low sodium chicken bouillon and drizzle in about 1/2 cup of water while stirring. Continue cooking until the liquid evaporates and thicken.  
This easily makes 2 servings and uses 1 whole chicken breast.