

7-Day Insulin Resistance Diet Meal Plan

Monday

Wakeup: coffee, cream, collagen

B: 2 eggs & chicken sausage, in bacon fat

L: deli turkey, lettuce wraps, w/ roma tomato

D: shrimp and veggie stir fry

Tuesday

Wakeup: coffee, cream, collagen

B: 2 eggs scrambled with kale, in grass-fed butter

L: salad w/avocado, turkey, carrots, oil & vin.

D: beef stroganoff. mashed cauliflower, green beans

Wednesday

Wakeup: coffee, cream, collagen

B: 2 eggs & chicken sausage, in bacon fat

L: deli turkey, lettuce wraps, w/ roma tomato

D: shrimp and veggie stir fry

Thursday

Wakeup: coffee, cream, collagen

B: 2 eggs & chicken sausage, in bacon fat

L: deli turkey, lettuce wraps, w/ roma tomato

D: shrimp and veggie stir fry

Friday

Wakeup: coffee, 1/281/2 collagen

B: banana cake (sugar-free)

L: Trader Joe's turkey burger on lettuce wrap

D: sausage balls, raw veggie sticks, ranch

Snack

- . almonds, walnuts, or pistachios
- . string cheese
- . deli meat
- . coffee w/collagen
- . smoothie
- . fresh berries
- . yogurt w/berries

Saturday

Wakeup: coffee, cream, collagen

B: bacon, 2 eggs fried

L: salad w/turkey, carrots, tomatoes, and almonds

D: pizza with low carb crust, lots of meat and veggie toppings, side salad

Sunday

Wakeup: Bulletproof coffee with collagen

L: out - rotisserie chicken, salad, spicy avocado sauce, yucca fries

D: salmon filet over big salad with homemade honey mustard

B= BREAKFAST

L= LUNCH

D= DINNER

S= SNACK