Type 2 Diagnosis
First Aid Kit

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 a blend 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 seperately, to taste, while cooking or not at all if you need a low/no salt diet restriction.

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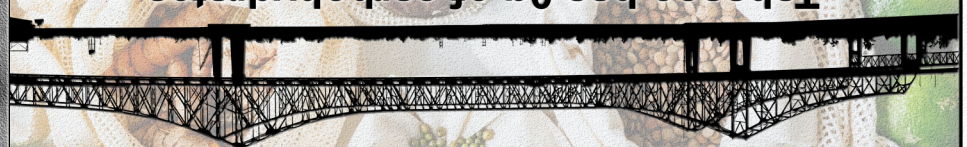
Interesting Herb & Spice Claims

Both White Mulberry Leaf Tea and Hibiscus Flower Tea can help lower and control blood sugar.

Turmeric, a common ingredient in curry, lessens inflamation.

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 to maintain your health.

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Spice of Life

Tex-Mex (spice blend)

4.00 Tbsp Ground Chili Powder
4.00 tsp Smoky Paprika
2.00 tsp Ground Ginger
1.00 tsp Ground 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

Taco Seasoning (spice blend)

4.00 Tbsp Chili 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)

4.00 Tbsp Ground Cayenne Pepper
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)*

Spice of Life

Creole Kitchen Pepper (spice blend)

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

Shrimp or Crab Boil Seasoning Blend

Per Pound Of Seafood To Boil

1	Tbsp	Chili spice blend (or chili powder)
1 1/2	tsp	Creole Kitchen Pepper (or any "cajun" seasoning)
1/2	tsp	Garlic Powder
1/4	tsp	Cayenne pepper (or to taste)
1/4	tsp	Onion Powder
1	tsp	Black Pepper
2		Bay Leaves
1	tsp	Tabasco (or preferred hot pepper sauce) (Optional)
1/4	tsp	Salt

Greek (spice blend)

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

Baharat (spice blend)

- 1.00 Tbsp Ground 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 (spice blend)

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

Spice of Life

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".

Available from WalMart and Amazon

https://www.warrencorporation.com/sodamix32oz-sugarfree.php

RALPH'S SODAMIX

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 8 liters of carbonated softdrink.

Splenda granulated sweetner is a good option for a non-sugar sweetner since it can be used 1 to 1 like sugar in recipes and can be used at all temperatures without losing it's flavor profile.

Ranch Flavored Seasoning Blend

1	tbsp	Dried Parsley
1	tsp	Dried Dill Weed
1	tsp	Onion Powder
1	tsp	Dried Onion Flakes
1/2	tsp	Garlic Powder
1/4	tsp	Ground Black Pepper

(Optional)

1	tsp	Salt

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

You can make Ranch-flavored salad dressing by mixing 1 Tbsp of this blend with 1 cup mayonnaise and 1 cup milk - Yields about 32 Tbsp 15g total carbohydrates - Each Tbsp of dressing is about 1/2g of carbs.

It can also be used to season scrambled eggs, or anything else you want a little "ranch" kick on.

Spice of Life

Snacks Are Not Forbidden

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

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

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

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

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

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