

# Insulin Resistance Diet Plan

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURDAY
SUNDAY	SNACKS

FOOD TO SHOP FOR		
<b>Proteins:</b>	<b>Dairy:</b>	<b>Vegetables:</b>
<ul style="list-style-type: none"> <li>• Chicken sausage</li> <li>• Deli turkey</li> <li>• Shrimp</li> <li>• Beef (for stroganoff)</li> <li>• Cod</li> <li>• Chicken (for BBQ and rotisserie)</li> <li>• Turkey burger (Trader Joe's)</li> <li>• Sausage</li> <li>• Bacon</li> <li>• Salmon</li> </ul>	<ul style="list-style-type: none"> <li>• Cream (for coffee)</li> <li>• 1/2&amp;1/2 (for coffee)</li> <li>• Cheese (string cheese and in recipes as required)</li> <li>• Yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Roma tomatoes</li> <li>• Kale</li> <li>• Spinach</li> <li>• Lettuce (for wraps and salads)</li> <li>• Cauliflower (for mashing)</li> <li>• Green beans</li> <li>• Carrots</li> <li>• Avocado</li> <li>• Broccoli</li> <li>• Sweet potato</li> <li>• Salad greens</li> <li>• Veggie sticks (various raw vegetables)</li> <li>• Celery</li> <li>• Tomatoes</li> <li>• Yucca (for fries)</li> </ul>
<b>Fruits:</b>	<b>Carbohydrates:</b>	<b>Fats:</b>
<ul style="list-style-type: none"> <li>• Berries (for snacks and yogurt)</li> </ul>	<ul style="list-style-type: none"> <li>• Low carb pizza crust</li> <li>• Yucca (for fries)</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon fat</li> <li>• Grass-fed butter</li> <li>• Olive oil</li> <li>• Balsamic vinegar</li> <li>• Mayonnaise (homemade)</li> <li>• Honey mustard (homemade)</li> <li>• Spicy avocado sauce</li> </ul>
<b>Nuts:</b>	<b>Other:</b>	<b>Herbs, Spices, and Condiments:</b>
<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Walnuts</li> <li>• Pistachios</li> </ul>	<ul style="list-style-type: none"> <li>• Coffee</li> <li>• Collagen supplement</li> <li>• Banana cake (requires THM recipe)</li> <li>• Sausage balls (recipe required)</li> <li>• Ranch dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Oil and vinegar (for salad dressing)</li> <li>• Seasonings for various recipes (not specified)</li> </ul>