

Personal Chef David O'Brien of [Gourmet Organic Dinners](#) has integrated Glucose-Stabilizing Meal Prep Tips & Food Pairing Strategies inspired by Glucose Goddess Jessie Inchauspé. These strategies help flatten glucose spikes, increase satiety, and promote steady energy levels throughout the day.

Savor Your Thyme with David's personal chef service.

Chef David can tailor a weekly food service to your individual needs.

The cost: \$395 per cooking session plus the cost of groceries and containers.

Food Pairing Strategies for Blood Sugar Balance

1. Eat Fiber First

- Start meals with a salad, steamed greens, or raw veggies to slow glucose absorption.
- Example: Before eating a meal with carbs, have a handful of leafy greens with olive oil.

2. Always Include Protein & Healthy Fats

- Pair every carbohydrate with protein or fat to slow digestion.
- Example: Instead of plain oatmeal, add chia seeds, almond butter, and a boiled egg on the side.

3. Choose Complex Over Simple Carbs

- Swap white rice for quinoa, lentils, or cauliflower rice.
- Choose sourdough or whole grain bread instead of white bread.

4. Add Vinegar to Meals

- Vinegar reduces glucose spikes and improves insulin sensitivity.
- Example: Have a tablespoon of apple cider vinegar diluted in water before a carb-heavy meal.

5. Avoid Eating Carbs Alone

- No naked carbs! Always pair them with fat or protein.
- Example: Instead of a banana alone, eat it with Greek yogurt or almond butter.

6. Prioritize Whole, Unprocessed Foods

- Avoid refined sugars, processed flours, and artificial sweeteners.

- Example: Instead of a protein bar, choose nuts and boiled eggs.

7. Drink Water & Herbal Teas Instead of Sugary Drinks

- Hydration helps regulate blood sugar.
- Green tea, cinnamon tea, and lemon water are great choices.

8. Eat in the Right Order

- Fiber → Protein/Fat → Carbs
- This order significantly reduces glucose spikes.

9. Move After Eating

- A short 10-minute walk or simple squats help muscles absorb glucose more efficiently.

10. Reduce Snacking & Aim for Balanced Meals

- If a meal is balanced, you should feel full for hours.
- Example: A lunch with protein, fiber, and healthy fats reduces cravings later.



✓ Prep Veggies in Advance**

- Wash, chop, and store leafy greens, bell peppers, cucumbers, and cauliflower rice for quick meal assembly.

✓ Batch Cook Proteins

- Grill Chicken, hard-boil eggs, or cook a batch of lentils or quinoa for the week.

✓ Have Healthy Fats Ready

- Stock up on avocado, olive oil, nuts, seeds, and full-fat dairy to add to meals.

✓ Make Vinegar Dressings

- Keep a homemade vinaigrette (olive oil + vinegar + mustard) in the fridge for salads and bowls.

✓ Use Glass Containers for Meal Storage - GlassLock, Pyrex and Mason Jars

- Helps keep food fresh without plastic toxins.

✓ Let me work with you to Create a Weekly Meal Plan

- Plan meals in advance to avoid reaching for high-sugar snacks.

Foods for Thought

Breakfast Menus

Chicken Sausage, Fuji Apple Slices and Herbal Tea

Almond flour Pancakes with Unsweetened Coconut Yogurt and Cinnamon

Egg & Avocado Plate – Scrambled Eggs, Avocado slices, Cherry Tomatoes, and Olive Oil

Greek Yogurt Power Bowl – Full-fat Greek Yogurt, Chia Seeds, Pecans, and a handful of Berries

Savory Cottage Cheese & Veggies – Cottage Cheese with Cucumbers, Cherry Tomatoes, and Pumpkin Seeds

Chia Seed Pudding – Chia pudding with Coconut Milk, Flaxseeds, and Unsweetened Coconut Flakes

Smoked Salmon & Spinach Omelet – Smoked Salmon, Spinach, and Goat Cheese Omelet

Nut Butter & Seed Toast – Sourdough toast with Almond Butter, Hemp Seeds, and Cinnamon

Scrambled Tofu & Avocado – Scrambled Tofu with Turmeric, Bell Peppers, and Avocado slices

Hard-Boiled Eggs & Hummus – Two Hard-Boiled Eggs with Hummus and sliced Cucumbers

Protein Smoothie – Almond Milk, Protein Powder, Flaxseeds, Almond Butter, and Cinnamon

Sardines & Greens – Sardines with Mixed Baby Greens, Lemon juice, and Olive Oil

Egg Frittata with Crimini Mushrooms, Shallots, and Parmesan Cheese

Lunch Menus

Salmon & Arugula Salad – Grilled Salmon over Arugula, Avocado, and Olive Oil Dressing

Caprese Salad with Fresh Mozzarella, Heirloom Tomatoes, Basil and Olive Oil

Grilled Chicken & Roasted Veggies – Chicken Breast with Roasted Cauliflower and Kale

Fresh Seared Tuna Salad Collard Wrap – Seared Sushi Grade Tuna Salad with Olive Oil Mayo wrapped in Collard Greens

Grilled Chicken Caesar Salad with a homemade olive oil dressing

Zucchini Noodle Salad with Grilled Greek Chicken and Tzatziki Dressing

Quinoa & Chickpea Power Bowl – Quinoa, Chickpeas, Arugula, and Tahini Dressing

Red Lentil & Feta Salad – Red Lentils, Cucumbers, Cherry Tomatoes, and Crumbled Feta Cheese

Turkey & Hummus Butter Lettuce Wrap – Turkey Breast, Hummus, Shredded Carrots, and Greens wrapped in Butter Lettuce Leaves

Sardine & Olive Tapenade Salad – Sardines over mixed greens with Olive Tapenade

Thai Grilled Shrimp & Zoodles – Grilled Thai Shrimp served over Zucchini Noodles with Pesto

Tuscan White Bean Soup with Kale and Olive Oil

Grilled Chicken Cobb salad - Mixed Greens, Avocado, Free Range Eggs, and Olive Oil Dressing

Toasted Lacinato Kale and Pecan Salad with Feta Cheese, Apple Slices, and Balsamic Reduction Vinaigrette

Roasted Tomato Basil Soup made with Coconut Milk and Olive Oil Infusion

Spinach and Pecan Salad with Grilled Shrimp and a Lemon Vinaigrette

Romaine Lettuce with Smoked Salmon, Capers, and a Greek Yogurt Dressing

Mixed Greens with Grilled Chicken Sausage, Slivered Almonds, and a Tahini Dressing

Snack Menus

Nutz Bout You Trail Mix - Toasted: Sesame Seeds, Pumpkin Seeds, Pecans, Unsweetened Coconut, Monk Fruit Sweetener, Sugar-Free Chocolate Chips, Unsweetened Shredded Coconut, Coconut Oil (melted), Cinnamon, Vanilla Extract.

Hummus & Veggies – Carrot Sticks, Cucumber slices, and Yellow Peppers with Hummus

Avocado & Smoked Salmon Bites – Avocado slices topped with Smoked Salmon and Lemon juice

Chia Pudding with Almond Butter – Chia pudding made with Coconut Milk, topped with Unsweetened Almond Butter

Greek Yogurt with Pumpkin Seeds – Full-fat Greek yogurt with Pumpkin Seeds and a sprinkle of Cinnamon

Dark Chocolate & Nut Butter – A small piece of 85% dark chocolate with a spoonful of Unsweetened Almond Butter

Deviled Eggs with Mustard & Paprika – Deviled Eggs made with Avocado Oil Mayo, Mustard, and Paprika

Almond Butter & Chia Protein Bars - Almond Butter (unsweetened), Ground Flaxseeds, Chia Seeds, Unsweetened Coconut Flakes, Vanilla Protein Powder (no added sugar), Coconut Oil (melted), Cinnamon, Vanilla Extract, Kosher Salt

Chocolate Walnut Keto Protein Bars - Walnuts (crushed), Almond Flour, Cocoa Powder (unsweetened), Vanilla or Chocolate Protein Powder, Coconut Oil (melted), Sugar-Free Chocolate Chips, Vanilla Extract, Kosher Salt

Peanut Butter Hemp Seed Bars - Natural Peanut Butter (unsweetened), Hemp Seeds, Flaxseeds (ground), Vanilla Protein Powder, Unsweetened Shredded Coconut, Coconut Oil (melted), Cinnamon, Vanilla Extract.

Pumpkin Spice Protein Bars - Canned Pumpkin (unsweetened), Almond Flour, vVanilla Protein Powder, Ground Flaxseeds, Chopped Pecans, Coconut Oil (melted), Cinnamon, Vanilla Extract.

Dinner Menus

Baked Salmon & Garlic Spinach – Baked Salmon with Sautéed Roasted Garlic Spinach and Roasted Sweet Potato Mash

Cauliflower Rice Stir-Fry – Grass-fed Tenderloin of Beef with Cauliflower Rice, Bell Peppers, and Coconut Aminos

Grilled Chicken & Roasted Broccoli – Grilled Chicken Breast with Olive Oil Garlic Fresh Herb Infused - Roasted Broccoli

Stuffed Peppers – Ground Turkey stuffed into Bell Peppers with Spinach and Goat Cheese

Herb-Crusted Rack of Lamb with Roasted Sweet Potatoes and a Spinach Salad

Eggplant Parmesan (Gluten Free Breadcrumbs) – Eggplant baked with Roasted Tomato and Shallot Marinara and Plant Based Mozzarella Cheese

Roasted Chicken & Brussel Sprouts – Chicken Thighs roasted with Seared French Green Beans and Toasted Slivered Almonds

Lentil & Vegetable Soup – Hearty Red Lentil soup with Leafy Greens, Celery, and Carrots

Shrimp & Avocado Ceviche – Shrimp, Avocado, and Cucumbers with Lime and Cilantro

Grilled Chicken Sausages & Sautéed Mushrooms – Grass Chicken Sausages with Mushrooms and a Side of Greens

Roasted Spaghetti Squash Pesto Pasta – ZSpaghetti Squash with pesto, Grilled Chicken, and Toasted Pine Nuts

Desserts

Sugar-Free Dark Chocolate Pudding with Coconut Cream

Almond Flour Apple Crisp with Cinnamon and Tofu Whip

Poached Pears with Pecans and Greek Yogurt

Coconut Flour Pumpkin Muffins with a touch of Nutmeg

Chickpea Flour Baklava with Pecans and Sugar-Free Honey Syrup

Greek Yogurt Panna Cotta with Mixed Berries and Mint

Sugar-Free Sesame and Almond Cookies

Roasted Figs with Goat Cheese and Balsamic Reduction