



# **Insulin Resistance Diet: 14 Day Paleo Insulin-Healing Meal Plan-Practical Guide To Carb Tolerance And Insulin Sensitivity**

*Hideko Izumi*

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## **14 Day Paleo Insulin-Healing Meal Plan-Practical Guide To Carb Tolerance And Insulin Sensitivity**

**Here's the best insulin resistance diet to follow if you have some degree of insulin resistance, are a type 2 diabetic, or suffer from polycystic ovarian syndrome**

**If you are insulin resistant, alter your diet to prevent spikes in blood sugar that can contribute to insulin resistance. A variety of healthy and delicious meal options can fuel your day without raising your blood sugar to unhealthy levels**

By following the insulin resistance diet outlined in this book, incorporating foods, spices and herbs for insulin resistance into your everyday diet, in addition to the exercise and supplementation strategies you will be able to quickly and easily reverse insulin resistance and normalising your blood sugar levels again.

An insulin resistance diet is the first step you must take if you notice any elevation in your fasting blood sugar level. It will help to increase your insulin sensitivity, lower your fasting blood sugar level, help to keep your blood sugar level stable throughout the day, and most importantly, reduce the negative consequence of having high blood sugar.

## **Here Is A Preview Of What You'll Learn...**

How the Paleo Diet Improves Insulin Sensitivity

14-Day Meal Plan

Almond and Chestnut Bread with Homemade Coconut Butter

Bacon and Eggs on Greens with Lime-Mustard Vinaigrette

Walnut Bread with Homemade Strawberry Jam

Watermelon and Beetroot Smoothie, Vegan

Chicken Salad with Avocado-Basil Dressing

Pan-Fried Vegetables on Boiled Mushroom "Bread," Vegan

Twice Baked Sweet Potato Stuffed with Spicy Pulled Pork  
Curried Chicken Almonds with Squash, Slow Cooker Recipe  
Hunter Stew with Wild Rice, Slow Cooker Recipe  
Zoodles (Zucchini Noodles) with Meatballs  
Loaded Green Salad with Spiced Vinaigrette  
Much, much more!  
**Download your copy today!**

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