



Flip your summer recipes

9 summer recipe swaps for those with high blood sugar and weight concerns



Recipes are for informational and educational purposes only and are not intended to be a substitute for professional medical advice. Always consult a healthcare provider before making dietary changes.

Barbecues. Picnics. Parties.

Summer fun and food

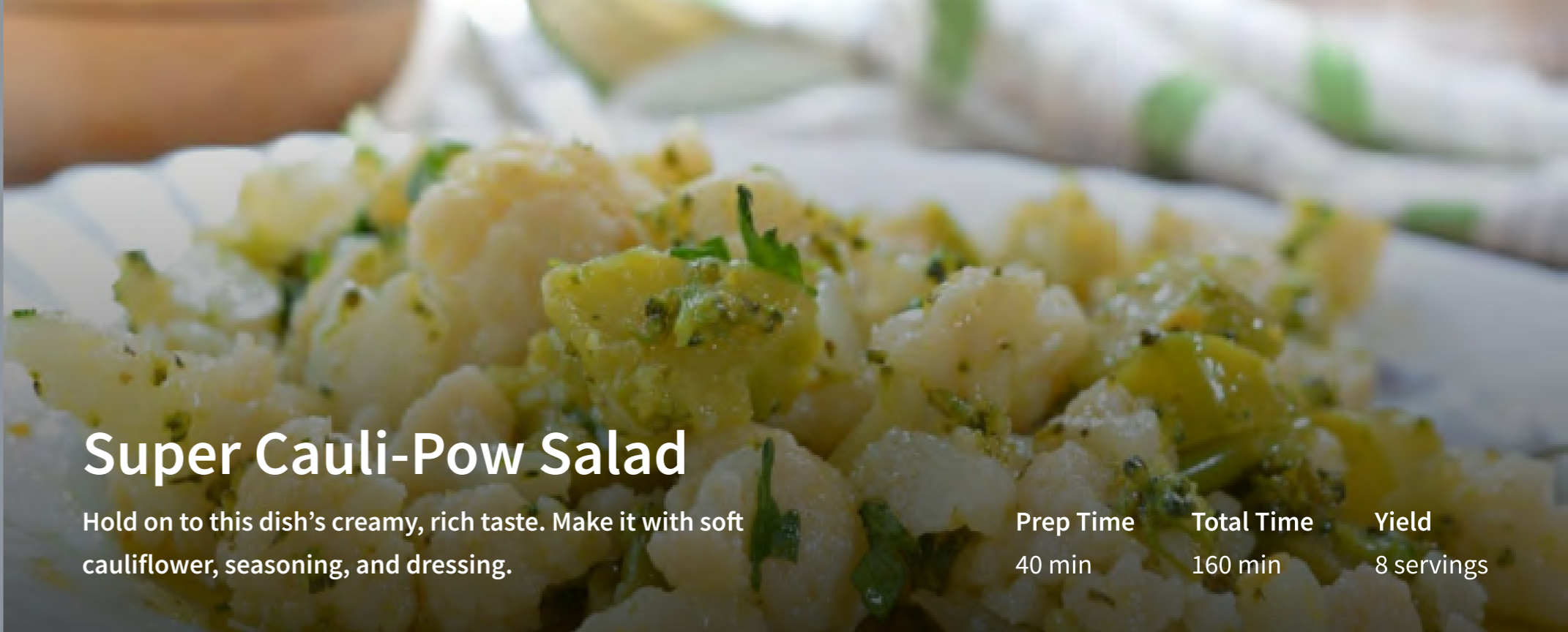
These events can be stressful if you struggle with high blood sugar and weight.

Why? Many people with these health issues can be carbohydrate (carb) sensitive. When the body has more carbs than it can handle, weight and blood sugar stay high.

The good news – it’s possible to lower both over time by focusing on what to eat, not how much.

These Virta Health coach recipes have less carbs so the good times can carry on.

Like this?	Try this instead!	
Potato Salad	Super Cauli-Pow Salad	3
Pasta Salad	Cobb Salad	4
Burgers	Virta Cheese Burger	5
Tuna Sandwich & Chips	Tuna Wrap & Cheese Crisps	6
Fried Chicken	Chicken Wings with Blue Cheese	7
Chicken Enchiladas	Enchilada Casserole	8
Frappe + Cappuccino Blend	Mocha Smoothie	9
Lemonade	Pink Lemon Fresher	10
Vanilla Ice Cream	Vanilla Ice Cream Whips	11



Super Cauli-Pow Salad

Hold on to this dish’s creamy, rich taste. Make it with soft cauliflower, seasoning, and dressing.

Prep Time	Total Time	Yield
40 min	160 min	8 servings

Nutrition Info Per Serving

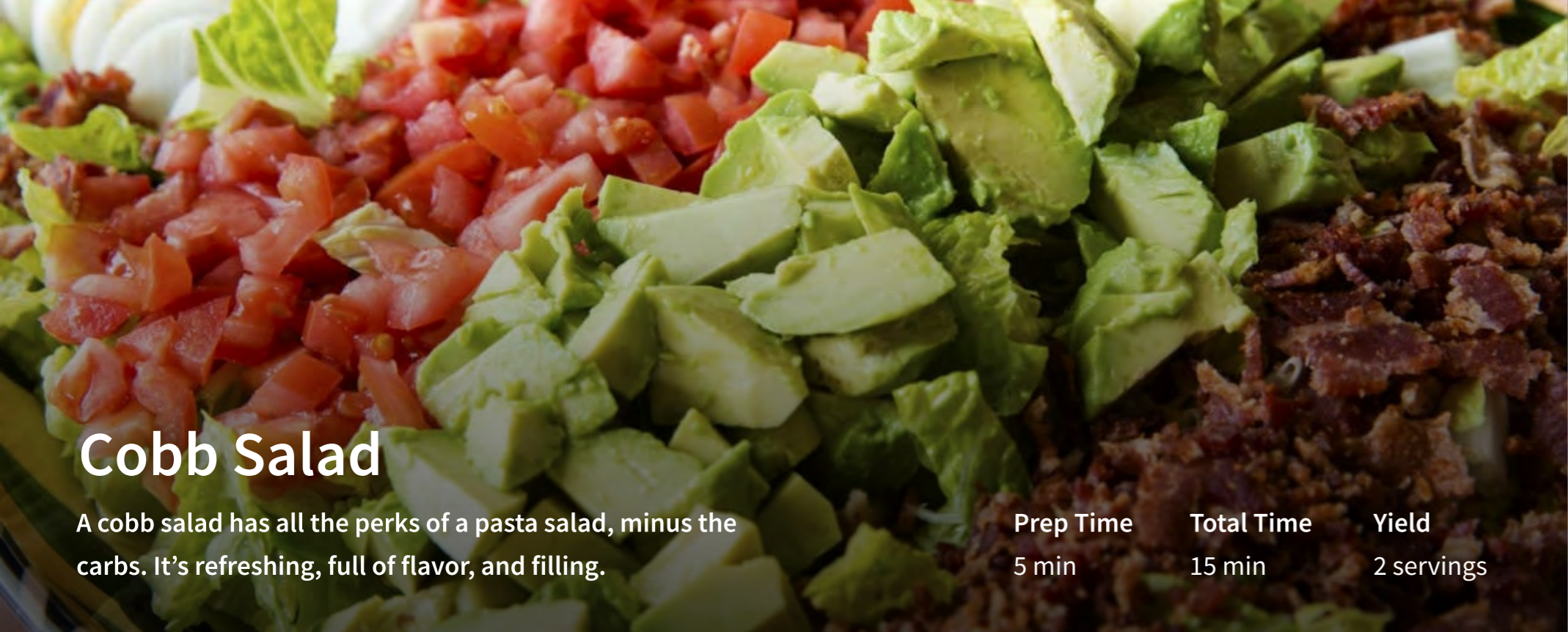
Serving Size	Carbohydrates	Protein	Fat	Calories
1/2 cup	4g	7g	14g	168

Ingredients

Cauliflower	1 head	Red Wine Vinegar	1 tbsp
cut into small pieces (about 4 cups)		Lemon Juice	2 tbsp
Hard Boiled Eggs	4	fresh	
chopped		Dijon Mustard	1 tbsp
Mayonnaise	1/3 cup	Salt	1 tsp
Dill Pickle	1/4 cup	Black pepper	1/4 tsp
chopped		Green Onion	1/3 cup
Bacon	6 strips	thinly sliced	
cooked and chopped (optional)		Paprika	1 tsp
Dill	3 tbsp	Sour Cream	1/3 cup
chopped			

Instructions

1. Steam cauliflower in microwave or on stovetop. Transfer to a large bowl and let cool for 30 minutes.
2. Add mayonnaise, sour cream, pickles, bacon (if using), vinegar, lemon juice, mustard, salt, and pepper to cooled cauliflower. Mix to thoroughly combine.
3. Chill in refrigerator for 2-3 hours.
4. Immediately before serving, mix in green onions, dill and sprinkle paprika on top. Enjoy!



Cobb Salad

A cobb salad has all the perks of a pasta salad, minus the carbs. It’s refreshing, full of flavor, and filling.

Prep Time	Total Time	Yield
5 min	15 min	2 servings

Nutrition Info Per Serving

Serving Size	Carbohydrates	Protein	Fat	Calories
1 1/2 cup	7g	25g	29g	394

Ingredients

Olive Oil	1 tbsp	Cherry Tomatoes	4
Apple Cider Vinegar	1 tbsp	halved	
Lemon Juice	1 tsp	Hard Boiled Eggs	2
Dijon Mustard	1 tsp	sliced	
Garlic	1 clove	Romaine Lettuce	2 cups
minced		coarsely chopped	
Ham	3 1/2 oz	Avocado	1/2
cubed		diced	
Blue Cheese	30g	Bacon	2 slices
		crumbled	

Instructions

1. In a measuring cup or mason jar, whisk together the olive oil, vinegar, lemon juice, mustard, and garlic. Season with salt and pepper. Set aside.
2. Heat cubed ham in a non-stick skillet sprayed with olive oil for 3-5 minutes.
3. Place lettuce in the bottom of a large bowl.
4. Put the halved cherry tomatoes, avocados, blue cheese, ham, eggs, and bacon in rows next to each other.
5. Drizzle dressing over the top and toss to coat.



Virta Cheese Burger

Try this summer classic with buns that are better for high blood sugar.

Prep Time	Total Time	Yield
15 min	25 min	4 servings

Nutrition Info Per Serving

Serving Size	Carbohydrates	Protein	Fat	Calories
1 burger	3g	33g	39g	513

Ingredients

Outer Aisle Sandwich Thins	4	Bacon	4 pieces
Ground Beef	1 lb	chopped	
80/20			
Cheddar Cheese	1/2 cup		
shredded			
Black Pepper	1/2 tsp		
Garlic Powder	1/2 tsp		
Salt	1/4 tsp		

Instructions

1. In a large bowl, combine the ground beef with the cheese, bacon, scallions, black pepper, garlic powder, and salt.
2. Mold into 4 baseball-sized balls and then flatten as thinly as you can while still retaining the shape.
3. Cook on the grill or stove until cooked through. Prepare with your favorite flavor Sandwich Thins and burger toppings.



Tuna Salad Wrap & Cheese Crisps

This summer combo is remade with a lettuce wrap.
Add some cheese crisps for a tasty crunch.

Prep Time	Total Time	Yield
25 min	25 min	4 servings

Nutrition Info Per Serving

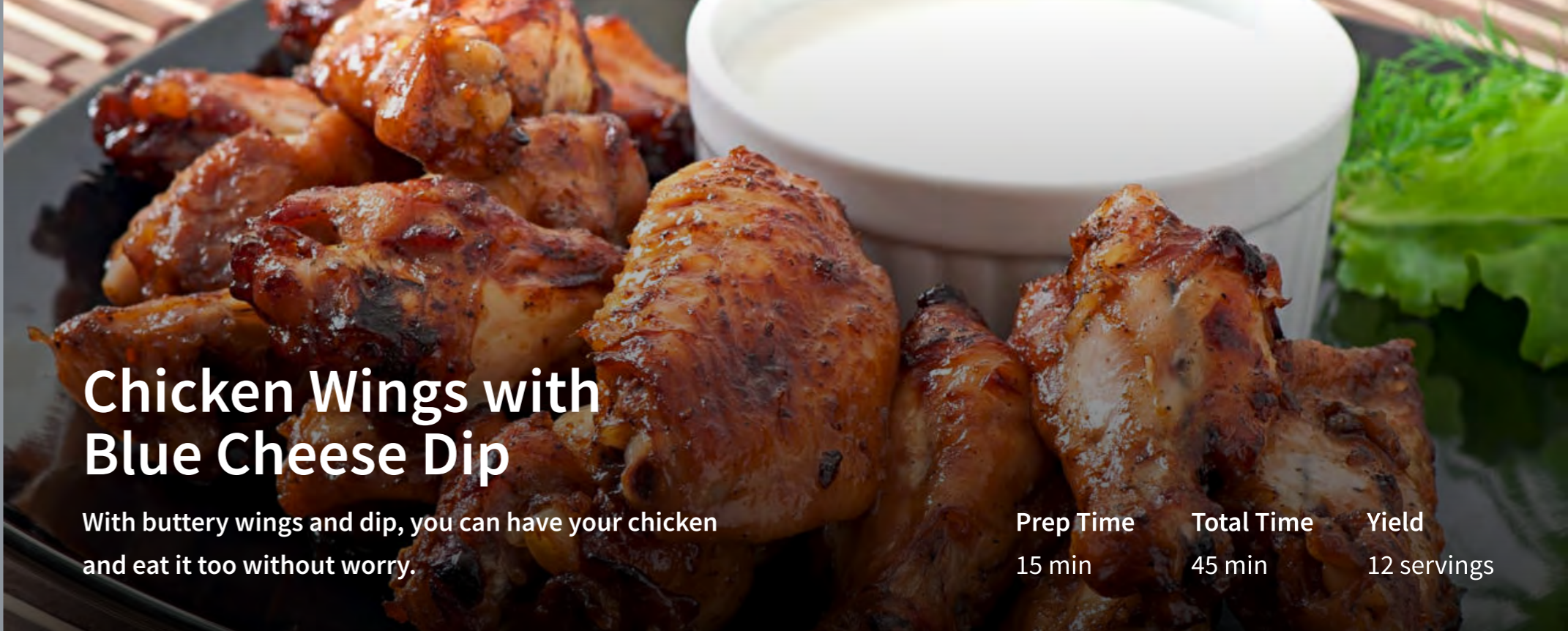
Serving Size	Carbohydrates	Protein	Fat	Calories
2 wraps	2g	17g	22g	269

Ingredients

Can of Water-Packed Tuna 6oz	2	Capers drained	2 tbsp
Mayonnaise	1/2 cup	Scallions thinly sliced	2
Dijon Mustard	1 tsp	Salt	1/4 tsp
Lemon Juice	1 tbsp	Ground Black Pepper	1/8 tsp
Bell Pepper finely chopped	2 tbsp	Lettuce Leaves	8

Instructions

1. In a bowl, flake the tuna with a fork.
2. Stir in the mayonnaise, mustard, and lemon juice.
3. Stir in bell pepper, capers, scallions, salt, and pepper.
4. Arrange the lettuce on a work surface with the rib end closest to you and the “cup” facing up.
5. Spoon the tuna salad onto the leaf near the rib end and roll to create a wrap.
6. Enjoy!



Chicken Wings with Blue Cheese Dip

With buttery wings and dip, you can have your chicken
and eat it too without worry.

Prep Time	Total Time	Yield
15 min	45 min	12 servings

Nutrition Info Per Serving

Serving Size	Carbohydrates	Protein	Fat	Calories
2 wings	5g	24g	36g	439

Ingredients

Blue Cheese	2 fl oz	Paprika	3 tsp
Cream Cheese	2 fl oz	Dried Parsley	3 tsp
Buttermilk	3/4 cup	Red Pepper Flakes	1 tsp
Fresh Parsley chopped	1 handful	Salt	1 tsp
Parmesan Cheese grated	3 cups	Pepper	1 tsp
Fresh Chives roughly chopped	1 bunch	Chicken Wings	24
Oregano	3 tsp	pointy bits removed and wings cut in half at the joint	
		Butter melted	8 fl oz

Instructions

1. Preheat the oven to 350 degrees.
2. Make the blue cheese dipping sauce by blending blue cheese, cream cheese, buttermilk, and fresh parsley in a blender. Set aside.
3. In a bowl, mix the parmesan, chives, oregano, paprika, parsley, red pepper flakes, salt, and pepper.
4. Dip each chicken wing in melted butter and then into the seasoning mixture and lay in a foiled tray ready for the oven.
5. Roast the wings until dark and crispy (roughly 40 minutes) and serve hot with the dipping sauce.



Enchilada Casserole

Cheese adds form and flavor in this tasty twist on a Mexican dish.

Prep Time	Total Time	Yield
30 min	90 min	8 servings

Nutrition Info Per Serving

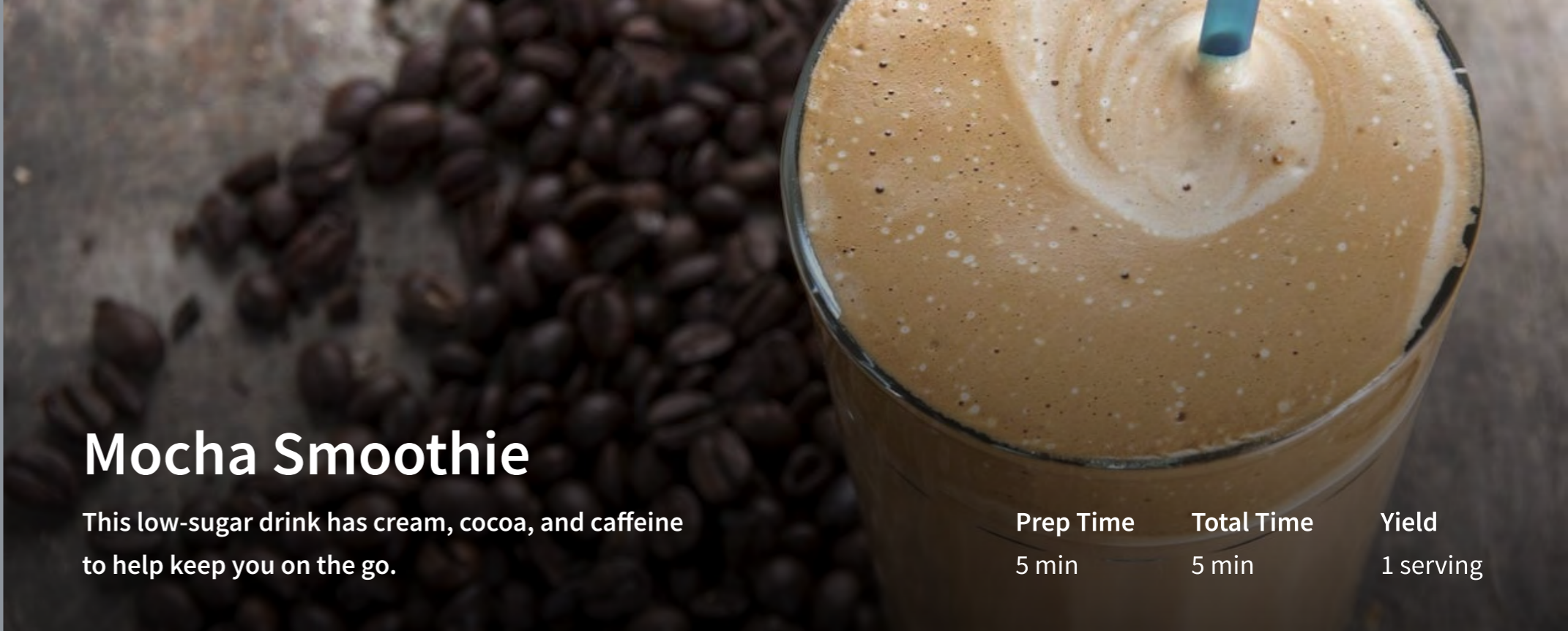
Serving Size	Carbohydrates	Protein	Fat	Calories
1 cup	7g	25g	22g	303

Ingredients

Chicken Broth	3 cups	Garlic	1 clove
		minced	
Boneless Chicken	1 1/2 lbs	Salt	1 tsp
thighs or breast			
Roasted Green Chiles	2 cups	Pepper	1 tsp
fresh or canned			
Sour Cream	1 cup	Cayenne Pepper	1/4 tsp
Monterey Jack or Pepper Jack Cheese	2 cups	Olive Oil	1 tbsp
shredded			
Diced Onion	1/2 cup	Fresh Cilantro	1 cup
		chopped	

Instructions

1. Preheat oven to 400 degrees.
2. Add the chicken broth to a large pot over high heat. Bring to a boil.
3. Reduce the heat to a simmer. Add the chicken thighs or breasts and cook for 12 minutes.
4. Remove the chicken and set aside to cool. Once cooled, shred the chicken into bite-sized pieces and transfer to large bowl.
5. Add the green chiles, sour cream, cheese, onion, garlic, salt, black pepper, cayenne pepper, and olive oil to the chicken and mix thoroughly to combine.
6. Transfer the chicken mixture to a large baking dish and sprinkle the cilantro liberally on top of the chicken mixture.
7. Cook for 15-20 minutes in the oven or until golden brown.
8. Remove from oven and cool for 5 minutes before serving.



Mocha Smoothie

This low-sugar drink has cream, cocoa, and caffeine to help keep you on the go.

Prep Time	Total Time	Yield
5 min	5 min	1 serving

Nutrition Info Per Serving

Serving Size	Carbohydrates	Protein	Fat	Calories
7 ounces	6g	12g	22g	260

Ingredients

Coffee Frozen in Ice Cube Tray	4 fl oz
Heavy Cream	1/4 cup
or whipping	
Unsweetened Cocoa Powder	1 tbsp
Unflavored Whey Protein Powder	2 tbsp
Virta-Friendly Sweetener	1 tsp
optional	

Note: nutrition info will vary based on choice of protein powder and sweetener.

Instructions

1. Place all ingredients in blender or food processor.
2. Blend the ingredients at high speed until smooth, about 30-60 seconds.

Pink Lemon Fresher

This summer drink can give the joy of lemonade with less sugar.

Prep Time	Total Time	Yield
5 min	10 min	8 servings

Nutrition Info Per Seving

Serving Size	Carbohydrates	Protein	Fat	Calories
2 cups	4g	0g	0g	14

Ingredients

Water	1 gallon
Lemon juiced	4
Raspberries* fresh or frozen	6 fl oz
Liquid Stevia	to taste
Fresh Mint	2 sprigs

Instructions

1. In a blender, blend raspberries until a smooth puree forms.
2. Add mint and continue to blend until mint is finely chopped.
3. Add all ingredients, including raspberry-mint mixture to the water and mix until combined.
4. Add additional Stevia, to taste, as needed.

Vanilla Ice Cream Whips

Try an easy and healthy way to make ice cream!
This dessert is whipped and chilled with sweeteners.

Prep Time	Total Time	Yield
5 min	240 min	4 servings

Nutrition Info Per Seving

Serving Size	Carbohydrates	Protein	Fat	Calories
1/2 cup	8g	2g	22g	207

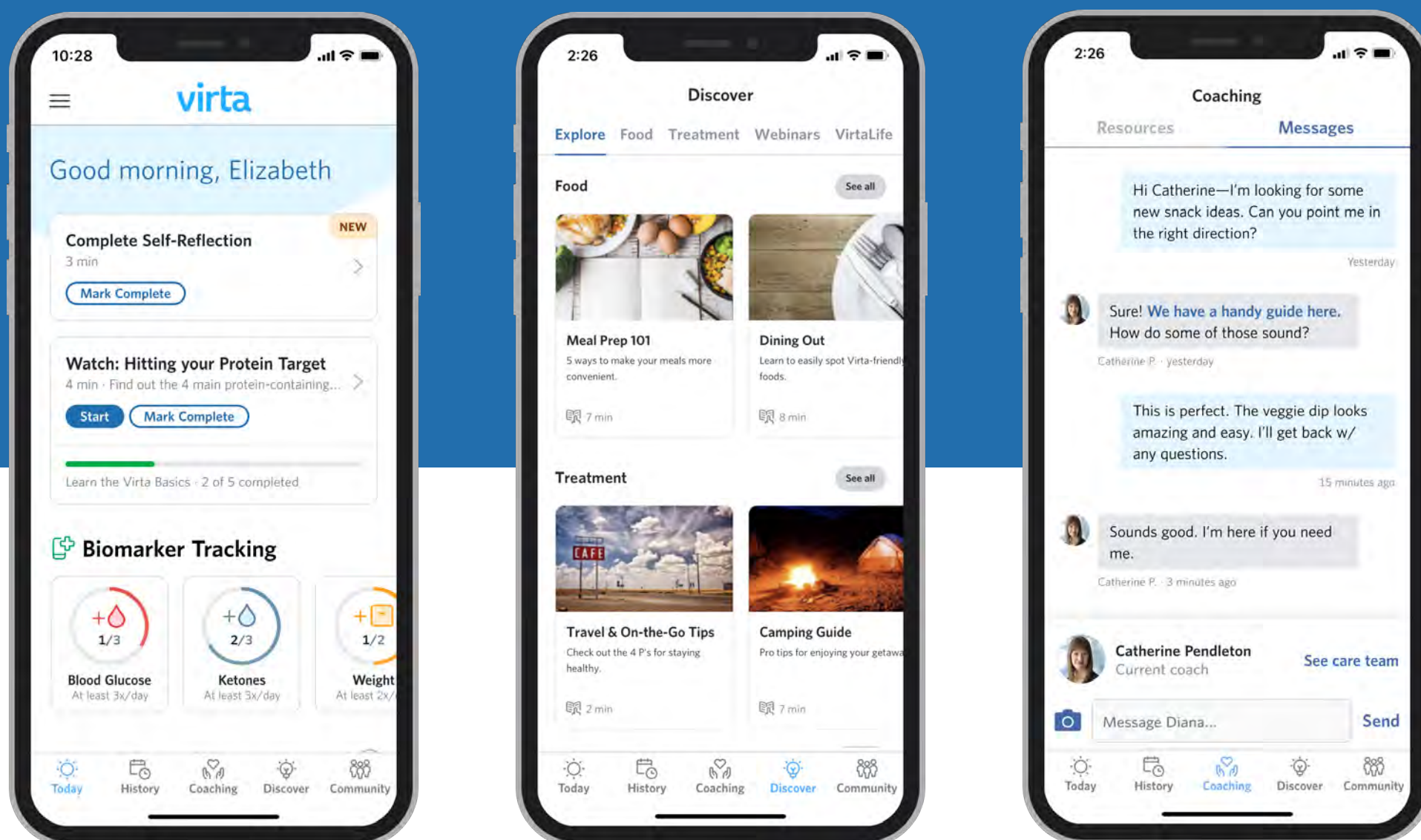
Ingredients

Heavy Whipping Cream	1 cup
Allulose Sweetener or Virta friendly sweetener of choice	2 tbsp
Vanilla more or less to taste	1 1/2 tsp
Sea Salt	1/8 tsp

Allulose makes up the majority of carbs in this recipe; however, please note that allulose generally has minimal to no impact on blood glucose levels. Recipe adapted from [wholesomeyum.com](#)

Instructions

1. Combine all ingredients in a 16 oz. wide-mouth mason jar. Seal it and shake for approximately 3-4 minutes. Mixture should be thick and double in volume. Tip: be careful not to shake it TOO much that it becomes whipped cream or butter!
2. Freeze for at least 4-6 hours, or until consistency is between a soft and hard ice cream.
3. Serve it plain, or add your favorite Virta-friendly toppings (e.g. berries, chopped nuts, seeds, whipped cream).



See What Virta Health can do for you

Virta Health is a leading online clinic for type 2 diabetes reversal* and prevention. Members can eat their way to better health thanks to personalized plans and support from clinicians, professional coaches, and digital health tools. Eat foods you like. Eat until you feel full.

At one year, 94% of Virta members on a diabetes reversal plan stopped or reduced insulin. They lost 30 lbs and dropped A1C levels by 1.3 points, on average.¹

*Virta Health defines diabetes reversal as reaching an A1C below 6.5% without the use of diabetes medications beyond metformin. Health issues can return if lifestyle changes are not maintained.

¹ Hallberg, S.J., McKenzie, A.L., Williams, P.T. et al. Effectiveness and Safety of a Novel Care Model for the Management of Type 2 Diabetes at 1 Year: An Open-Label, Non-Randomized, Controlled Study. *Diabetes Ther* 9, 583–612 (2018). <https://doi.org/10.1007/s13300-018-0373-9>