

Recipe Shopping List

Fresh Fruits, Vegetables, and Herbs

Red bell pepper: 2 small
Cilantro: 1 bunch
Garlic: 9 cloves or 5 Tbsp.
minced garlic
Green bell pepper:
2 small
Lettuce: 1 head
Lime or lemon juice:
2 Tbsp.
Onion: 1 medium &
1 large
White onion: 1 medium
Tomato: 1 medium
Zucchini or squash:
1 medium
Red onion: 1 medium
Mushrooms, sliced: 8 oz.
Kale: 1 large bunch
Optional for Monday:
Lime: 1

Grains, Breads, Pastas

Panko bread crumbs:
2 Tbsp.
Bakery-style whole grain
bread: 1 loaf

Dairy Foods

Cabot Lowfat Plain Greek Yogurt : $\frac{1}{2}$ cup ($\frac{1}{4}$ cup + 3 Tbsp. is roughly $\frac{1}{2}$ cup)
Cabot Vanilla Greek Yogurt: 1 Cup
Cabot Salted Butter: 1 Tbsp.
Cabot Seriously Sharp Cheddar: 6oz.
Cabot Sharp Light Cheddar: 2 oz.
Cabot Pepperjack Cheddar: 1 oz.
Skim Milk: 3 cups

When it comes to Good Health – Don't Ditch Dairy

Healthy Weight

Enjoying 3 servings of dairy, as part of a reduced-calorie diet, results in greater weight loss compared to cutting calories with minimal dairy. And since protein helps you feel the fullest of all calorie types, adding dairy will curb your hunger while you're cutting calories.

Heart Healthy

Following the DASH (Dietary Approaches to Stop Hypertension) diet, including consumption of low-fat dairy foods (2-3 servings/day) and fruits and vegetables (8-10 servings/day), significantly reduces blood pressure. Cabot cheddars are also lower in salt than many other brands, which can help to lower blood pressure.

Lactose-Free

Don't ditch dairy if lactose is a concern. Cabot cheddars contain zero grams of lactose. Learn more at: cabotcheese.coop/lactose-free

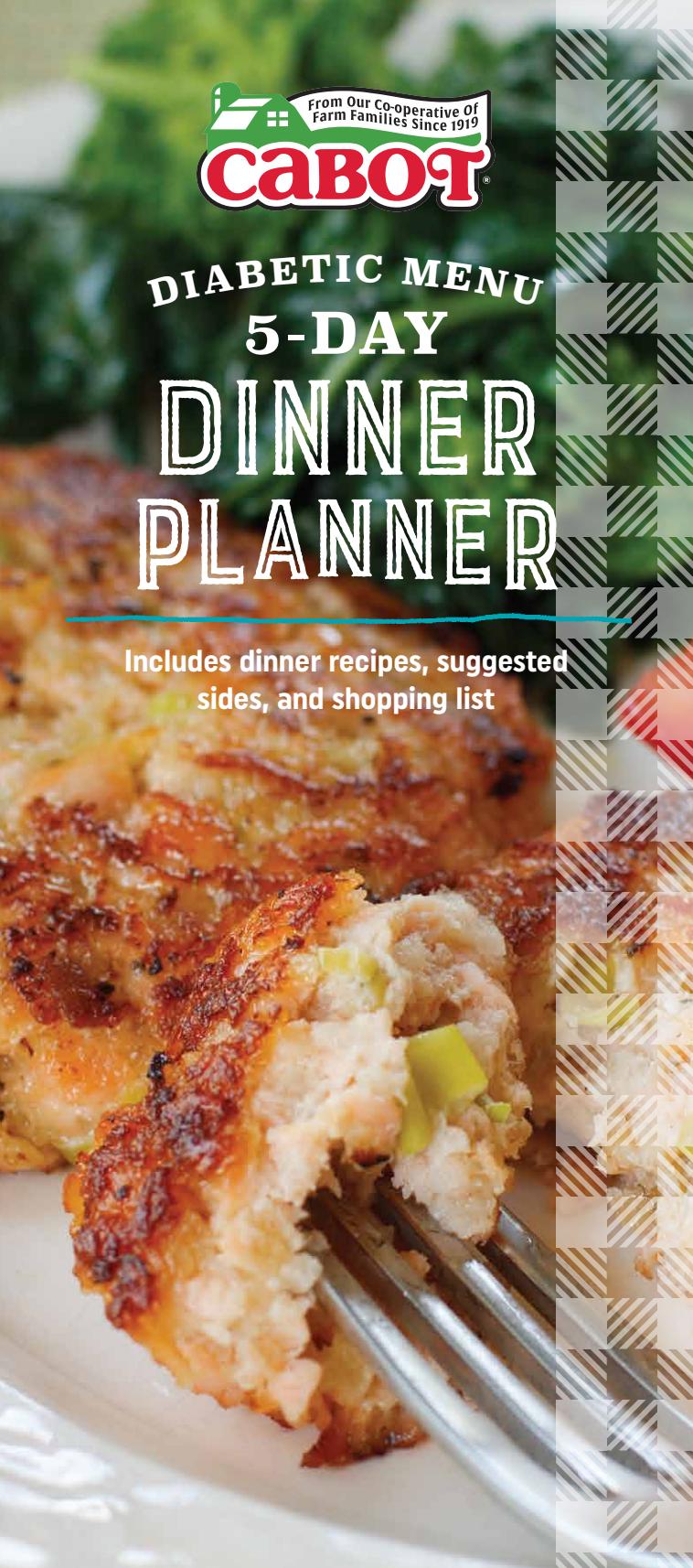
Gluten-Free

Milk is naturally gluten-free and all ingredients in Cabot dairy products are verified to be gluten-free.



Since 1919, the farm families of Cabot Creamery Co-operative have been passionate about making the world's best cheese and dairy products. We use only the purest ingredients to craft our creamy, mouthwatering classics. Just maybe, that's why we've won every major award for taste.

Learn more at cabotcheese.coop



DIABETIC MENU 5-DAY DINNER PLANNER

Includes dinner recipes, suggested sides, and shopping list

Managing Diabetes with Proper Nutrition

Nutrition plays an important role in the management of diabetes. In general, a healthy meal plan includes a variety and balance of foods, including whole grains (bread, cereal, pasta), brown rice, vegetables, fruit, lean meats, beans, and dairy. A registered dietitian can assist you in creating a meal plan for your needs.

A Week of Dinner Inspiration

This 5-day diabetic-friendly meal plan and shopping list serves up five nights of meal suggestions. Entrees are 31 carbs or less per serving (most have between 5 and 22 grams). Add on your favorite side dishes and seasonal vegetables and you'll be ready for a full five days of diabetic-friendly weeknight dinners! A shopping list is included for the recipes in this plan.





Monday

LightenUp! Rotisserie Chicken Chili

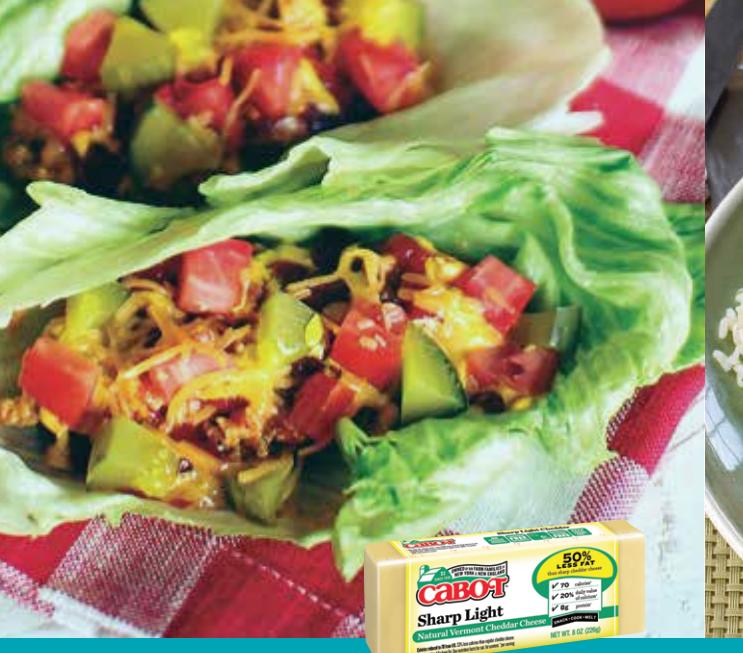
Serves 4

1 cooked rotisserie chicken
1 small green bell pepper, halved and seeded
1 medium onion
2 cloves garlic
1 Tbsp. peanut oil
1 Tbsp. all-purpose flour
1 tsp. ground cumin
1 (14.5oz.) can chicken broth
1 (15oz.) can pinto or kidney beans, drained

REMOVE skin from chicken and discard; cut chicken into bite-size chunks and set aside. With food processor or by hand, finely chop together bell pepper, onion and garlic. **HEAT** oil in large skillet over medium heat; add pepper-onion mixture and cook, stirring, until lightly colored, about 5 minutes. Add flour and cumin and stir until well blended. **SCRAPE** mixture into slow cooker. Whisk in chicken broth, then add beans and reserved chicken. Cover and cook on high setting for 1½ to 2 hours. **ADD** cheese, stirring until melted. Season with salt and pepper, then stir in cilantro. Serve with lime quarters for squeezing over the top, plus additional cheese if desired.

NUTRITION FACTS: Calories: 246 Total Fat: 7g Saturated Fat: 2g Sodium: 377mg Carbohydrates: 22g Dietary Fiber: 6g Protein: 24g (Nutritonal facts are for recipe using Cabot Sharp Light Cheddar)

PAIRING SUGGESTION: Serve alone, or top with additional cheese and pair with a crisp salad of romaine, sliced tomato and zesty lime dressing (mix lime juice, olive oil, cinnamon and salt).



Tuesday

Cheeseburger Lettuce Wraps

Serves 6

1 oz. Cabot Pepper Jack or Cabot Sharp Light Cheddar, grated (about ¼ cup)
Salt and ground black pepper to taste
Crushed red pepper flakes, optional
1 cup chopped fresh cilantro
1 lime, quartered (optional)

COOK ground turkey or beef and onions in large nonstick skillet over medium-high heat, stirring and breaking up meat, for 5 to 10 min. **ADD** yogurt, garlic powder, seasoned salt and pepper to skillet. Add Stevia if using. (The yogurt will make the meat a bit more moist, and the Stevia will give it a slightly sweet/salty taste.) Cook, stirring, until meat is completely cooked and no longer pink, about 5 min. longer. **REMOVE** skillet from heat and sprinkle grated cheese over top while meat is still warm, stirring to blend if desired. **CUT** off stem at base of lettuce, then cut head in half lengthwise. Peel off individual leaves, then wash and pat dry. **SCOOP** about 1/2 cup of filling into lettuce leaf; top with tomatoes, pickles if using, and ketchup and mustard.

NUTRITION FACTS: Calories: 142 Total Fat: 3g Saturated Fat: 1g Sodium: 285mg Carbohydrates: 4g Dietary Fiber: 1g Protein: 26.5g

PAIRING SUGGESTION: Refried beans



Wednesday

Grilled Chicken & Vegetable Kabobs

Serves 4

1.2 lbs. extra-lean ground turkey or beef
1 medium white onion, diced
3 Tbsp. Cabot Plain Greek Yogurt
½ tsp. garlic powder
½ tsp. seasoned salt
¼ tsp. ground black pepper
1 packet Stevia or pinch of other sweetener (optional)

MAKE marinade: in medium bowl mix together yogurt, 2 Tbsp. of olive oil, lime or lemon juice, Worcestershire, half of garlic, thyme and basil until well blended. Add hot sauce, salt and pepper to taste. Remove ¼ cup of marinade and set aside. **CUT** chicken breasts into 2-inch pieces and place in remaining marinade, stirring until all pieces are well coated. Cover and refrigerate for at least four hours. **MIX** remaining garlic with remaining 2 Tbsp. olive oil in a small bowl; set aside. **PREHEAT** grill to medium-high when chicken has marinated. Divide chicken among about 4 skewers. **COMBINE** vegetables with reserved olive oil-garlic mixture in a large bowl, tossing to coat. **THREAD** vegetables on about 4 more skewers. **ADD** reserved yogurt marinade to any garlic oil remaining in bowl. **GRILL** chicken and vegetable skewers until cooked through, about 15 to 20 min. for chicken. **BRUSH** hot chicken and vegetable skewers with yogurt/olive oil mixture. Arrange on serving dish, or serve over bed of green salad or rice.

NUTRITION FACTS: Calories: 333 Total Fat: 18g Saturated Fat: 3.5g Sodium: 262mg Carbohydrates: 13g Dietary Fiber: 2g Protein: 31g

PAIRING SUGGESTION: Brown rice seasoned with thyme and basil or a low-carb tortilla.



Thursday

Vegetable, Egg & Cheddar Strata

Serves 8

2 oz. Cabot Sharp Light Cheddar or Cabot Pepper Jack Light, grated (about ½ cup)
1 head lettuce
1 medium tomato, diced
2 dill pickles, diced (optional)
3 Tbsp. ketchup, preferably "no sugar added"
2 Tbsp. mustard

COAT 9x13-inch baking dish with cooking spray and set aside. **HEAT** oil in large skillet over medium heat; add onions, mushrooms and red peppers and cook, stirring often, until soft, about 5 min. Add kale and cook until wilted, about 5 min. longer. Add garlic and cook until fragrant, about 1 min. Stir in thyme, ¼ tsp. each of salt and pepper, and nutmeg; remove from heat and set aside. **PLACE** half of bread cubes in even layer in baking dish, then top with half of vegetable mixture and half of cheese. Add remaining bread cubes, then remaining vegetables and cheese. **WHISK** together milk, eggs, and remaining ¼ tsp. each salt and pepper in a large bowl. Pour egg mixture evenly over bread, vegetables and cheese in baking dish. Cover with foil and press down slightly to help egg mixture soak into bread. Refrigerate for several hours or overnight. **PREHEAT** oven to 350°F. Bake uncovered for 45 to 60 min. or until golden brown on top and toothpick inserted in center comes out clean.

NUTRITION FACTS: Calories: 338 Total Fat: 14g Saturated Fat: 7g Sodium: 484mg Carbohydrates: 34g Dietary Fiber: 3g Protein: 18g

PAIRING SUGGESTION: Seasonal fresh fruit.



Friday

Simple Salmon Cakes with Greek Yogurt

Serves 2

6 oz. cooked fresh salmon, broken up (from about 8 oz. raw salmon fillet)
¼ cup Cabot Lowfat Greek Yogurt
2 Tbsp. Panko breadcrumbs
1 tsp. Dijon mustard

MIX together salmon, yogurt, breadcrumbs, mustard, and seasonings in a medium bowl. **FORM** into four patties and refrigerate for about 30 min. **HEAT** butter in skillet over medium heat until completely melted and very hot but not bubbling. Add salmon cakes and cook for about 4 min. on each side until nicely browned.

NUTRITION FACTS: Calories: 325 Total Fat: 21.5g Saturated Fat: 7.5g Sodium: 500mg Carbohydrates: 6g Dietary Fiber: 0g Protein: 26.5g

PAIRING SUGGESTION: Broccoli sautéed with olive oil and minced garlic.