Low GI Daily Menu: Moroccan Spiced Spring Flavours

Tuesday 27 October 2026 | Moroccan spiced | Recipes & method (serves 2)

Today we're travelling to Morocco with warm spices like cinnamon, cumin and paprika layered through wholesome low GI grains and plenty of spring vegetables. Each meal keeps blood glucose steadier thanks to fibre-rich legumes, wholegrains and lean protein, while citrus and herbs bring fresh spring brightness to every plate.

Daily total per person (approx.): 116 g carbs | 30 g fibre | 86 g protein | 1170 kcal

BREAKFAST — LOW GI

Moroccan Spiced Pearl Barley Porridge with Pear and Pistachio

Creamy cinnamon-spiced pearl barley porridge topped with juicy pear, yoghurt and crunchy pistachios.

Prep 5 min | Cook 15 min | Serves 2
Per serve: 36 g carbs | 9 g fibre | 16 g protein | 10 g fat | 330 kcal

Ingredients

- 100 g pearl barley
- 300 ml reduced-fat milk
- 300 ml water
- 1 tsp ground cinnamon
- 1 pinch ground ginger
- 1 orange (zest only)
- 1 pear, diced
- 20 g pistachios, chopped
- 100 g natural Greek yoghurt

Method

1. Rinse barley and place in a saucepan with milk, water, cinnamon and ginger.
2. Bring to a gentle simmer, then cook, stirring often, for 12-15 minutes until creamy and tender.
3. Spoon into bowls and top with diced pear, a dollop of yoghurt, pistachios and orange zest.
4. Serve warm.

> Why it's low GI: Pearl barley has a low GI and digests slowly thanks to its soluble fibre, while unsweetened yoghurt and pear keep the meal gentle on blood glucose.

Tip: Cook a double batch of barley and refrigerate for up to 3 days; reheat with a splash of milk.

Drink: Moroccan-style mint tea (green tea steeped with fresh mint, unsweetened)

LUNCH LOW GI

Moroccan Spiced Chicken and Bulgur Salad with Orange

Grilled cumin-and-paprika chicken tossed through spiced bulgur, chickpeas, spinach and fresh orange segments.

Prep 15 min | Cook 15 min | Serves 2
Per serve: 42 g carbs | 10 g fibre | 34 g protein | 14 g fat | 430 kcal

Ingredients

- 2 (120 g each) chicken breast fillets
- 80 g bulgur wheat
- 200 g chickpeas, drained and rinsed
- 60 g baby spinach
- 1 carrot, grated
- 1 orange, segmented
- 2 tbsp lemon juice
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp paprika
- small handful fresh mint and parsley, chopped

Method

1. Rub chicken with cumin, paprika and a little olive oil; grill or pan-fry 5-6 minutes each side until cooked through. Rest then slice.
2. Cook bulgur in simmering water for 10-12 minutes until tender; drain and cool slightly.
3. Toss bulgur with chickpeas, spinach, carrot, orange segments, herbs, lemon juice and remaining olive oil.
4. Top with sliced chicken and serve.

> Why it's low GI: Bulgur wheat and chickpeas are both low GI wholegrain and legume carbohydrates that release energy slowly, paired here with lean chicken for sustained fullness.

Tip: Swap bulgur for cooked quinoa if avoiding gluten.

Drink: Sparkling water with orange slices and fresh mint

Moroccan Spiced Baked Fish with Chickpea Quinoa Pilaf

Ras el hanout-spiced baked barramundi served over a zucchini, capsicum and chickpea quinoa pilaf with preserved lemon.

Prep 15 min | Cook 20 min | Serves 2
Per serve: 38 g carbs | 11 g fibre | 36 g protein | 13 g fat | 410 kcal

Ingredients

- 2 (150 g each) barramundi fillets
- 150 g quinoa
- 200 g chickpeas, drained and rinsed
- 1 zucchini, sliced
- 1 red capsicum, sliced
- 2 cloves garlic, crushed
- 2 tbsp olive oil
- 1 tbsp ras el hanout spice blend
- 60 g baby spinach
- 1 tbsp preserved lemon, finely chopped
- small handful fresh parsley, chopped

Method

1. Preheat oven to 200°C. Rub fish with half the ras el hanout and a little olive oil; place on a lined tray.
2. Bake fish for 12-15 minutes until just cooked through.
3. Meanwhile, cook quinoa according to packet directions.
4. Heat remaining oil in a pan, sauté garlic, zucchini and capsicum for 4-5 minutes, then stir through chickpeas, spinach and remaining spice blend until spinach wilts.
5. Fold cooked quinoa and preserved lemon through the vegetable mix.
6. Serve fish over the pilaf, scattered with parsley.

> Why it's low GI: Quinoa and chickpeas are both low GI, fibre-rich carbohydrates that pair well with omega-3-rich fish for a balanced, slow-release dinner.

Tip: No preserved lemon on hand? Use extra lemon zest and a pinch of salt instead.

Drink: Sparkling water with lemon and cucumber slices

Why this menu helps

Each meal today combines a low GI wholegrain or legume with lean protein and plenty of fibre-rich vegetables, which slows glucose absorption and helps avoid sharp blood sugar spikes. The warm Moroccan spices add flavour without needing added sugar, while healthy fats from olive oil, pistachios and fish support steady energy and heart health. Spreading moderate, consistent carbohydrate portions across breakfast, lunch and dinner also helps keep blood glucose levels more stable throughout the day.

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.