

Insulin Resistance Diet Plan

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY
SUNDAY	SNACKS

FOOD TO SHOP FOR		
Proteins:	Dairy:	Vegetables:
<ul style="list-style-type: none"> • Chicken sausage • Deli turkey • Shrimp • Beef (for stroganoff) • Cod • Chicken (for BBQ and rotisserie) • Turkey burger (Trader Joe's) • Sausage • Bacon • Salmon 	<ul style="list-style-type: none"> • Cream (for coffee) • 1/2&1/2 (for coffee) • Cheese (string cheese and in recipes as required) • Yogurt 	<ul style="list-style-type: none"> • 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:	Carbohydrates:	Fats:
<ul style="list-style-type: none"> • Berries (for snacks and yogurt) 	<ul style="list-style-type: none"> • Low carb pizza crust • Yucca (for fries) 	<ul style="list-style-type: none"> • Bacon fat • Grass-fed butter • Olive oil • Balsamic vinegar • Mayonnaise (homemade) • Honey mustard (homemade) • Spicy avocado sauce
Nuts:	Other:	Herbs, Spices, and Condiments:
<ul style="list-style-type: none"> • Almonds • Walnuts • Pistachios 	<ul style="list-style-type: none"> • Coffee • Collagen supplement • Banana cake (requires THM recipe) • Sausage balls (recipe required) • Ranch dressing 	<ul style="list-style-type: none"> • Oil and vinegar (for salad dressing) • Seasonings for various recipes (not specified)