



# LIVING THE SWEET LIFE

A collection of healthy, low-carb  
diabetic-friendly recipes

“...enjoy the food  
you love.”

## Overview

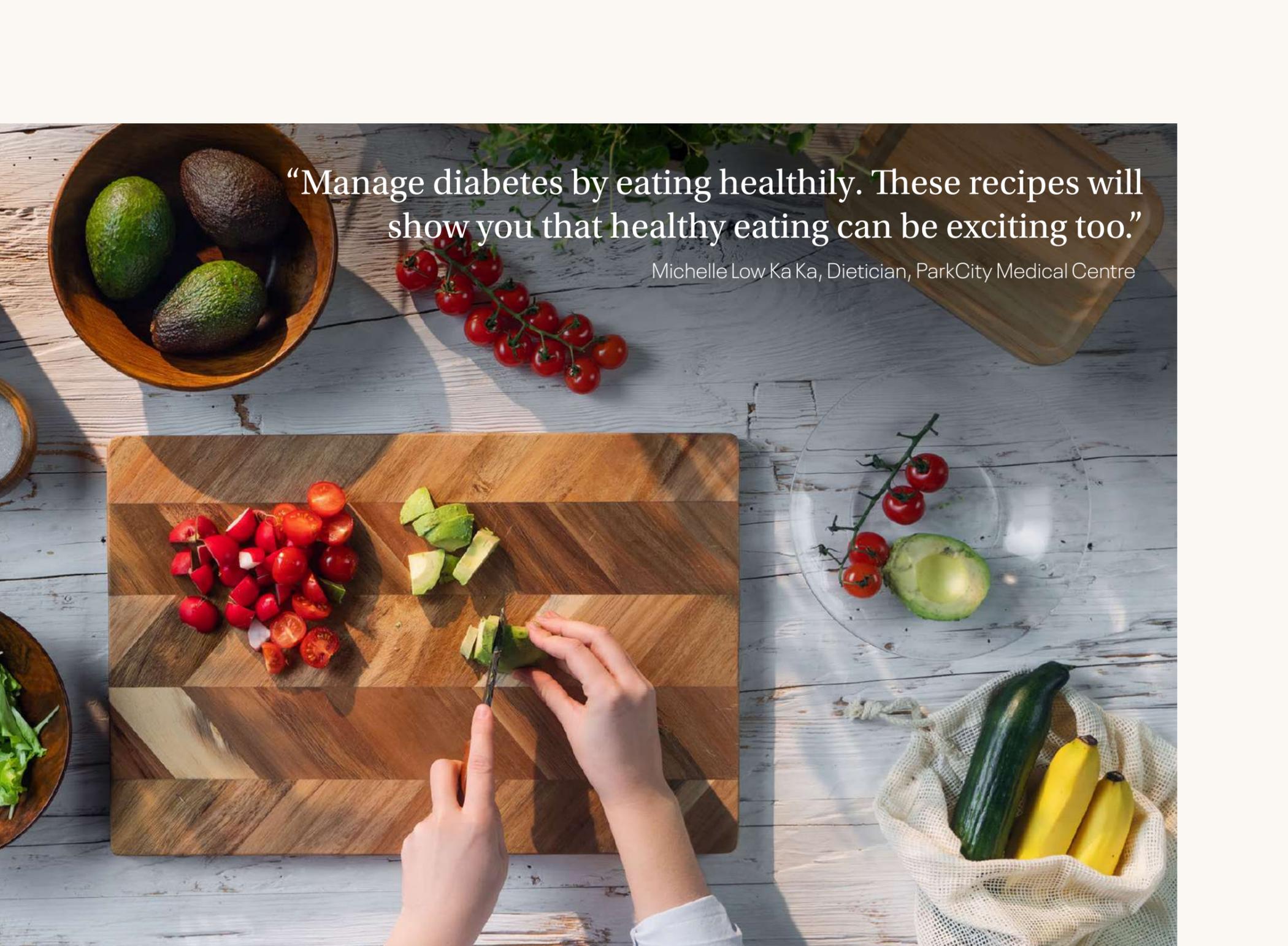
“This e-cookbook is packed with practical, realistic and delicious recipes. Let's try out these recipes to steady your blood sugar and take control of your health!”

- Phui Hui Wen, Dietician, ParkCity Medical Centre

Being diagnosed with diabetes does not mean you can't enjoy good food. It can be challenging, but it doesn't mean you're stuck with flavourless, bland food.

This e-cookbook is specially tailored to help you manage diabetes without giving up on your favourite food. But with the right recipes, you can still enjoy the food you love while maintaining a balanced diet. Enjoy meals packed with nutrition, low in carbs but high in protein and healthy fats.





“Manage diabetes by eating healthily. These recipes will show you that healthy eating can be exciting too.”

Michelle Low Ka Ka, Dietician, ParkCity Medical Centre

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# Sheet Pan Mediterranean Snapper

Source: <https://www.seafoodnutrition.org/project/sheet-pan-mediterranean-snapper/>

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+ SERVINGS  
**4 PEOPLE**

+ TOTAL TIME  
**30 MINUTES**

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## INGREDIENTS

### For the topping

- 1 cup Greek yoghurt
- 2 tablespoons lemon juice
- 1 garlic clove, minced
- 1 tablespoon za'atar (can substitute with ground thyme or a mixture of thyme, oregano, marjoram, cumin or coriander)
- ½ teaspoon salt

### For the fish

- 4 red snapper fillets (can substitute with mahi-mahi, barramundi or trout)
- ¼ red onion, thinly sliced
- 1 cup cherry tomatoes – cut into half
- 1 cup diced zucchini (can use mushrooms, olives, broccoli, asparagus)
- 1 large lemon
- 2 tablespoons capers (optional)
- 2 tablespoons extra virgin olive oil
- Kosher salt and freshly ground pepper to taste

# “Snapper delivers a higher protein kick and lower fat payoff!”

Wong Chu Ann, Senior Dietitian, Dietetics, Subang Jaya Medical Centre

## METHOD

1. Preheat oven to 220°C and oil the sheet pan with cooking oil.
2. In a small bowl, stir together the toppings and set aside.
3. Pat the fish fillets dry with a paper towel. Place them on the sheet pan and season with salt and pepper. Top each fillet with yoghurt sauce. Any leftover sauce can be used for serving.
4. Place the veggies evenly around the pan and on the fish. Drizzle with oil and sprinkle salt, pepper and za’atar or herbs.



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“Diabetes is a lifestyle-related disease. Manage your diet and physical activity to manage this disease.”

Michelle Low Ka Ka, Dietician, ParkCity Medical Centre

# Stir-Fried Mushroom And Tofu

Source: <https://www.eatingwell.com/recipe/277158/mushroom-tofu-stir-fry/>

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+ SERVINGS  
**5 PEOPLE**

+ TOTAL TIME  
**20 MINUTES**

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Pictures shown are for illustration purpose only

## INGREDIENTS

- 4 tablespoons peanut or canola oil
- 450g mixed mushrooms, sliced
- 1 medium red bell pepper, diced
- Scallions, trimmed and cut into 2-inch pieces
- 1 tablespoon grated ginger
- 1 clove garlic, grated
- 1 block of firm tofu (200g), diced
- 3 tablespoons oyster sauce or vegetarian oyster sauce

## METHOD

1. Heat up 2 tablespoons of oil in a wok or pan. Add mushrooms and bell pepper. Cook till soft. Stir in scallions, ginger and garlic, and cook for a few seconds. Turn off the heat and transfer the vegetables to a bowl.
2. Add the remaining 2 tablespoons of oil to the pan and pan-fry the tofu till browned. Add in the vegetables and oyster sauce. Stir till everything is well coated with the sauce.
3. Serve hot over brown rice.



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**“Eating nuts regularly will keep  
your hair shiny and healthy.”**

Nurul Aziah Musa, Manager, Dietetics, Subang Jaya Medical Centre



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# Thai Chicken Stir Fry With Basil And Cashews

Source: <https://www.eatingwell.com/recipe/252629/thai-chicken-stir-fry-with-basil-cashews/>

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+ SERVINGS

**4 PEOPLE**

+ TOTAL TIME

**30 MINUTES**

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## INGREDIENTS

- 2 tablespoons peanut or canola oil
- 450g skinless chicken breast, cut into 1-inch pieces
- 3 scallions, cut into 1-inch pieces
- 2 small red chillies, thinly sliced (optional)
- 2 cloves garlic, thinly sliced
- 1 zucchini, sliced
- 2 tablespoons fish sauce
- 2 teaspoons lime juice
- 2 teaspoons molasses
- 2 teaspoons cornstarch
- ½ cup toasted cashews
- ¼ cup slivered fresh Thai basil

## METHOD

1. Heat 1 tablespoon oil in a wok or large pan. Stir fry chicken till cooked through. Transfer to a plate.
2. Add the remaining 1 tablespoon oil, scallions and chillies, and stir until the scallion softens. Add garlic and zucchini and cook till tender.
3. Whisk fish sauce, lime juice, molasses and cornstarch in a small bowl. Add the sauce into the pan with the chicken, and cook until the sauce bubbles and thickens. Turn off the heat and stir in the cashews and basil.
4. Serve hot over brown rice.



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“Salad - an excellent way for you to eat the whole rainbow!”

Siti Sakinah Abdul Rashid, Food Service Dietitian, Dietetics, Subang Jaya Medical Centre

## Crispy Chicken Salad

Source: <https://www.tasteofhome.com/recipes/crispy-asian-chicken-salad/>

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+ SERVINGS  
**2 PEOPLE**

+ TOTAL TIME  
**30 MINUTES**

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## INGREDIENTS

- 2 boneless skinless chicken breast halved (4 ounces each)
- 2 teaspoons Hoisin sauce
- 1 teaspoon sesame oil
- ½ cup panko breadcrumbs
- 4 teaspoons sesame seeds
- 2 teaspoons canola oil
- 4 cups spring mix salad greens
- 1 small green pepper, julienned
- 1 small sweet red pepper, julienned
- 1 medium carrot, julienned
- ½ cup sliced fresh mushrooms
- 2 tablespoons thinly sliced onion
- 2 tablespoons sliced almonds, toasted
- ¼ cup reduced-fat sesame ginger salad dressing

## METHOD

1. Flatten chicken breasts to ½-inch thickness. Combine Hoisin sauce and sesame oil, and brush over the chicken. In a shallow bowl, combine panko and sesame seeds, and dip chicken in the mixture.
2. In a large nonstick pan, cook chicken in oil until no longer pink, 5-6 minutes on each side.
3. Meanwhile, divide salad greens between 2 plates. Top with peppers, carrot, mushrooms and onion. Slice chicken and place on top. Sprinkle with almonds and drizzle with dressing.



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“There is no magic food to lower your blood sugar level. Healthy eating patterns and an active physical lifestyle are the keys to optimising blood sugar control.”

Phui Hui Wen, Dietician, ParkCity Medical Centre

## Thai Chicken And Coleslaw

Source: <https://www.tasteofhome.com/recipes/thai-chicken-slaw/>

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+ SERVINGS  
**8 PEOPLE**

+ TOTAL TIME  
**55 MINUTES**

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## INGREDIENTS

- ½ cup canola oil
- ½ cup white wine vinegar
- ½ cup honey
- 2 tablespoons minced fresh ginger root
- 2 tablespoons reduced-sodium soy sauce
- 2 garlic cloves, minced
- 1 teaspoon sesame oil
- 8 boneless skinless chicken thighs

### Coleslaw

- 6 cups coleslaw mix
- 1 cup frozen shelled edamame, thawed
- 1 medium sweet pepper, chopped
- 1 tablespoons creamy peanut butter
- ½ teaspoon salt
- 4 green onions, sliced



Pictures shown are for illustration purpose only

## METHOD

1. In a small bowl, whisk the first 7 ingredients until blended. Pour 1 cup marinade into a bowl and coat the chicken well. Cover and refrigerate overnight. Cover the remaining marinade and refrigerate.
2. Preheat oven to 177°. Drain the chicken, discarding the marinade from the bowl. Brush a 13x9-inch baking dish with oil and place the chicken in the dish. Bake uncovered until a thermometer reads 76° after 30-40 minutes.
3. Meanwhile, place the coleslaw mix, edamame and chopped peppers in a large bowl. Add peanut butter and salt to the reserved marinade; whisk until blended. Pour over coleslaw mixture; toss to coat. Refrigerate until serving.
4. Serve chicken with slaw. Sprinkle with green onions.



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# Hoisin Pineapple Salmon

Source: <https://www.tasteofhome.com/recipes/hoisin-pineapple-salmon/>

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+ SERVINGS

**4 PEOPLE**

+ TOTAL TIME

**20 MINUTES**

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## INGREDIENTS

- 4 salmon fillets
- 2 tablespoons Hoisin sauce
- ¼ teaspoon pepper
- ½ cup unsweetened crushed pineapple
- ¼ cup orange marmalade
- 2 tablespoons chopped fresh cilantro

## METHOD

1. Preheat oven to 200°. Spread the salmon fillets with Hoisin sauce and sprinkle with pepper. Place it on a greased foil-lined baking paper with the skin side down. Bake for 12-15 minutes or until fish flakes easily with a fork.
2. In a small saucepan, combine the crushed pineapple and marmalade. Bring to a boil, stirring occasionally. Cook and stir for 4-6 minutes or until slightly thickened. Spoon the sauce over the salmon and sprinkle with cilantro before serving.
3. Serve it over a bed of rice and fresh salad or grilled vegetables.



“Diabetes is more than just sugar. Three key messages to diabetes management are consistent meals, portion control and knowing your carbohydrates.”

Michelle Low Ka Ka, Dietician, ParkCity Medical Centre

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# Bibimbap

Source: <http://www.insulinresistancerecipes.com/bibimbap-a-low-carb-recipe/>

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+ SERVINGS  
**2 PEOPLE**

+ TOTAL TIME  
**70 MINUTES**

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## INGREDIENTS

- ½ carrot, cut into thin strips
- ½ zucchini, cut into thin strips
- 2 mushrooms, thinly sliced
- Handful of baby spinach
- 2 shallots, cut into thin strips
- 2 strips of dried seaweed, cut into thin strips
- ¼ cup cauliflower rice

### Sauce to cook the vegetables

- Sesame oil
- Soy sauce
- Toasted sesame seeds

### Bulgogi marinade

- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon Korean chilli paste
- 200g beef, thinly sliced
- 1 egg yolk

# “Better to understand how much carbohydrates you need, rather than not eating any at all.”

Huda Aiman Mohamad Shahir, Head of Dietetics and Food Services, Bukit Tinggi Medical Centre

## METHOD

1. Cut the meat into thin strips and marinade in Bulgogi sauce.
2. Prepare all vegetables.
3. Cook rice and keep warm.
4. Prepare cauliflower rice.
5. Heat a little sesame oil in pan; add each vegetable with a dash of soy sauce and cook on a gentle heat for 2-3 minutes.
6. Set aside separately and keep warm.
7. Heat a little vegetable oil in a pan and stir fry the beef, then set aside and keep warm.
8. Add a little sesame oil to the same pan and reheat rice for 2-3 minutes if needed.
9. To assemble the dish, add a little sesame oil to the bottom of your bowl. Top with rice and add cooked vegetables and meat like the spokes of a bicycle wheel. Sprinkle with sesame seeds.
10. Carefully add the egg yolk in the middle.
11. Serve with a side of hot sauce.
12. To serve, mix all together.



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# Ginger Chicken Noodle Soup

Source: <https://www.tasteofhome.com/recipes/ginger-chicken-noodle-soup/>

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+ SERVINGS  
**8 PEOPLE**

+ TOTAL TIME  
**3.5 HOURS**

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“Healthy eating does not mean starving yourself. Healthy eating means eating the right food with the right amount mindfully.”

Phui Hui Wen, Dietician, ParkCity Medical Centre

## INGREDIENTS

- 450g boneless skinless chicken breasts, cubed
- 2 medium carrots, shredded
- 2 tablespoons rice vinegar
- 1 tablespoon reduced-sodium soy sauce
- 2 to 3 teaspoons minced fresh ginger root
- ¼ teaspoon pepper
- 6 cups of reduced-sodium chicken broth
- 1 cup water
- 2 cups fresh snow peas, halved
- 50g uncooked angel hair pasta, broken into thirds

## METHOD

1. In a slow cooker, combine the first 9 ingredients. Cook on low for 3-4 hours or until chicken is tender with the lid covered.
2. Stir in snow peas and pasta. Cook on low for about 30 minutes longer with the lid covered until snow peas and pasta are tender.



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“Let thy food be thy medicine.  
Which means our food should be our medicine and vice versa.”

Hippocrates

# Teriyaki Beef Stew

Source: <https://www.tasteofhome.com/recipes/teriyaki-beef-stew/>

+ SERVINGS

6 PEOPLE

+ TOTAL TIME

6 HOURS



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## INGREDIENTS

- 900g beef stew meat
- 1 bottle ginger beer or ginger ale
- ¼ cup teriyaki sauce
- 2 garlic cloves, minced
- 2 tablespoons sesame seeds
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 2 cups frozen peas, thawed
- Hot cooked rice, optional

## METHOD

1. In a large nonstick skillet, brown beef in batches. Transfer to a slow cooker.
2. In a small bowl, combine the ginger beer, teriyaki sauce, garlic and sesame seeds; pour over beef. Cover and cook on low for 6-8 hours, until meat is tender.
3. Combine cornstarch and cold water until smooth; gradually stir into stew. Stir in peas. Cover and cook on high for 30 minutes or until thickened. Serve with rice if desired.



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# Chicken And Vegetable Vietnamese Spring Rolls

Source: <https://www.aheadofthyme.com/vietnamese-summer-rolls-with-chicken/>

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+ SERVINGS  
**3 PEOPLE**

+ TOTAL TIME  
**20 MINUTES**

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## INGREDIENTS

- 1 cup thin rice vermicelli noodles
- 6 rice wrappers
- 1 medium cucumber, julienned
- 1 medium carrot, julienned
- ¼ cup fresh basil or cilantro, chopped
- 1 cup cooked chicken breast

## For the peanut dipping sauce

- 2 tablespoons Hoisin sauce
- 1 tablespoon peanut butter
- 1 tablespoon water
- ½ tablespoon fresh lime juice
- ½ tablespoon honey
- 1 tablespoon roasted peanuts, chopped

# “There are many fun and healthy ways to lose weight, other than restricting food intake and being hungry.”

Huda Aiman Mohamad Shahir, Head of Dietetics and Food Services, Bukit Tinggi Medical Centre

## METHOD

1. Bring a pot of water to a boil over high heat and add vermicelli noodles. Cook for 2 minutes until soft. Transfer the noodles to a bowl with a strainer to completely drain out any water.
2. Fill a large shallow bowl with warm water, about 1 to 2 inches high. Take one rice wrapper at a time and quickly dip it into the warm water for one second, or according to package directions. Shake off excess water. The wrapper will start to soften and feel a bit sticky. Transfer the wrapper onto a clean, dry flat surface.
3. Place some cucumbers and carrots in the center of the rice wrapper into a log shape, leaving 2 inches of space on each side. Top with about 2 tablespoons of vermicelli noodles, a few basil leaves, and 2-3 tablespoons of chicken.
4. Roll the wrapper up tightly from the bottom but gently so you don't tear it. Roll it up halfway over the top of the noodles. Then fold over the left and right sides inward. Then continue to roll the wrapper to seal the mixture inside tightly. If the wrapper doesn't feel soft and pliable, apply some water to your fingers and the wrapper to help it soften.

### Make the peanut sauce.

Combine Hoisin sauce, peanut butter, water, lime juice, and honey. Stir well with a spoon until smooth and uniform. Sprinkle some chopped roasted peanuts on top.



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“Leafy greens such as romaine lettuce, kale, collards, Swiss chard, and spinach are the most nutrient-dense of all foods.”

Autumn Enloe, MS, RD

## Beef And Spinach Lo Mein

Source: <https://www.tasteofhome.com/recipes/beef-spinach-lo-mein/>

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+ SERVINGS  
**5 PEOPLE**

+ TOTAL TIME  
**30 MINUTES**

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Pictures shown are for illustration purpose only

## INGREDIENTS

- ¼ cup Hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon water
- 2 teaspoons sesame oil
- 2 garlic cloves, minced
- ¼ teaspoon crushed red pepper flakes
- 1 pound beef top round steak, thinly sliced
- 170g uncooked spaghetti
- 4 teaspoons canola oil, divided
- 2 green onions, sliced
- 1 package of fresh spinach, coarsely chopped
- 1 red chilli pepper, seeded and thinly sliced



Pictures shown are for illustration purpose only

## METHOD

1. In a small bowl, mix the first 6 ingredients. Remove ¼ cup mixture to a large bowl, then add beef and toss to coat. Marinate at room temperature for 10 minutes.
2. Cook spaghetti according to package directions. Meanwhile, heat 1-½ teaspoons of canola oil in a large skillet. Add half the beef mixture, and stir-fry for 1-2 minutes or until no longer pink. Remove from pan. Repeat with 1-½ teaspoons of oil and the remaining beef mixture.
3. Stir-fry green onions in the remaining canola oil for 30 seconds. Stir in spinach and remaining Hoisin mixture; cook until spinach is wilted. Return beef to pan and heat through.
4. Drain spaghetti, add to beef mixture and toss to combine. Sprinkle with chilli pepper.

\*Note: You can substitute spaghetti with Buckwheat or soba noodles.

“In terms of nutritional content, a tablespoon of chia is like a smoothie made from salmon, spinach, and human growth hormone. As tiny as those seeds are, they’re super packed with Omega-3s, protein, calcium, iron, zinc, ber and antioxidants.”

Van Zandt

# Chia Seed Pudding

Source: Dietician from ParkCity Medical Centre

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+ SERVINGS  
**2 PEOPLE**

+ TOTAL TIME  
**1-2 HOURS**

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Pictures shown are for illustration purpose only

## INGREDIENTS

- 3 tablespoons of chia seed
- 1 cup of unsweetened soy milk
- 1 teaspoon of honey (optional)
- 2 tablespoons of mango
- 2 tablespoons of honeydew

## METHOD

1. In a bowl, stir together chia seeds and unsweetened soy milk.
2. Once the chia pudding mixture is well combined, let it sit for 5 minutes. Give it another stir to break up the clumps of chia seeds, cover and put the mixture in the fridge to “set” for 1-2 hours or overnight. The chia pudding should be nice and thick, not liquidy.
3. Cut up mango and honeydew into small pieces as topping.
4. Serve cold with fruit topping and honey (optional)



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# Reach out to us any time

## Subang Jaya Medical Centre

[subangjayamedicalcentre.com](http://subangjayamedicalcentre.com)

Emergency Department

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## Bukit Tinggi Medical Centre

(formerly known as Manipal Hospitals Klang)

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General Enquiry Line

**+603 3884 3884**

General Emergency Line

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**MALAYSIA**

- Subang Jaya Medical Centre (SJMC)
- Ara Damansara Medical Centre (ADMC)
- ParkCity Medical Centre (PMC)
- Bukit Tinggi Medical Centre (BTMC)



**INDONESIA**

- RS Premier Surabaya (RSPS)
- RS Premier Bintaro (RSPB)
- RS Premier Jatinegara (RSPJ)

**CAH Medical Centres Sdn Bhd**

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