Low GI Daily Menu: Mexican-Inspired Beans

Thursday 29 October 2026 | Mexican-inspired beans | Recipes & method (serves 2)

Today we're turning up the flavour with a Mexican-inspired menu built around slow-release beans, lean protein and plenty of colourful vegetables. From breakfast tostadas to a smoky chilli dinner, every dish keeps carbs moderate and fibre high for steadier energy. Fresh lime, coriander and avocado bring spring brightness to every plate.

Daily total per person (approx.): 119 g carbs | 38 g fibre | 89 g protein | 1310 kcal

BREAKFAST — LOW GI

Black Bean and Egg Breakfast Tostadas

Toasted corn tortillas topped with spiced black beans, fried eggs, avocado and a quick tomato salsa.

Prep 10 min | Cook 12 min | Serves 2
Per serve: 37 g carbs | 11 g fibre | 23 g protein | 16 g fat | 420 kcal

Ingredients

- 4 small wholegrain corn tortillas (15 cm)
- 1 x 400 g can black beans, drained and rinsed
- 4 eggs
- 1 avocado
- 1 lime
- 150 g cherry tomatoes, diced
- 1/4 red onion, finely diced
- 1/2 bunch fresh coriander
- 1 tsp ground cumin
- olive oil spray for cooking

Method

1. Warm half the black beans with cumin and a squeeze of lime in a small pan, roughly mashing as they heat.
2. Dry-toast the tortillas in a hot pan for 1-2 minutes each side until lightly charred and crisp at the edges.
3. Fry the eggs in a lightly oiled nonstick pan to your liking.
4. Combine cherry tomato, red onion, coriander and remaining lime juice for a quick salsa.
5. Spread the mashed bean mixture over each tortilla, top with whole beans, an egg, avocado slices and salsa.

> Why it's low GI: Corn tortillas and black beans are both low GI carbohydrate sources, and the fibre from the beans combined with protein from the eggs slows glucose absorption.

Tip: Make extra bean mash and keep in the fridge for 2 days to speed up tomorrow's breakfast.

Drink: Freshly brewed coffee or green tea, unsweetened

LUNCH **LOW GI**

Mexican Black Bean and Quinoa Salad with Lime Chicken

A hearty bowl of quinoa, black beans, corn and capsicum tossed in lime dressing, topped with spiced grilled chicken.

Prep 15 min | Cook 15 min | Serves 2
Per serve: 40 g carbs | 13 g fibre | 32 g protein | 14 g fat | 440 kcal

Ingredients

- 150 g chicken breast, sliced
- 1/2 cup (100 g) quinoa, uncooked
- 1 cup (170 g) canned black beans, drained and rinsed
- 3/4 cup corn kernels (fresh or frozen)
- 1 capsicum, diced
- 150 g cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1/2 avocado
- 1 lime, juiced
- 1 tsp ground cumin

Method

1. Cook quinoa according to packet directions, drain and cool slightly.
2. Season chicken with cumin, chilli and lime juice, then pan-fry until cooked through; rest and slice.
3. Steam or microwave corn kernels until just tender.
4. Combine quinoa, black beans, corn, capsicum, tomato and onion in a large bowl.
5. Whisk remaining lime juice with olive oil and toss through the salad.
6. Top with sliced chicken, avocado and coriander leaves.

> Why it's low GI: Quinoa and black beans are both low GI, fibre-rich carbohydrates that pair with lean chicken protein to help keep blood glucose steady after lunch.

Tip: Cook a double batch of quinoa on the weekend to save time on busy weekdays.

Drink: Sparkling water with lime and mint

Smoky Turkey and Pinto Bean Chilli with Brown Rice

A warming smoky chilli with lean turkey mince, pinto beans and vegetables, served over brown rice with avocado and lime.

Prep 10 min | Cook 25 min | Serves 2
Per serve: 42 g carbs | 14 g fibre | 34 g protein | 13 g fat | 450 kcal

Ingredients

- 250 g lean turkey mince
- 1 x 400 g can pinto beans, drained and rinsed
- 1 x 400 g can diced tomatoes, no added salt
- 1 brown onion, diced
- 2 cloves garlic, crushed
- 1 capsicum, diced
- 1 zucchini, diced
- 3/4 cup (150 g) brown rice, uncooked
- 1/2 avocado, sliced
- 1 lime, cut into wedges
- 2 tsp smoked paprika
- 1 tsp ground cumin

Method

1. Cook brown rice according to packet directions.
2. Heat olive oil in a large pan and sauté onion, garlic, capsicum and zucchini until softened.
3. Add turkey mince and cook, breaking up with a spoon, until browned.
4. Stir in smoked paprika, cumin, tomatoes and pinto beans; simmer for 15 minutes until thickened.
5. Serve chilli over brown rice, topped with avocado, coriander and a lime wedge.

> Why it's low GI: Pinto beans and brown rice are both low GI, and the high fibre content from beans and vegetables slows digestion for steadier post-dinner glucose levels.

Tip: This chilli freezes well for up to 2 months, so make a double batch for an easy future dinner.

Drink: Herbal tea or sparkling water with lime

Why this menu helps

Each meal today centres on low GI beans, wholegrains and fibre-rich vegetables, which release glucose slowly and help avoid sharp blood sugar spikes. Lean proteins like eggs, chicken and turkey mince slow digestion further and keep you satisfied between meals. Healthy fats from avocado and olive oil support steady energy without excess saturated fat, and the generous fibre across all three meals supports digestive and metabolic health.

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.