

INSULIN RESISTANCE MEAL PLAN

Here's a sample insulin resistance meal plan to help you make healthier food choices.

Remember to consult with a healthcare provider or registered dietitian before starting any new diet plan, especially if you have specific dietary restrictions or medical conditions.

Day 1:

Breakfast:

- Scrambled eggs with spinach and tomatoes.
- Whole-grain toast.
- A small serving of mixed berries.

Mid-Morning Snack:

- Greek yogurt with a drizzle of honey.

Lunch:

- Grilled chicken breast with a side of quinoa.
- Steamed broccoli and carrots.
- A green salad with olive oil and balsamic vinegar dressing.

Afternoon Snack:

- Sliced cucumber and bell pepper with hummus.

Dinner:

- Baked salmon with a lemon-dill sauce.
- Steamed asparagus and brown rice.
- A side salad with mixed greens and vinaigrette.

Day 2:

Breakfast:

- Oatmeal made with rolled oats, almond milk, and topped with sliced almonds and fresh berries.

Mid-Morning Snack:

- A small handful of walnuts.

Lunch:

- Turkey and avocado wrap in a whole-grain tortilla.
- Baby carrots with a side of tzatziki sauce.

Afternoon Snack:

- Low-fat cottage cheese with pineapple chunks.

Dinner:

- Grilled tofu with a stir-fry of broccoli, bell peppers, and snap peas in a low-sodium soy sauce.
- Brown rice.

Day 3:**Breakfast:**

- Greek yogurt parfait with layers of yogurt, granola, and mixed berries.

Mid-Morning Snack:

- Sliced pear with a sprinkle of cinnamon.

Lunch:

- Lentil soup with a side of whole-grain crackers.
- A side salad with mixed greens and vinaigrette.

Afternoon Snack:

- Celery sticks with almond butter.

Dinner:

- Lean beef or plant-based burger (e.g., black bean burger) with whole-grain bun or lettuce wrap.
- Roasted Brussels sprouts and sweet potatoes.

Day 4:**Breakfast:**

- Smoothie made with spinach, banana, almond milk, and a scoop of protein powder.

Mid-Morning Snack:

- Hard-boiled egg.

Lunch:

- Quinoa salad with chickpeas, cherry tomatoes, cucumbers, and feta cheese.

Afternoon Snack:

- Sliced apple with a tablespoon of peanut butter.

Dinner:

- Grilled shrimp with a side of quinoa and sautéed spinach.

Day 5:**Breakfast:**

- Whole-grain waffles topped with Greek yogurt and fresh strawberries.

Mid-Morning Snack:

- A small handful of mixed nuts.

Lunch:

- Grilled chicken or tofu Caesar salad with a light dressing.

Afternoon Snack:

- Baby bell peppers with hummus.

Dinner:

- Baked cod with a lemon-herb marinade.
- Steamed broccoli and quinoa.

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