Low GI Daily Menu: Heart-Healthy Spring Day

Friday 30 October 2026 | Heart-healthy | Recipes & method (serves 2)

Spring is the perfect time to focus on heart health, with fresh fennel, asparagus-season greens and vibrant produce filling the shops. Today's menu leans on omega-3-rich fish, walnuts, legumes and extra virgin olive oil to look after your heart while keeping blood glucose steady. Simple, everyday ingredients make this an easy one to cook for two.

Daily total per person (approx.): 102 g carbs | 30 g fibre | 75 g protein | 1200 kcal

BREAKFAST — LOW GI

Apple Walnut Bircher Oats with Cinnamon Yoghurt

Creamy overnight oats with grated apple, walnuts and chia, topped with cinnamon-spiced unsweetened yoghurt.

Prep 10 min | Cook 0 min | Serves 2
Per serve: 35 g carbs | 9 g fibre | 15 g protein | 14 g fat | 350 kcal

Ingredients

- 1 cup (90 g) traditional rolled oats
- 1 apple, grated (skin on)
- 2 tbsp walnuts, roughly chopped
- 2 tbsp chia seeds
- 1 cup (250 ml) unsweetened milk
- 1/2 cup (140 g) unsweetened natural yoghurt
- 1/2 tsp ground cinnamon

Method

1. Combine oats, chia seeds, milk and half the grated apple in a bowl or jar.
2. Stir well, cover and refrigerate overnight (or at least 2 hours).
3. Stir cinnamon through the yoghurt.
4. Divide soaked oats into two bowls, top with remaining apple, walnuts and cinnamon yoghurt.

> Why it's low GI: Traditional rolled oats, chia seeds and a whole apple keep this low GI, while unsweetened yoghurt adds protein without added sugar.

Tip: Make a double batch and keep in the fridge for up to 3 days for an easy grab-and-go breakfast.

Drink: Herbal tea (e.g. peppermint or chamomile)

LUNCH LOW GI

Sardine, White Bean and Fennel Salad with Grainy Toast

A fresh spring salad of tinned sardines, cannellini beans, shaved fennel and rocket, served with grainy sourdough.

Prep 15 min | Cook 0 min | Serves 2
Per serve: 35 g carbs | 10 g fibre | 25 g protein | 18 g fat | 420 kcal

Ingredients

- 2 x 110 g tins sardines in springwater, drained
- 1 x 400 g tin cannellini beans, rinsed and drained
- 1 small fennel bulb, thinly sliced
- 60 g rocket leaves
- 150 g cherry tomatoes, halved
- 1 lemon, juiced
- 2 tbsp extra virgin olive oil
- 2 slices grainy sourdough bread

Method

1. Toss cannellini beans, fennel, rocket and cherry tomatoes in a large bowl.
2. Whisk lemon juice and olive oil, season with black pepper and pour over salad.
3. Toss gently to combine, then divide between two plates.
4. Top each salad with flaked sardines.
5. Toast sourdough and serve alongside.

> Why it's low GI: Cannellini beans and grainy sourdough provide slow-release low GI carbohydrates, while sardines add heart-healthy omega-3 fats.

Tip: No fennel on hand? Thinly sliced celery works well and keeps that fresh crunch.

Drink: Sparkling water with lemon slices

DINNER LOW GI

Baked Ocean Trout with Puy Lentils and Steamed Greens

Lemon and herb baked ocean trout served over garlicky puy lentils with steamed broccolini and green beans.

Prep 10 min | Cook 25 min | Serves 2
Per serve: 32 g carbs | 11 g fibre | 35 g protein | 16 g fat | 430 kcal

Ingredients

- 2 x 150 g ocean trout fillets, skin on
- 1 x 400 g tin puy or French-style lentils, rinsed and drained
- 1 garlic clove, crushed

- 150 g broccolini, trimmed
- 100 g green beans, trimmed
- 1 lemon, half sliced and half juiced
- 2 tbsp extra virgin olive oil
- 2 tbsp fresh parsley, chopped

Method

1. Preheat oven to 200°C (180°C fan-forced).
2. Place trout fillets on a lined tray, top with lemon slices, drizzle with 1 tbsp olive oil and bake for 15-18 minutes until just cooked through.
3. Meanwhile, warm remaining olive oil in a saucepan, add garlic and lentils, and cook gently for 4-5 minutes until heated through; stir in lemon juice.
4. Steam broccolini and green beans for 4-5 minutes until just tender.
5. Divide lentils between plates, top with trout and greens, and scatter with parsley.

> Why it's low GI: Puy (French-style) lentils are a low GI legume that digest slowly, pairing well with heart-healthy ocean trout and plenty of fibrous greens.

Tip: Swap ocean trout for salmon or snapper depending on what's freshest at the fish counter.

Drink: Sparkling water with fresh mint

Why this menu helps

This menu pairs low GI carbohydrates like rolled oats, cannellini beans and puy lentils with lean protein and heart-healthy fats from fish, walnuts and extra virgin olive oil. The combination slows digestion and glucose release, helping blood glucose levels rise more gently after meals. Generous vegetables and legumes also boost fibre intake, which supports both blood glucose management and heart health. Zero-sugar drinks throughout the day help avoid unnecessary glucose spikes.

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.