

# Pediatric Endocrinology

## 3-Day Cinnamon Meal Plan



### Day 1

#### Breakfast

- 1 cup of oatmeal + strawberries with **cinnamon**, shaved almonds + sausage

#### Morning Snack

- ½ cup of raspberries + almonds

#### Lunch

- Tuna sandwich on whole wheat bread with lettuce, tomato, cheese, edamame and avocado

#### Afternoon Snack

- Deli chicken slices + cucumber slices and hummus

#### Dinner

- Steak, asparagus, ½ sweet potato with **cinnamon**



### Day 2

#### Breakfast

- Low sugar Greek yogurt + **cinnamon**, ½ cup of raspberries

#### Morning Snack

- Mandarin orange + cashews

#### Lunch

- Taco salad with ground turkey, ¼ cup black beans, lettuce, salsa, cheese, avocado and tomato

#### Afternoon Snack

- 2 cups popcorn + sunflower seeds

#### Dinner

- **Cinnamon-spiced** salmon + spinach with 1 cup of brown rice

### Day 3

#### Breakfast

- Egg, peanut butter on whole grain toast and ½ cup blueberries

#### Morning Snack

- Walnuts + strawberries with **cinnamon**

#### Lunch

- Turkey, roasted carrots + **cinnamon**, green beans and wild rice

#### Afternoon Snack

- Cheese stick + sunflower seeds

#### Dinner

- **Cinnamon** pork tenderloin, broccoli + cauliflower and whole wheat pasta



## Recipes

### Cinnamon-Spiced Salmon

#### Ingredients

- 2 salmon filets
- 2 tsp olive oil
- ½ tsp **cinnamon**
- ½ tsp chili powder
- Salt and pepper to taste

#### Directions

- Pre-heat oven to 350° F
- Place salmon on baking tray
- Combine olive oil, cinnamon, chili powder in bowl and spread over top of salmon
- Salt and pepper to taste
- Bake at 350° F for 16-20 minutes

### Cinnamon Pork Tenderloin

#### Ingredients

- 2 pork tenderloins
- 2 tsp olive oil
- 1 tsp **cinnamon**
- ½ tsp garlic powder
- 4 tbsp soy sauce
- 4 tbsp chicken broth

#### Directions

- Marinade: Combine olive oil, cinnamon, garlic powder, soy sauce and chicken broth in bowl
- Combine marinade with pork in resealable bag and rest in refrigerator overnight
- Grill over medium heat for 20 minutes, turning occasionally

### Cincinnati Chili

#### Ingredients

- 1 tbsp vegetable oil
- ½ cup chopped onion
- 2 lbs ground beef
- ¼ cup chili powder
- 1 tsp ground **cinnamon**
- 1 tsp ground cumin
- ¼ tsp ground allspice
- ¼ tsp ground cloves
- 1 bay leaf
- 1 oz unsweetened chocolate
- 2 (10.5 oz) cans beef broth
- 1 (15oz) can tomato sauce
- 2 tbsp cider vinegar
- ¼ tsp ground cayenne pepper

#### Directions

- Heat oil in large pot over medium heat. Add onion and cook until tender.
- Add beef, cook and mix until browned.
- Add all other ingredients, stir well, and bring to boil
- Cover, reduce heat and simmer for 2 hours. Stir occasionally.
- Bake at 350° F for 16-20 minutes



Cinnamon May Improve Blood Sugar Control in People with Prediabetes  
Romeo GR, Lee J, Mulla CM, Noh Y, Holden C, Lee BC. Influence of Cinnamon on Glycemic Control in Individuals With Prediabetes: A Randomized Controlled Trial. J Endocr Soc. 2020 Jul 13;4(11):bvaa094.

**GOAL: 800mg of cinnamon each day = 1/3 teaspoon.**  
Supplementation is also an option.