Low GI Daily Menu: Easy 20-Minute Spring Meals

Sunday 25 October 2026 | 20-minute weeknight | Recipes & method (serves 2)

Short on time but still want steady energy? Today's menu is built for speed, with each recipe using just a handful of everyday ingredients and ready in around 20 minutes. Fresh spring veg, legumes and wholegrains keep things low GI without any fuss.

Daily total per person (approx.): 115 g carbs | 27 g fibre | 85 g protein | 1190 kcal

BREAKFAST — LOW GI

Smashed Pea and Fetta Toast with Poached Eggs

Creamy minted pea mash on grainy toast, topped with a soft poached egg and crumbled fetta.

Prep 8 min | Cook 10 min | Serves 2
Per serve: 35 g carbs | 9 g fibre | 22 g protein | 14 g fat | 390 kcal

Ingredients

- 4 slices (140 g) wholegrain or grainy bread
- 1 cup (120 g) frozen peas
- 4 eggs
- 60 g fetta, crumbled
- small handful fresh mint leaves
- 1 lemon
- 1 tbsp olive oil

Method

1. Bring a small saucepan of water to the boil and cook peas for 3 minutes, then drain.
2. Mash peas with mint, a squeeze of lemon juice and olive oil; season with pepper.
3. Toast the bread slices until golden.
4. Meanwhile, poach eggs in a saucepan of gently simmering water for 3 minutes until whites are set.
5. Spread pea mash onto toast, top with a poached egg and crumbled fetta, finish with extra mint.

> Why it's low GI: Wholegrain bread and peas are both low GI carbohydrates, digesting slowly and pairing well with protein from eggs and fetta for steady energy.

Tip: Extra pea mash keeps well in the fridge for 2 days and makes a great lunch spread too.

Drink: Sparkling water with lemon and mint

LUNCH LOW GI

Smoky Butter Bean and Tuna Salad with Rocket

A no-cook salad of butter beans, tuna, cherry tomatoes and rocket with a smoky lemon dressing, served with a small wholegrain roll.

Prep 12 min | Cook 0 min | Serves 2
Per serve: 38 g carbs | 10 g fibre | 28 g protein | 12 g fat | 380 kcal

Ingredients

- 1 x 400 g can butter beans, drained and rinsed
- 1 x 185 g can tuna in springwater, drained
- 150 g cherry tomatoes, halved
- 60 g rocket
- 1/4 red onion, thinly sliced
- 1 lemon
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 2 small wholegrain bread rolls (80 g)

Method

1. Place butter beans in a large bowl with tuna, tomatoes, rocket and red onion.
2. Whisk lemon juice, olive oil and smoked paprika together.
3. Pour dressing over salad and toss gently to combine.
4. Season with pepper and serve with a small wholegrain roll.

> Why it's low GI: Butter beans are a low GI legume that slow digestion and add fibre and plant protein, keeping this quick salad gentle on blood glucose.

Tip: Swap tuna for canned salmon for an omega-3 boost without extra prep time.

Drink: Iced herbal tea with lemon slices

DINNER LOW GI

Ginger Soy Chicken and Vegetable Stir-Fry with Brown Rice

A fast midweek stir-fry loaded with crunchy spring vegetables and tender chicken, served over nutty brown rice.

Prep 10 min | Cook 15 min | Serves 2
Per serve: 42 g carbs | 8 g fibre | 35 g protein | 10 g fat | 420 kcal

Ingredients

- 3/4 cup (150 g) brown rice, uncooked
- 300 g chicken breast, thinly sliced
- 200 g broccoli, cut into small florets

- 1 capsicum, sliced
- 100 g snow peas
- 1 carrot, julienned
- 2 cloves garlic, finely chopped
- 2 cm piece fresh ginger, grated
- 2 tbsp salt-reduced soy sauce
- 1 tsp sesame oil
- 1 tbsp olive oil

Method

1. Cook brown rice according to packet instructions and keep warm.
2. Heat olive oil in a wok or large frying pan over high heat and stir-fry chicken until cooked through; remove and set aside.
3. Add garlic and ginger to the pan, stir-fry for 30 seconds, then add broccoli, capsicum, snow peas and carrot.
4. Stir-fry vegetables for 4-5 minutes until tender-crisp.
5. Return chicken to the pan, add soy sauce and sesame oil, and toss everything together for 1-2 minutes.
6. Serve the stir-fry over brown rice.

> Why it's low GI: Brown rice has a lower GI than white rice, and the generous mix of non-starchy vegetables adds fibre and bulk without adding extra carbohydrate.

Tip: Prep all vegetables before you start cooking so the stir-fry comes together quickly over high heat.

Drink: Green tea, unsweetened

Why this menu helps

Each meal pairs a low GI carbohydrate, such as grainy bread, butter beans or brown rice, with lean protein and plenty of non-starchy vegetables, which helps slow glucose release into the bloodstream. Keeping carbohydrate portions moderate and consistent across breakfast, lunch and dinner supports steadier blood glucose levels through the day. The healthy fats from olive oil, fetta and sesame oil also help slow digestion further, while fibre from legumes and vegetables supports fullness and gut health. Best of all, every recipe is quick enough for a busy spring evening.

Nutrition values are estimates per serve and will vary with brands and portion sizes. Everyone's needs are different; talk to your GP, accredited practising dietitian or credentialled diabetes educator about the right amount of carbohydrate for you, and check your blood glucose as advised.