# Miscellaneous

## **Dairy Alternatives or Allowances**

- Unsweetened Nut Milk
- Unsweetened Soy Milk
- 1 serving per day:
  - 6oz Full Fat Greek Yogurt or
  - 1 oz Full Fat Cheese

### **Red Wine and Chocolate (optional)**

- 6oz Red Wine (max per day)
- 1oz 75%+ Dark Chocolate (max per day)

#### **Condiments**

- Hummus\*
- Ketchup, sugar-free
- Marinades
- Mustard
- Mayonnaise, Olive or Avocado Oil
- Pickles
- Salad Dressing
- Salsa and Hot Sauce
- Vinegar

## / Avoid

- Dairy milk, whey protein, cottage cheese, ricotta cheese, and processed cheese.
- Honey, agave nectar, syrup, and sugar.
- Any condiment with sugar in the first 5 ingredients.

\*Insignificant amount of starch

**Sweeteners** 

Truvia

Erythritol

Swerve

Stevia

# Tips

# Make Sure to Read Ingredient Lists

# Food Labels are Listed from Highest to Lowest by Quantity

The first FIVE ingredients generally represent the largest portion of the product.

Make sure the foods that are to be avoided on this plan are not listed in the first FIVE ingredients.

#### Ingredients:

Whole Grain, Canola Oil, Rice Flour, Corn Syrup, Fructose, Salt, Soy Lecithin, Glycerin, Natural Flavors.

#### Nutrition Facts

es from fat 10
Daily Value
4%
4%
28%
15%
3%

TOTELLI TO 70		
/itamin A 1%	Vitamin C	3%
Calcium 2%	Iron 2%	

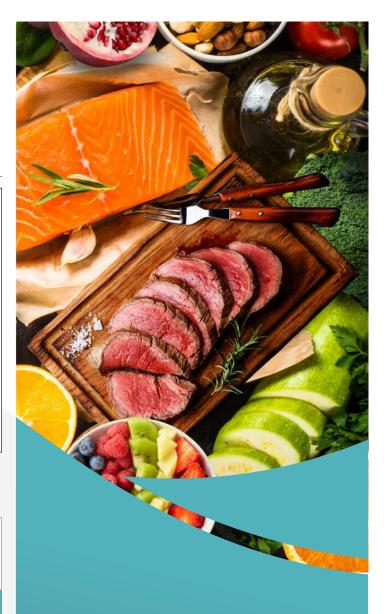
\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### INGREDIENTS:

Whole Grain, Canola Oil, Rice Flour, Corn Syrup, Fructose, Salt, Soy Lecithin, Glycerin, Natural Flavors.

## Sample Meal Plan

#### Greek yogurt 2-3 eggs **Breakfast** Fruit Fruit Avocado Nuts or seeds Chicken Caesar salad Lunch No croutons and vegetables Dressing on side Chicken thighs with Fajita beef bowl with Dinner roasted carrots and cauli-rice, avocado, brussels sprouts and pico-de-gallo 10z Dark Snacks/ **Treats** 6oz Red wine



Low Insulin Lifestyle
Nutrition Guide



# **Proteins**

Protein is important for helping us stay full. You may eat any of the below protein choices, but lean options **are preferred**. Trim visible fat when possible.

**Poultry** 

Chicken

Turkev

All Fowl

• Eggs (whole)

#### **Beef and Pork**

- Ground beef or pork
- Ham
- Lamb or Mutton
- Pork Chops
- Roast
- Sausage
- Steak

#### Fish & Shellfish

- Salmon
- Tuna
- White fish
- Shrimp
- Oysters
- Clams and Mussels

#### **Plant-Based**

- Edamame (unprocessed soybeans)
- Tofu
- Hemp protein powder

## **Avoid**

- Maple or honey glazed meats
- Fatty cuts of meat
- Sugary seasonings

# Vegetables & Fruits

Eat all the vegetables and fruits you want!

## Vegetables

- Asparagus
- Avocado
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Cucumber
- Eggplant
- Green Beans
- Greens
- Mushrooms
- Okra
- Onions
- Parsnips
- Peppers
- Pumpkin
- Snap Peas
- Spaghetti Squash
- Tomatoes
- Yellow Squash
- Zucchini

### **Fruits**

- Apples
- Apricot
- Banana
- Berries
- Cherries
- Fig
- Grapefruit
- Grapes
- Guava
- Kiwi
- Mango
- Melon
- Lemon
- Lime
- Oranges
- Papaya
- Passion fruit
- Peaches
- Pears
- Pineapple
- Pomelo
- Plums

## **Fats**

Eat plenty of healthy fats to keep you full!

#### **Nuts**

- Almonds
- Brazil Nuts
- Cashews
- Chestnuts
- Hazelnuts
- Macadamia
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts

## **Fatty Fruits**

- Avocados
- Coconut
- Olives

#### Seeds

- Chia Seeds
- Flax seeds
- Hemp Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

## **Healthy Oils**

- Avocado oil
- Coconut oil
- Olive oil

## Avoid

- Potatoes (including sweet potatoes)
- Beans or lentils
- Grains or grain products (corn, wheat, rice, quinoa, oats)
- Fruit juices, sweetened canned fruit, or dried fruit

# Avoid

- Vegetable oil, canola oil, corn oil, cottonseed oil, and hydrogenated oils
- Roasted or sugar sweetened nuts (choose DRY roasted or raw nuts)
- Nut butters should have no sugar added