

Insulin Friendly Foods

♦ Vegetables

- ♦ Leafy greens
- ♦ Broccoli
- ♦ Cauliflower
- ♦ Brussels sprouts
- ♦ Zucchini
- ♦ Bell peppers
- ♦ Asparagus
- ♦ Cucumbers
- ♦ Green beans
- ♦ Mushrooms
- ♦ Eggplant

- ♦ Carrots

- ♦ Bok choy

- ♦ Watercress

♦ Fruits

- ♦ Strawberries
- ♦ Blueberries
- ♦ Raspberries
- ♦ Apples
- ♦ Pears
- ♦ Cherries
- ♦ Cantaloupe
- ♦ Tomatoes

♦ Protein

- ♦ Chicken breast

- ♦ Turkey

- ♦ Fish

- ♦ Tofu

- ♦ Tempeh

- ♦ Eggs

♦ Fats

- ♦ Avocado
- ♦ Olive oil
- ♦ Coconut oil
- ♦ Butter

- ♦ Nuts & seeds

♦ Legumes

- ♦ Lentils

- ♦ Chickpeas

- ♦ Black beans

- ♦ Kidney beans

♦ Fermented

- ♦ Greek yogurt
- ♦ Kefir
- ♦ Sauerkraut
- ♦ Kimchi

HORMONE

BUILDING FOODS:



@DR.MINDYPELZ