

What to Eat for Insulin Resistance

A flexible Mediterranean-style guide to what to eat more often and what to limit

Build a balanced plate

$\frac{1}{2}$ colorful non-starchy vegetables | $\frac{1}{4}$ protein
 $\frac{1}{4}$ fiber-rich carbohydrates | Add a healthy fat



Add a healthy fat



No need to automatically avoid:
Carbohydrates

Aim for:

- Pair carbohydrates with protein, fat, and fiber
- Protein: fish, Greek yogurt, eggs, chicken, and plant sources
- Colorful produce at most meals (high-fiber vegetables and fruit)
- High-quality carbs: oats, quinoa, barley, beans, lentils, fruits, vegetables
- Healthy fats: olive oil, nuts, seeds

Limit more often:

- Sugary drinks (sweet tea, soda, sugary coffee drinks)
- Processed and red meats
- Refined grains
- Frequent fried foods and highly processed snacks
- Carbohydrates eaten alone
- Alcohol on an empty stomach

Food can help improve insulin sensitivity, but it doesn't replace medical care or prescribed medication.

7-Day Insulin Resistance Meal Plan

One flexible week of Mediterranean-style meals

Recipe names shown in green are clickable in the digital PDF.

Day	Breakfast	Lunch	Dinner	Snack
Monday	Unsweetened Greek yogurt, berries, walnuts	Mediterranean chickpea salad with leftover chicken and fruit	Salmon, roasted potatoes, sautéed greens , olive oil	Apple with peanut butter
Tuesday	5-minute oatmeal with banana, peanut butter, ground flaxseed, and hard-boiled egg	Leftover salmon over a big salad, olive oil vinaigrette	Tacos (93% lean ground beef), black beans, fresh salsa , shredded cabbage, corn tortillas	Grapes with handful of almonds
Wednesday	Egg scramble with veggies on whole-grain toast	Leftover taco salad, served over cabbage or lettuce	Chicken tortilla soup , with avocado, cheese	Diced tomatoes with cottage cheese
Thursday	Energy bites (2) with fruit and Greek yogurt or kefir	Leftover chicken tortilla soup	Crustless quiche loaded with vegetables, side salad, and fruit	Whole-grain crackers with cheese, 2 squares dark chocolate
Friday	Chocolate banana smoothie	Leftover quiche with fruit	Leftover chicken tortilla soup with a salad and whole-grain cornbread	Energy bites
Saturday	Avocado toast on whole grain bread with eggs and fruit	Mediterranean chickpea salad in whole-grain wrap with lettuce and feta cheese	Tacos again with black beans, fresh salsa , corn tortillas, shredded cabbage and any other veggies	Hummus and carrots
Sunday	Whole-wheat toast topped with egg and berries on the side	Snack plate with hummus, raw veggies, whole-grain crackers, fruit	Baked chicken with roasted broccoli, potatoes, and onions	Pear with mixed nuts

Prep ahead: Make the Mediterranean chickpea salad and energy bites. Cook or purchase chicken for Monday's lunch, and wash and cut produce for the next two or three days. Plan to use leftovers to make later meals faster.