Insulin Resistance Dietary Program

What does it look like to eat balanced healthy foods?

Seven Day Sample Menu

Monday

- **Breakfast**
  Two egg omelet with sausage and roasted red peppers
- **Lunch**
  1 c chicken salad
  Green salad with low carb dressing
- **Dinner**
  Grilled chicken breast
  Steamed asparagus and yellow squash
  Mixed salad with vinaigrette or low carb dressing
- **Snack**
  Celery sticks with low carb dip or 1 T natural Peanut Butter

Tuesday

- **Breakfast**
  Two eggs cooked in 2 tsp butter, and half small tomato
- **Lunch**
  Grilled beef patty
  Steamed broccoli and cauliflower
  Mixed green salad with olive oil & balsamic vinaigrette
- **Dinner**
  Roast chicken with herbs
  Broccoli with parmesan curls
  Endive and radish salad with vinaigrette
- **Snack**
  Red pepper sticks with low carb dip (hummus or ranch)

Wednesday

- **Breakfast**
  1 slice of Wasa® cracker with 1 T of natural peanut butter and 2 hard-boiled eggs
- **Lunch**
  Cobb salad (avocado, tomato, chicken, hard-boiled egg, blue cheese and bacon over lettuce) with olive oil and balsamic vinaigrette
- **Dinner**
  Salmon cooked in olive oil and spices
Steamed green beans with sesame oil
Cabbage slaw with low carb Cole Slaw dressing
• **Snack**
  6 Olives and 4 Cheddar cubes

**Thursday**

• **Breakfast**
  Two scrambled eggs with two slices of bacon and one slice of low carb bread with 1 T of butter

• **Lunch**
  Shrimp salad over lettuce and tomato slices with low carb dressing

• **Dinner**
  Broiled lamb chops
  Swiss chard with garlic and olive oil
  Mixed green salad with olive oil and balsamic vinaigrette

• **Snack**
  ½ c applesauce & 1 scoop whey protein powder

**Friday**

• **Breakfast**
  Two low carb pancakes(with added protein powder in batter) and three turkey sausages

• **Lunch**
  Large tossed salad with tuna, tomatoes and low carb dressing

• **Dinner**
  Roasted pork tenderloin
  Sautéed in olive oil spinach and red peppers

• **Snack**
  1 piece string cheese & 1/4 c almonds

**Saturday**

• **Breakfast**
  One slice of high fiber bread with 1T of peanut butter and two slices of Munster cheese (white cheese)

• **Lunch**
  Steak and pepper fajitas on low carb tortilla
  Romaine and avocado salad with Olive oil, avocado, and lemon

• **Dinner**
  Grilled tuna with spice rub & olive oil
  Zucchini and mushrooms skewers

• **Snack**
  Protein bar: Think Thin®, Kind Plus® bar
Sunday

- **Breakfast**
  One egg on one slice low carb bread, two tomato slices and two slices Cheddar cheese

- **Lunch**
  Chef Salad (roast turkey, cheese, red onion and sliced tomatoes over romaine) with olive and balsamic vinaigrette

- **Dinner**
  Turkey meatloaf
  Green bean, snow pea and pepper medley with 2 tsp butter

- **Snack**
  Olives and Cheddar cubes