



Take Control of Pre-Diabetes with Proven Low-Carb Nutrition

This guide empowers individuals with pre-diabetes to reverse the condition and prevent Type 2 diabetes. Using low-carb, high-fiber, and protein-rich meals, it provides a proven framework for stabilizing blood sugar and improving metabolic health.

What's Inside:

Understanding Pre-Diabetes

- Fasting glucose: 100–125 mg/dL, A1C 5.7–6.4%
- Without intervention, 15–30% progress to Type 2 diabetes within 5 years
- Lifestyle and nutrition changes can prevent or reverse progression

The Low-Carb Advantage

- Net carbs per meal: 8–15g
- Daily net carbs: 30–50g
- Fiber goal: 25–35g/day
- Protein target: 25–35g per meal
- Smart carb swaps: non-starchy vegetables, berries, legumes, nuts

Sample Meals

- Turkey & Vegetable Power Bowl – lean protein + fiber for steady glucose
- Salmon with Cauliflower Rice – omega-3s + low-carb base
- Plant-Based Lentil Curry – anti-inflammatory spices + high fiber
- Grilled Chicken with Zucchini Noodles – pasta alternative, blood sugar friendly

Lifestyle Integration

- Eat at consistent times daily
- Start meals with protein first to reduce glucose spikes
- Smaller, frequent meals preferred
- Finish dinner 3–4 hours before bedtime
- Exercise: 30 mins/day; reduce stress; aim for 7–9 hrs sleep

Tracking Progress

- Weekly: fasting glucose, weight, waist circumference
- Every 3–6 months: A1C, lipid panel, blood pressure
- Signs of success: stable energy, fewer cravings, gradual weight loss