





















7-Day Meal Plan for Insulin Resistance

	Breakfast	Lunch	Dinner
DAY 1	 <ul style="list-style-type: none"> Coffee or tea with an organic/ alternative choice of milk A slice of whole wheat bread accompanied by chopped tomatoes, avocado & fresh cheese 	 <ul style="list-style-type: none"> Grilled fish filet A side salad including broccoli, cauliflower, carrots, spinach, & mushrooms 1/4 cup of cooked white rice 	 <ul style="list-style-type: none"> Baked chicken filet with mushrooms & pumpkin A pear for dessert
DAY 2	 <ul style="list-style-type: none"> Scrambled eggs A slice of whole wheat bread Natural yogurt & dried fruit 	 <ul style="list-style-type: none"> Carrot salad with egg, one can of tuna, one fresh fruit 	 <ul style="list-style-type: none"> Stir-fried tofu with broccoli, peppers & peas Brown rice
DAY 3	 <ul style="list-style-type: none"> Skim milk, yogurt with one small fruit 	 <ul style="list-style-type: none"> Lentil soup Mixed green salad A slice of whole wheat bread 	 <ul style="list-style-type: none"> Chicken salpicón with tomato, jalapeño pepper & avocado One fresh fruit
DAY 4	 <ul style="list-style-type: none"> Whole wheat toast with smashed avocado & poached eggs, topped with a sprinkle of black pepper & sea salt 	 <ul style="list-style-type: none"> Quinoa salad with black beans, corn, chopped peppers, cherry tomatoes & cilantro lime dressing 	 <ul style="list-style-type: none"> Baked chicken breast with roasted sweet potatoes & steamed broccoli
DAY 5	 <ul style="list-style-type: none"> Blend skim milk with one banana & one apple 	 <ul style="list-style-type: none"> Chicken and spinach skillet pasta with lemon & parmesan One fruit 	 <ul style="list-style-type: none"> Meatballs with marinara sauce served over zucchini noodles
DAY 6	 <ul style="list-style-type: none"> Whole wheat pancakes with Greek yogurt & fresh berries 	 <ul style="list-style-type: none"> Quinoa stuffed peppers with black beans, corn, chopped tomatoes & avocado 	 <ul style="list-style-type: none"> Cream of turkey with rice soup
DAY 7	 <ul style="list-style-type: none"> Vegetable omelet with mushrooms, onions, peppers & spinach 	 <ul style="list-style-type: none"> Salmon salad with mixed lettuce, cucumber, avocado, red onion, hard-boiled eggs & lemon dressing 	 <ul style="list-style-type: none"> Baked cod with steamed asparagus & a side of farro