THE INSULIN RESISTOR

FREE · FOR YOUR FRIDGE

Yes and No Foods

What I ate for two weeks to start bringing my fasting insulin down. LJ, The Insulin Resistor

Never go hungry.
Eat yes foods as much and as often as you need.

It's a two-week test.
Not forever. Write down how you feel before and after.

Take blood pressure medicine?
Tell your doctor before you start.

YES

Plain and fresh, with nothing added.

Meat
Beef, lamb, pork, turkey, chicken. A plain burger patty, no bun.

Fish and shellfish
Salmon and other wild fish, shrimp, crab, scallops.

Eggs
Whole eggs, any way you like them.

Real cheese
Swiss, brie, Jarlsberg, parmesan, cheddar. Cut or grated from a block.

Cream and butter
Heavy cream, sour cream, butter, ghee, crème fraîche.

Vegetables
Spinach, kale, chard, lettuce, broccoli, cauliflower, Brussels sprouts, zucchini, tomato, onion, garlic.

Nuts
Almonds, walnuts, macadamias, pecans. Plain nut butters, no sugar.

Coconut
Coconut oil, cream, milk and flour, unsweetened.

Oils and vinegar
Olive, avocado and coconut oil. Apple cider, balsamic and wine vinegar.

Drinks
Water, coffee, tea, vegetable juice. Dry red wine, gin, vodka, whiskey.

Seasonings
Salt, black pepper, plain herbs and spices.

NO

For the two weeks. Read labels: sugar hides everywhere.

Sugar and every sweetener
Sugar, honey, maple, agave, syrups. Stevia, monk fruit and erythritol too.

Bread and flour
Bread, buns, crackers, pasta, pizza, anything made with flour. (Coconut flour is fine.)

Grains and starch
Rice, oats, corn, quinoa, cereal. All potatoes.

All fruit
Berries, bananas, apples, grapes. Lemons and limes too.

Beans and peanuts
Beans, lentils, peas, chickpeas, peanuts, soy. Cashews too.

Processed meat
Sausage, bacon, deli meat, jerky, smoked fish, canned meat.

Some dairy
Milk, half-and-half, yogurt, kefir. American, pre-sliced and pre-shredded cheese.

Sauces
Ketchup, mayo, mustard, store dressings.

Some oils
Canola, corn, soy, safflower and "vegetable" oil.

Drinks
Fruit juice, soda (diet too), sports drinks, beer, white and sweet wine, rum.

Sweets and snacks
Cake, cookies, ice cream, candy, chocolate, chips, gum.

The "healthy" foods I had to stop: cottage cheese, my yogurt, my apple-and-greens juice, two lemons a day in my water, and maple syrup, because it "comes from a tree."

Not sure about a food? Type it into the **Can I eat this?** button in The Insulin Resistance Reset app.
insulinresistor.com

Based on Phil Maffetone's Two-Week Test, in my own words. My story, not medical advice. Check with your doctor before you change how you eat.