

3 Caribbean Meals Starter Guide



Balanced • Flavorful • Culturally Rooted

This starter guide introduces simple, nourishing Caribbean meals that honor tradition while supporting blood sugar balance, heart health, and overall wellness.



Meal 1:

Haitian-Style Stewed Chicken (Poul an Sos)

Protein: Stewed chicken seasoned with epis

Vegetables: Tomatoes, bell peppers, onions

Carbohydrate: Small portion of brown or jasmine rice

Healthy Fat: Avocado slices or olive oil

Ingredients:

- 1 lb chicken, some epis (garlic, onion, scallion, parsley blend)- tomato paste, tomatoes, 1 bell pepper, olive oil- Thyme, lime juice, habanero pepper, black pepper. (add veggies you like).

Directions: 1. Cut and wash chicken with lime/lemon and salt. Rinse with hot or boiled water(be careful not to burn yourself). Then marinate the chicken with epis, lime juice, salt, and other spices. 2. Heat olive oil in a pot, add a tablespoon of epis, tomato paste, and tomatoes, then add the chicken to lightly brown. 3. Add water to your liking. Simmer 60-90 minutes until tender. Add fresh thyme, a couple of cloves, sliced bell peppers, habanero pepper, and onions at the end. Taste and adjust flavor. 4. Serve with a small portion of rice and beans and avocado. Enjoy!



Meal 2:

Caribbean Baked Fish with Okra & Spinach

Protein: Baked snapper or salmon with herbs and lime

Vegetables: Stewed okra and spinach or callaloo

Carbohydrate: Boiled green banana or roasted breadfruit

Healthy Fat: Olive or avocado oil

Ingredients:

- 2 fish fillets (snapper or salmon)- 2 cloves garlic, minced- Lime juice, thyme, salt, paprika- 1 cup okra, sliced- 1 cup spinach or callaloo- 1 tbsp olive oil.

Directions: 1. Preheat oven to 375°F. 2. Season fish with garlic, lime, herbs, salt, and olive oil. 3. Bake fish for 15–20 minutes. 4. Lightly sauté okra and spinach with olive oil and garlic. 5. Serve with green banana or breadfruit.



Meal 3:

Caribbean Bean Stew with Root Vegetables (Plant-Based)

Protein: Red kidney beans or pigeon peas

Vegetables: Pumpkin, spinach, onion, garlic, thyme

Carbohydrate: Small portion of rice & peas or millet

Healthy Fat: Light coconut milk

Ingredients:

- 1 cup cooked red kidney beans or pigeon peas- 1 cup pumpkin (calabaza), cubed- 1 small onion, chopped- 2 cloves garlic, minced- $\frac{1}{2}$ cup light coconut milk- Thyme, salt, black pepper.

Directions: 1. Sauté onion and garlic in a pot with a small amount of oil. 2. Add pumpkin, beans, herbs, and 1 cup of water and salt. Simmer 20 minutes. 3. Stir in light coconut milk and cook 10 more minutes. 4. Serve with a small portion of rice, quinoa, or millet.

