

Insulin Resistance Diet Plan

INSULIN RESISTANCE DIET PLAN

Monday:

Tuesday:

Wednesday:

Friday:

Saturday:

Sunday:

Snacks:

FOOD TO SHOP FOR

Proteins: Chicken sausage, Deli turkey, Shrimp, Beef (for stroganoff), Cod, Chicken (for BBQ and rotisserie), Turkey burger (Trader Joe's), Sausage, Bacon, Salmon

Dairy: Cream (for coffee), 1/2&1/2 (for coffee), Cheese (string cheese and in recipes as required), Yogurt

Vegetables: Roma tomatoes, Kale, Spinach, Lettuce (for wraps and salads), Cauliflower (for mashing), Green beans, Carrots, Avocado, Broccoli, Sweet potato, Salad greens, Veggie sticks (various raw vegetables), Celery, Tomatoes, Yucca (for fries)

Fruits: Berries (for snacks and yogurt)

Carbohydrates: Low carb pizza crust, Yucca (for fries)

Fats: Bacon fat, Grass-fed butter, Olive oil, Balsamic vinegar, Mayonnaise (homemade), Honey mustard (homemade), Spicy avocado sauce

Nuts: Almonds, Walnuts, Pistachios

Other: Coffee, Collagen supplement, Banana cake (requires THM recipe), Sausage balls (recipe required), Ranch dressing

Herbs, Spices, and Condiments: Oil and vinegar (for salad dressing), Seasonings for various recipes (not specified)