

SEPTMEBER

BEAT PREDIABETES NEWSLETTER

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BACK-TO-ROUTINE GLUCOSE RESET: HEALTHY FALL HABITS

As summer winds down, September brings a natural shift back into routines, school schedules, work structure, meal planning, and often a little less spontaneity. While summer can be full of vacations, BBQs, and sweet treats, fall offers the perfect opportunity to reset your glucose habits without extreme dieting. For those managing prediabetes, this season can be a powerful fresh start.

Start by focusing on **consistency**. Regular mealtimes, balanced snacks, and more home-cooked meals can help stabilize blood glucose after months of unpredictable schedules.

It's also a great time to **reestablish movement habits**. As temperatures cool, daily walks, strength training, or even family activities like apple picking can help improve insulin sensitivity. Remember, managing prediabetes doesn't mean perfection. It means creating sustainable habits that work in real life.

This September, think of your health goals like a back-to-school reset: simple, structured, and supportive. **Small steps** like pairing carbs with protein, prepping snacks ahead, and moving your body consistently can make a meaningful difference as you head into the holiday season feeling stronger and more in control.

RECIPE INSPO

Cinnamon Pecan Apple Bake 2 servings

INGREDIENTS

- 2 small apples, halved and cored
- 1 tsp cinnamon
- 2 tbsp chopped pecans
- ¼ cup plain Greek yogurt
- 2 tsp maple syrup

DIRECTIONS

Place apple halves cut-side up in a baking dish, sprinkle with cinnamon, and bake at 375°F for about 20–25 minutes until soft. Top with pecans, Greek yogurt, and a light drizzle of maple syrup.

VARIATIONS

You can follow the same recipe but with pears as well! Or mix up the type of nut or seed you use based on what you have available!

165 calories; 5.4g total fat; 0.5g saturated fat; 40mg sodium; 28.1g total carbs; 4.9g fiber; 4.2g protein

WHAT'S IN SEASON & HOW TO USE IT

September is the perfect time to enjoy the best of both summer and fall produce. Crisp apples and juicy pears make easy snacks, salad toppers, or naturally sweet additions to oatmeal and baked goods. Late-summer vegetables like tomatoes, zucchini, and peppers are great for sheet pan dinners, soups, or meal prep before they fade out, while heartier fall favorites like squash, sweet potatoes, kale, and Brussels sprouts bring fiber, flavor, and comfort to your table. This month is ideal for roasting, baking, and batch cooking seasonal produce to create balanced, nourishing meals as the weather starts to cool.

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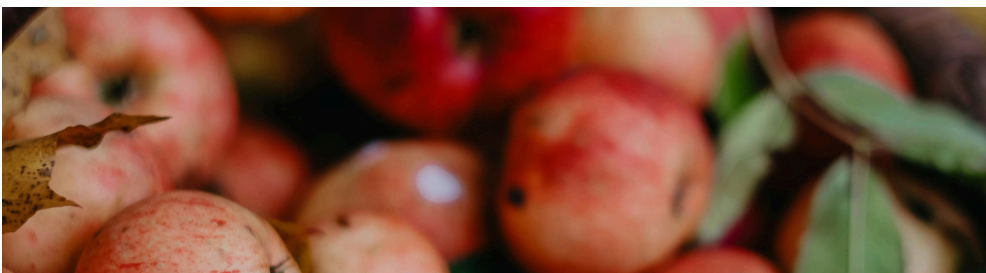
MEAL PREP FOR PREDIABETES

Meal prep doesn't have to mean spending your entire Sunday cooking every single week. Start simple by choosing 1-2 proteins (like grilled chicken, hard-boiled eggs, or turkey meatballs), a few high-fiber carbs (such as roasted sweet potatoes, quinoa, or beans), and plenty of non-starchy vegetables.

Wash and chop produce, portion snacks, or prep breakfast options like egg bites or overnight oats to make healthy choices more convenient during the week.

The goal isn't to make everything Pinterest-ready, it's just finding prep that helps you succeed. Balanced meal prep helps you pair protein, fiber, and healthy fats more consistently, which can support steadier glucose and keep you fuller longer. It can also save money, reduce food waste, and take the daily guesswork out of "what's for dinner?"

A little planning now can make healthy eating feel simpler, more realistic, and easier to maintain even during busy seasons.



FACEBOOK QUOTE HIGHLIGHT

I had my in person visit with my doc today to review my labs and we talked about my A1c dropping. Told him the last 9 months I was learning to focus more on fiber and fresh whole food...and stopped obsessing on low carbs. He kinda smiled..."Isn't that what we have been telling people for years?"

- Bill S.

Since reading this post, I've had a smile on my face for Bill. First, what an incredible discovery to find something that works so well for their own journey and body. This is what I hope for ALL of you! To find a path that you can sustain forever and that helps you feel your best. But also, I giggled a bit about the doctor's response. Because it's TRUE. Sure, there are studies showing super low carb or other trends can be helpful for managing glucose, but the majority of the body of evidence points to the same thing: a fiber-rich, balanced diet is seriously helpful for managing overall health AND it's sustainable and attainable for most anyone. And we all know that's the key: What can you sustain long-term that helps your WHOLE body. Not just your glucose. Good job Bill, and good job doc!

When nutritious options are already ready, supporting your glucose becomes a whole lot more manageable. You'll have options available that help you make delicious and balanced meals without making a huge mess in the kitchen every night!

Make sure to check out my [free meal prep ideas printable](#) on the blog for ideas to get started with meal prep!

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CATCHING UP WITH KARA

Well ... we are officially back to school for my oldest! I can't believe I have a kindergartener. Isn't it amazing how quickly life seems to fly? He says he's enjoying school and it sounds like he's meeting new friends, so I guess that's the most I can ask for, really! Since school started, meals look a lot different over here. We've been making homemade granola bars for kiddo breakfast with lots of seeds, nuts, a little maple syrup, some oats, and a few chocolate chips on top. I make an egg white bake for me so I just have to cook once to eat six breakfasts. Lunches have been more "mini meals" or large snacks (many of which are featured in my Snack Guide!) because we have to eat an hour earlier than before and we seem to be rushing to fit it in before nap. Dinners have been all over the place because I'm trying to get some fall content ready (including some Halloween recipes!) and the kids have really been loving how fun those are! We've also been spending a lot of time at Chuck E. Cheese in the last month. It's been such a hot summer and after going with some friends in early August, we found that the monthly price isn't bad if we go at least once a month. Ours feels really clean and the games are fun for the kids so we signed up for a year and so far we've gone at least once per week (sometimes twice!). Yes, I know the prizes are a rip-off, but who can put a price on those smiles? Our year is definitely shaping up to be a very different one than usual, but I'm up for the challenge! And since kicking off the cookbook, I've really been fired up about trying new recipes! What sort of recipes do you want to see me make next? Hoping you're all having a great start to fall!

Love, Kara



GROCERY GUIDE

Already stressed about what to buy during your back-to-fall-schedule grocery shopping trips? I've got a guide for that! My [Prediabetes Grocery Shortcut Guide](#) walks you through each type of food and where to focus your energy for balanced meals!