

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

Sweeteners

- Truvia
- Erythritol
- Swerve
- Stevia

⚠️ 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

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

Amount Per Serving		Calories from fat 10	
		% Daily Value*	
Calories 250			
Total Fat 4%		4%	
Saturated Fat 1.5%		4%	
Trans Fat			
Cholesterol 50mg		28%	
Sodium 150mg		15%	
Total Carbohydrate 10g		3%	
Dietary Fiber 5g			
Sugars 3g			
Protein 16%			
Vitamin 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

Breakfast	2-3 eggs Fruit Avocado	Greek yogurt Fruit Nuts or seeds
Lunch	Chicken Caesar salad No croutons Dressing on side	Sauteed meat and vegetables Fruit
Dinner	Chicken thighs with roasted carrots and brussels sprouts	Fajita beef bowl with cauli-rice, avocado, and pico-de-gallo
Snacks/Treats	Nuts Fruit Cheese	1oz Dark chocolate, 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.

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

Poultry

- Chicken
- Turkey
- All Fowl
- Eggs (whole)

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

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

Fats

Eat plenty of healthy fats to keep you full!

Nuts

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

Seeds

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

Healthy Oils

- Avocado oil
- Coconut oil
- Olive oil

Fatty Fruits

- Avocados
- Coconut
- Olives

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