

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

December 2024 Wellness Menu



Project Open Hand
meals with love

Want to learn more about managing your diabetes? Visit <https://diabetes.org/>

Nutrition for Managing Diabetes: A Balanced Approach

Tina Guadan Fogall, Dietetic Intern at Project Open Hand

Managing diabetes is complex, but understanding nutrition can be a powerful tool to make it more manageable. When balanced and mindful, your diet can help you maintain stable blood sugar levels, boost your energy, and reduce the risk of diabetes-related complications. Here are some key principles that can empower you to manage diabetes through nutrition.

1. Balanced Meals

A balanced diet rich in whole foods is your friend in maintaining steady blood sugar levels. It's not about what you can't eat but about the variety of foods you can enjoy. Whole grains, vegetables, fruits, legumes/pulses, and nuts are excellent choices. Aim to fill half your plate with non-starchy vegetables, a quarter with whole grains or starchy vegetables, and the remaining quarter with lean protein.

2. Carbohydrate sources

Carbohydrate-containing foods can significantly impact blood sugar. Whole foods such as whole-wheat bread, brown rice, quinoa, and sweet potatoes release glucose slowly, providing a steady energy source. Foods like white bread, white rice, and freshly cooked potatoes can raise blood sugar quickly. However, cooking white rice and potatoes then cooling them can alter their structure, turning them into what is called a resistant starch. Resistant starch resists absorption providing the benefit of minimizing your body's blood sugar response. An example would be potato salad.

3. Consider Portion Sizes

Portion control is crucial for managing diabetes. Even healthy foods can lead to elevated blood sugar levels if consumed in excess. A simple guide is to use your hand: a closed fist for carbs such as pasta or rice, a palm-sized portion for protein such as chicken or fish, and a thumb-sized amount for fats such as salad dressing or mayonnaise.

4. Limit Added Sugars and Processed Foods

Reducing added sugars and highly processed foods can help stabilize blood sugar levels. Try to choose food and drinks with minimally added sugar or those that are sugar-free. Water is always the best choice for hydration!

By following these nutrition principles, individuals with diabetes can maintain better control over their blood sugar levels and enjoy a healthier lifestyle. *Always consult a healthcare provider or a registered dietitian for personalized advice and guidance.*

1-Dec

WELLNESS

Garlic & Herb Chicken Breast

Creamy Basil Sauce
Barley w/Mushrooms
Capri Mixed Vegetables

VEGETARIAN

Split Pea, Tempeh & Cauliflower Patty

Creamy Basil Sauce
Barley w/Mushrooms
Capri Mixed Vegetables

BLAND

Roasted Chicken Breast

Creamy Tofu Mushroom & Zucchini
White Macaroni

ESR

Garlic & Herb Chicken Breast

Creamy Basil Sauce
Barley w/Mushrooms
Capri Mixed Vegetables

CK3

Split Pea, Tempeh & Cauliflower Patty

Creamy Basil Sauce
Barley w/Mushrooms
Capri Mixed Vegetables

2-Dec

WELLNESS

Beef Stroganoff
Whole Wheat Rotini
Broccoli

3-Dec

WELLNESS

Rosemary Chicken Thigh
Quinoa, Edamame & Greens
White Bean & Spinach Ragout

4-Dec

WELLNESS

Pork & Black Bean Mole
Quinoa
Broccoli

5-Dec

WELLNESS

Baked Salmon
Orange Tofu & Edamame
Brown Rice
Brussel Sprouts

6-Dec

WELLNESS

Turkey Tetrazzini
Whole Wheat Rotini
Broccoli

7-Dec

WELLNESS

Chicken Fajita Stew
Brown Rice
Carrots

8-Dec

WELLNESS

Garlic & Herb Chicken Breast
Paprikash Sauce
Quinoa Brown Rice
Brussel Sprouts

VEGETARIAN

Tofu Stroganoff
Whole Wheat Rotini
Broccoli

VEGETARIAN

Balsamic Portabello Mushroom
White Bean & Spinach Ragout
Quinoa, Edamame & Greens
Peas

VEGETARIAN

Roasted Baharat Tofu
Red Bean & Veg Masala
Quinoa
Broccoli

VEGETARIAN

Orange Tofu & Edamame
Brown Rice
Brussel Sprouts

VEGETARIAN

Vegetable Ranchero Stew
Brown Rice
Broccoli

VEGETARIAN

Tempeh Cauli Chickpea Patty
Pumpkin Puree w/ Veg
Whole Wheat Rotini
Peas & Carrots

VEGETARIAN

Tofu Sweet Potato Creole Hash
Paprikash Sauce
Whole Wheat Rotini
Garden Mixed Vegetables

BLAND

Beef Fricassee w/Tofu
Orzo
Carrots & Green Beans

BLAND

Roasted Chicken Breast
Roasted Carrot Ricotta Herb Sauce
Orzo & Herb Pilaf
Zucchini

BLAND

Pork Potato & Herb Stew
White Rice
Roasted Sweet Potatoes

BLAND

Baked Salmon
Creamy Dill Sauce
White Macaroni
Capri Mixed Vegetables

BLAND

Turkey Tofu & Veg Frittata
Orzo & Herb Pilaf
Green Beans

BLAND

Yogurt Herb Chicken Breast
Butternut Squash Puree w/Veg
White Macaroni

BLAND

Chicken Stew
White Rice w/ Herbs
Green Beans

ESR

Beef Stroganoff
White Macaroni
Broccoli

ESR

Yogurt Herb Chicken Thigh
Roasted Carrot Ricotta Herb Sauce
Orzo
Carrots & Green Beans

ESR

Pork & Black Bean Mole
Quinoa
Broccoli

ESR

Baked Salmon
Creamy Dill Sauce
White Macaroni
Capri Mixed Vegetables

ESR

Turkey Tetrazzini
White Macaroni
Broccoli

ESR

Chicken Fajita Stew
Brown Rice
Carrots

ESR

Garlic & Herb Chicken Breast
Paprikash Sauce
Whole Wheat Rotini
Garden Mixed Vegetables

CK3

Tofu Stroganoff
White Macaroni
Broccoli

CK3

Balsamic Portabello Mushroom
White Bean & Spinach Ragout
Orzo

CK3

Pork & Black Bean Mole
White Rice
Broccoli

CK3

Salmon Fish Cake
Creamy Dill Sauce
Brown Rice

CK3

Vegetable Ranchero Stew
Brown Rice
Broccoli

CK3

Tempeh Cauli Chickpea Patty
Pumpkin Puree w/ Veg
White Rice

CK3

Chicken Stew
White Rice w/ Herbs
Green Beans

9-Dec	10-Dec	11-Dec	12-Dec	13-Dec	14-Dec	15-Dec
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef & Barley Stew Roasted Sweet Potatoes	Mustard Glazed Chicken Thigh Brown Rice Veggie Ragout	Chicken, Broccoli & Cheddar Whole Wheat Rotini	Cod Filet Macanese Curry Quinoa Brown Rice	Chipolte Beef & Turkey Meatloaf Red Mole Sauce Quinoa Brown Rice Garden Mixed Vegetables	Pork & Barley Stew Roasted Sweet Potatoes	Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Barley Red Bean Burger Parsley Cilantro Sauce Brown Rice Broccoli	Whole Wheat Lasagna Vegetable Medley Veggie Ragout Peas	Roasted Tofu Baharat Green Herb Tahini Whole Wheat Rotini Veg & Kidney Bean Saute	Curried Tofu Macanese Curry Herbed Bulgar	Black Bean Chili Patty Red Mole Sauce Brown Rice Garden Mixed Vegetables	Enchilada Casserole Tofu Black Bean Enchilada Sauce Peas & Carrots	Balsamic Portabello Mushroom Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Root Vegetables
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Rosemary Potato Stew Orzo Garden Mixed Vegetables	Tuna & Vegetable Frittata White Macaroni Green Beans	Turkey Stuffed Mushroom Bechamel Sauce Orzo & Herb Pilaf Capri Mixed Vegetables	Cod Filet Tofu Stew Macaroni Zucchini	Turkey & Eggplant Torta White Rice w/ Herbs Zucchini	Pork Stew w/ Raisins White Rice Pilaf Capri Mixed Vegetables	Roasted Chicken Breast Lite Alfredo Sauce White Macaroni Butternut Squash
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Rosemary Potato Stew White Rice Peas & Carrots	Mustard Glazed Chicken Thigh Veggie Ragout Brown Rice	Chicken, Broccoli & Cheddar Whole Wheat Rotini	Cod Filet Tofu Stew White Macaroni	Chipolte Beef & Turkey Meatloaf Red Mole Sauce White Rice Garden Mixed Vegetables	Pork & Barley Stew Peas & Carrots	Balsamic Chicken Breast Broccoli Pesto Whole Wheat Rotini Root Vegetables
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Barley Red Bean Burger Parsley Cilantro Sauce White Rice Brussel Sprouts	Whole Wheat Lasagna Vegetable Medley Green Beans	Chicken, Broccoli & Cheddar White Macaroni Brussel Sprouts & Carrots Cauliflower	Curried Tofu Macanese Curry Herbed Bulgar	Black Bean Chili Patty Red Mole Sauce White Rice Garden Mixed Vegetables Green Beans	Tofu Sweet Potato Creole Hash Guajillo Chile Red Sauce White Rice	Lentil-Tempeh Sloppy Joe Whole Wheat Rotini Brussel Sprouts
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	21-Dec	22-Dec
WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS	WELLNESS
Beef Birria Brown Rice Carrots	Roasted Chicken Thigh Brown Rice Chipotle Chili Gravy Succotash	Pork & Chickpea Stew Quinoa Brown Rice Cauliflower	Garlic Herb Salmon Whole Wheat Rotini Artichoke Spinach Ragout	Turkey Patty Green Curry Sauce Quinoa Brown Rice Carrots	Chicken Tinga Brown Rice Garden Mixed Vegetables	Yogurt Herb Chicken Breast Barley & Vegetables Cacciatore Sauce
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Tempeh Picadillo Cilantro Pumpkin Seed Jalapeno Sauce Brown Rice Green Beans	Black Bean Chili Patty Chipotle Chili Gravy Brown Rice Succotash	Southwest Tofu Quinoa Brown Rice Three Bean & Corn Hash	Blackened Tempeh Sticks Whole Wheat Rotini Artichoke Spinach & Tomato Ragout	Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Carrots	Southwest Tempeh Jambalaya Stew Brown Rice	Tempeh Cauli Chickpea Patty Cacciatore Sauce Barley & Vegetables Green Beans
BLAND	BLAND	BLAND	BLAND	BLAND	BLAND	BLAND
Beef Tofu Hash White Rice w/ Herbs Green Beans	Roasted Chicken Breast Parsnip & Carrot Sauce Orzo & Herb Pilaf Zucchini	Continental Pork Stew White Rice w/ Herbs Carrots	Baked Salmon Tofu Fricassee Orzo	Turkey 'Shrm Ragu Orzo Capri Mixed Vegetables	Turkey Picadillo Orzo & Herb Pilaf Butternut Squash	Chicken & Sweet Potato Chowder Orzo & Herb Pilaf Green Beans
ESR	ESR	ESR	ESR	ESR	ESR	ESR
Beef Tofu Hash Cilantro Pumpkin Seed Jalapeno Sauce White Rice w/ Herbs Green Beans	Roasted Chicken Breast Chipotle Chili Gravy Brown Rice Succotash	Pork & Chickpea Stew Quinoa Brown Rice Cauliflower	Garlic Herb Salmon Tofu Fricassee Whole Wheat Rotini	White Turkey 'Shrm Ragu Quinoa Brown Rice Capri Mixed Vegetables	Chicken Tinga Brown Rice Garden Mixed Vegetables	Yogurt Herb Chicken Breast Barley & Vegetables Cacciatore Sauce
CK3	CK3	CK3	CK3	CK3	CK3	CK3
Beef Birria Brown Rice Green Beans	Black Bean Chili Patty Chipotle Chili Gravy Succotash	Southwest Tofu Tomatillo Cream Sauce White Rice w/Herbs Cauliflower	Salmon Fish Cake Artichoke Spinach & Tomato Ragout Whole Wheat Rotini	Whole Wheat Lasagna Tofu Mushroom & Veg Marinara Sauce Zucchini	Chicken Tinga Brown Rice Jambalaya Stew	Chicken & Sweet Potato Chowder Barley & Vegetables Green Beans

23-Dec	24-Dec	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec
WELLNESS Beef & Broccoli Sichuan Brown Rice Carrots	WELLNESS Cumin Spiced Chicken Thigh Quinoa Brown Rice Tikka Masala Carrots	WELLNESS Smoky Chicken & Lentil Stew Brown Rice Garden Mixed Vegetables	WELLNESS Cod Filet Parsley Cilantro Sauce Whole Wheat Rotini Lentil & Tomato Ragout	WELLNESS Beef & Turkey Bolognese Whole Wheat Macaroni Broccoli	WELLNESS Pork, White Bean & Artichoke Stew Brown Rice Carrots	WELLNESS Garlic & Ginger Chicken Breast Sweet & Sour Sauce Veggie Fried Brown Rice
VEGETARIAN Teriyaki Black Bean Burger Teriyaki Sauce Brown Rice Broccoli	VEGETARIAN Roasted Savory Tempeh Tikka Masala Quinoa Brown Rice Carrots	VEGETARIAN Roasted Five-Spice Tofu Asian Veg Sichuan Stirfry Brown Rice	VEGETARIAN Artichoke Spinach & Tofu Frittata Lentil & Tomato Ragout Whole Wheat Rotini	VEGETARIAN Tempeh Burrito Casserole Broccoli	VEGETARIAN Southwest Tofu Cajun Tofu w/ Red Beans Brown Rice Carrots	VEGETARIAN Tempeh Veg & Bean Chili Quinoa Brown Rice Herbed Corn & Edamame
BLAND Beef Tempeh Lasagna Capri Mixed Vegetables	BLAND Tempeh Tuna Cake Creamy Dill Sauce White Rice Green Beans	BLAND Yogurt Herb Chicken Breast Basil Pesto Sauce Orzo & Herb Pilaf Carrots & Green Beans	BLAND Cod Filet Tempeh & Zucchini White Macaroni Carrots	BLAND Roasted Turkey Breast Lite Alfredo Mushroom Sauce White Macaroni Carrots & Green Beans	BLAND Pork Rosemary Stew Orzo Pilaf 'Shrm Capri Mixed Vegetables	BLAND Chicken Eggplant Stew Orzo Green Beans
ESR Beef & Broccoli Sichuan Brown Rice Carrots	ESR Cumin Spiced Chicken Thigh Tikka Masala Sauce Quinoa Brown Rice Green Beans	ESR Smoky Chicken & Lentil Stew Brown Rice Zucchini	ESR Cod Filet Lentil & Tomato Ragout Whole Wheat Rotini	ESR Turkey Patty Bechamel Sauce White Macaroni Green Beans	ESR Pork & Artichoke Stew Brown Rice Carrots	ESR Garlic & Herb Chicken Breast Sweet & Sour Sauce Quinoa Brown Rice Herbed Corn & Edamame
CK3 Teriyaki Black Bean Burger Teriyaki Sauce White Rice Zucchini	CK3 Roasted Savory Tempeh Tikka Masala Sauce White Rice Carrots	CK3 Roasted Five-Spice Tofu Asian Veg Sichuan Stirfry Brown Rice	CK3 Tempeh Tuna Cake Lentil & Tomato Ragout White Macaroni	CK3 Beef & Turkey Bolognese White Macaroni Green Beans	CK3 Cajun Tofu w/ Red Beans Quinoa, Edamame & Greens Succotash	CK3 Chicken Eggplant Stew Orzo Succotash

30-Dec	31-Dec
WELLNESS Beef Chili Colorado Brown Rice Broccoli & Cauliflower	WELLNESS Chicken Thigh Salsa Verde Brown Rice Roasted Sweet Potatoes
VEGETARIAN Rustic Lentil Tofu Bolognese Whole Wheat Rotini Garden Mixed Vegetables	VEGETARIAN Roasted Savory Tempeh White Bean & Vegetable Stew Brown Rice Peas and Carrots
BLAND Beef & Mushroom Stroganoff White Macaroni Green Beans	BLAND Roasted Chicken Breast Basil Pesto Sauce White Rice Roasted Sweet Potatoes
ESR Beef Chili Colorado Brown Rice Broccoli & Cauliflower	ESR Roasted Chicken Breast Tomatillo Cream Sauce White Rice Peas & Carrots
CK3 Beef & Mushroom Stroganoff White Macaroni Garden Mixed Vegetables	CK3 Turkey Patty Tomatillo Cream Sauce White Rice Roasted Sweet Potatoes

