
**Complex Carbohydrates
to help balance
Blood Glucose**

**+
Quinoa Salad**



Complex Carbohydrates to help balance Blood Glucose + Quinoa Salad

SWAP THESE FOODS TO HELP BALANCE YOUR BLOOD GLUCOSE



- WHITE RICE
- WHITE PASTA
- WHITE BREAD
- COUS COUS

- FRUITS HIGH IN FRUCTOSE
- YOGHURTS AND OTHER SNACKS FILLED WITH SUGAR
- BISCUITS AND CHIPS

- POTATOES
- PUMPKIN
- PEAS
- CORN

- BLACK BEANS
- RED KIDNEY BEANS
- GREEN BEANS
- QUINOA
- BROWN RICE

- RASPBERRIES
- BLUEBERRIES
- STRAWBERRIES
- NUTS
- GREEK (NOT "GREEK STYLE") YOGHURT
- CINNAMON

- BROCCOLI
- CAULIFLOWER
- SPINACH
- CAPSICUM
- MUSHROOMS
- ZUCCHINI

QUINOA SALAD

- 2 CUPS COOKED QUINOA
- 1 TIN CHICKPEAS - DRAINED AND RINSED
- 1 MEDIUM CUCUMBER - DICED
- 1 MEDIUM RED CAPSICUM - DICED
- 1 SMALL RED ONION - FINELY DICED
- 1-2 TOMATOES - DICED (OPTIONAL)
- PARSLEY - FINELY CHOPPED
- 2 TABLESPOONS OLIVE OIL
- 1 TABLESPOON LEMON JUICE
- 1 TABLESPOON APPLE CIDER VINEGAR
- SALT & PEPPER TO TASTE

- MIX ALL SALAD INGREDIENTS TOGETHER.

- MAKE DRESSING (AS PER SUPER SALAD) AND POUR OVER