



Snacking for Blood Sugar Balance

Blood sugar stability as the
foundation of our health & wellbeing

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Introduction

We have all heard, we are "what" we eat. In this class, we will explore the details of "how" we eat to enhance energy, metabolism and blood sugar stability.

How and what we choose for snacks has a huge impact on how we feel throughout the day, how we sleep and how clearly we think.

The Foundation

Blood sugar stability is at the foundation of our overall health and wellbeing.

Key habits for macronutrient balance needed to create an even keel in your day and to avoid a blood sugar rollercoaster.





Macronutrients

FAT

Avocados
Butter
Coconut Oil
Coconut Cream/Milk
Olive Oil
Nuts & Seeds
Pasteurized Eggs
Grass-fed Beef

FIBER

Oats
Apples/Pears
Carrots
Whole Grains
Lentils
Beans
Brussel Sprouts
Broccoli
Green Leafies
Sweet Potatoes

PROTEIN

Collagen Peptides
Fish
Poultry
Pork
Beef
Beans
Nuts & Seeds
Dairy/Cheese
Eggs
Lentils

Get Ahead of the Hunger

- Low energy / fatigue
- Brain fog
- Anger or frustration
- Dizziness
- Irritability
- Confusion
- Heart palpitations
- Blurred vision



Signs and Signals of a Blood Sugar Rollercoaster



Key Questions

How do you feel after you eat?

- Energized
- Tired
- Not hungry

How are your morning energy levels?

- Can't get out of bed
- Low
- Well rested

How do you start your day?

Do you have an appetite within an hour of waking?

- The thought of food makes me nauseous
- Crave sugar or carbs to start the day
- Could take it or leave it



Check your glucose levels

6 Keys to Plan for an Even Keel

- Eat within an hour of waking
- Start with 18–24 g protein
- Eat something every 3–4 hours
- Have fat, fiber and protein on hand
- Car snacks
- Schedule time to eat





Unpacking the How

- ✓ Role of Stress
- ✓ Stimulate Digestion
- ✓ Breathing
- ✓ Avoid Anti-Nutrients
- ✓ Upside Down Triangle

Food = Energy = QOL

01 Intake

02 Breakdown

03 Absorption of nutrients

04 Cellular transit

05 Uptake

Avoid Caloric Restriction





Olives & Cucumber

2 servings

5 minutes

Ingredients

1 Cucumber (medium, sliced)
1/2 cup Pitted Kalamata Olives

Directions

1 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Cucumber: Use celery, carrots, or bell pepper instead.

No Kalamata Olives: Use green olives instead.



Pumpkin Pie Fat Bombs

12 servings

1 hour

Ingredients

1/4 cup Coconut Oil
1 cup Coconut Butter
1 tsp Vanilla Extract
1/4 tsp Stevia Powder
1 tsp Pumpkin Pie Spice

Directions

- 1 In a saucepan over low heat, melt the coconut oil and coconut butter. Remove from heat and stir in the vanilla extract, stevia powder, and pumpkin pie spice.
- 2 Pour the mixture into a silicone muffin tray or muffin cups. Refrigerate for about one hour or until set. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or freeze for up to three months.

Serving Size: One serving equals one fat bomb, approximately 1-inch (2.5 cm) deep.

Additional Toppings: Add crushed walnuts, pecans, or shredded coconut.

No Coconut Oil: Use cacao butter instead.

No Stevia Powder: Use liquid stevia drops, monk fruit sweetener drops or other powdered sugar alternative (not granulated).



Cinnamon Ginger Energy Balls

12 servings

15 minutes

Ingredients

3/4 cup Pitted Dates
1/2 cup Almonds (raw)
1/4 cup Cashews (raw)
1/2 tsp Cinnamon (ground)
1/4 tsp Ground Ginger
1/2 tsp Vanilla Extract
1/4 tsp Sea Salt

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size: One serving is equal to one ball.

Leftovers: Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



Celery with Sunflower Seed Butter

4 servings

5 minutes

Ingredients

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

Directions

1

Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery: Use cucumber instead



Shrimp Stuffed Avocado

2 servings

10 minutes

Ingredients

5 ozs Shrimp, Cooked (small, roughly chopped)
2 tbsps Mayonnaise
1 tbsp Red Onion (diced)
1/2 tsp Hot Sauce
1 tbsp Cilantro (finely chopped)
1/2 tsp Lime Juice
Sea Salt & Black Pepper (to taste)
2 Avocado (large, pit removed)

Directions

- 1 In a bowl, combine the shrimp, mayonnaise, red onion, hot sauce, cilantro, and lime juice. Stir well to combine and season with salt and pepper.
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- 2 Spoon the shrimp mixture into the avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
Serving Size: One serving is two halves.



Homemade Granola

24 servings

1 hour

Ingredients

6 cups Nuts, Seeds Or Coconut Flakes
1 cup Gf Rolled Oats
1/2 cup Maple Syrup
1/2 cup Coconut Oil
1 tsp Cinnamon
1 tsp Sea Salt

Directions

- 1 Preheat oven to 300° F. Cover a sheet pan/ cookie sheet with parchment paper.
- 2 Melt the coconut oil completely in sauce pan and add in natural sweetener. (You can choose to reduce sweetener and increase oil.)
- 3 Mix all dry ingredients thoroughly.
- 4 Pour in oil and sweetener mixture. It is helpful to whisk these together as you are pouring over the dry mixture. Mix dry and wet ingredients thoroughly.
- 5 Spread granola out on a sheet pan, no thicker than an inch.
- 6 Put pan in oven on the middle shelf. Every 15 minutes, give granola a stir. Bake for 45 - 60 minutes or until golden brown.
- 7 Take out of oven and stir again.

Notes

TIPS: Let cool completely before storing in an airtight jar. Great with coconut milk, on top of yogurt or with fresh berries.



Apple Sausage Bites

2 servings

20 minutes

Ingredients

8 ozs Pork Sausage
1/2 Apple (core removed, sliced)
3/4 cup Sauerkraut

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 Place the sausage on a pan and bake for 20 minutes or until cooked through. Cut into slices when cool enough to handle.
- 3 Stack the sausage on top of each apple slice and garnish with sauerkraut. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately six pieces.

Make it Vegan: Use marinated tofu, tempeh or chopped vegan burgers instead of sausage.



Citrus Avocado Smoothie

1 serving

10 minutes

Ingredients

1/2 Avocado

1/3 Cucumber (medium)

1 Lime (juiced, zested)

4 Ice Cubes

Sea Salt & Black Pepper (to taste, optional)

Directions

- 1 Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor: Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.