

BALANCE YOUR BLOOD SUGAR PROTOCOL

PROTEIN + WHOLE GRAINS + HEALTHY FATS + FIBER =
FOUNDATION FOR OPTIMAL HORMONAL HEALTH

BLOOD SUGAR BALANCING BASICS:

1. Make sure you include protein, whole grains (if you tolerate them), healthy fats and fiber in each meal you consume.
2. Eat in a calm environment – sit down and chew your food well
3. You should feel full and satisfied for 4-6 hours after you've eaten.
4. If you feel hungry sooner, then have a small snack immediately to avoid any blood sugar crashes.
5. You should not crave sweets or sugar after you have eaten and you should feel energized, not tired.

For Protein think...

- High Quality Meat or Fish - Grass Fed Beef and Bison, Wild Salmon, Sardines
- Organic Chicken, Turkey, and Duck
- Pastured pork (without added nitrates)
- Pasture raised eggs (find them from a local farm, or neighbor with chickens)
- Fresh (or frozen) Wild Game
- Beans (Eden brand are my favorite in a can, or soak dried beans)
- Nuts & Seeds (ideally soaked and sprouted) – walnuts, brazil nuts, almonds, pumpkin seeds, sesame seeds, sunflower seeds etc.
- Collagen hydrosylate - basically a somewhat tasteless form of gelatin that can be mixed into warm or cold beverages

For Fiber think...

- All kinds of veggies! Especially leafy greens.
- Whole, gluten free grains (millet, quinoa, amaranth, kasha/ buckwheat, brown rice)
- Gluten or grain free bread – try a local natural brand at your health food store or farmers market
- Low-glycemic fruits (berries, apples, pears, cantaloupe, lemons, limes,)
- Flax seeds, Chia seeds, or Hemp seeds

For Healthy Fat think...

- Coconut oil (best for high heat)
- Olive oil (cold is best)
- Organic, grass-fed butter or ghee (best for high heat)
- Coconut butter
- Avocado
- Coconut Milk
- Nuts and Seeds mentioned above
- Fish oils or Fish oil blends (see supplement handout for recommendations)

BLOOD SUGAR BALANCING BREAKFAST IDEAS:

Bye bye bagel! Start your day with a whole foods meal that is packed with nutrients to fuel you through the morning. Don't be afraid to eat foods that you might have at other meals for breakfast, especially veggies and most importantly leafy greens!

- Superhuman Breakfast - Eggs (poached or soft-boiled), greens (steamed or sauteed, avocado, sweet potato, sauerkraut, & any other veggies you'd like
- Granola or muesli with almond milk and your choice of nuts, seeds, dried fruits (like goji berries), coconut flakes etc.
- Organic coconut yogurt and berries. Try adding flax seed or other nuts and seeds.
- Breakfast burritos: Scrambled free range eggs, spinach or your favorite vegetables with GF tortillas. Try adding nitrate-free bacon or sausage.
- Vegetable frittata - use free range eggs and your favorite veggies (see my pinterest board for ideas)
- Breakfast quinoa or millet with coconut oil, raw honey and chopped nuts and fruit
- Apple or pear slices with nut or seed butter and good quality toasted GF bread
- Leftover grains (brown rice, millet, kasha) cooked with coconut milk, apples or chopped peaches, cinnamon, and chopped walnuts
- GF toast topped with avocado and tomato or other veggies
- Sweet potato hash browns or mashed sweet potatoes with eggs, and sautéed greens (kale or spinach).
- High fiber pancakes (see my pinterest board) with berries and a sprinkle of cinnamon