

PROGRAM HYPERINSULINISM

Breakfast

2 cheese slices, sliced cucumber
Omelet with chopped green peppers
1 soft boiled egg, 2 turkey sausages
2 slices lean ham with melted cheese
3 egg frittata made with 1oz. Smoked salmon, chives, 1 Tbsp. sour cream, and ½ Tbsp. butter heated in skillet then broiled golden brown

Lunch

4 slices turkey white meat, Dijon mustard, spinach salad
1/4 lb. Lean hamburger, 1 slice cheese, sliced tomato and onion
1 small can tuna, 1 Tbsp. Unrefined mayonnaise, Caesar salad, no croutons
½ lb. Shrimp scampi made with 1 Tbsp. Butter, 1 Tbsp. olive oil, 2 cloves garlic, parsley, lemon, dried hot red pepper flakes, and herb seasonings
Sautéed sole made with 1 Tbsp. butter, herb seasonings, and a green salad with flax oil dressing

Dinner

For a one hour period, any selection of whole foods desired

Snacks

5 raw almonds, 2 oz. cheese, lean meat with mustard, hard boiled egg, celery stick with nut butter, any very low carbohydrate snacks based on breakfast and lunch meals outlined above

Avoid

Sugar, refined and processed foods, refined oils, safflower, sunflower, corn oil, soft drinks, fruit juice, alcohol.

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Beverages

Green drinks: Green Magma, Kyogreen, or Green Kamut: (1 tsp. 1-3x day in water)
Herbal Teas: Cinnamon, Chia Tea, Chamomile, Green Tea with Cinnamon Stick

Suggestions And Goals

The goal of this program is to stabilize insulin levels to greatly reduce cravings for carbohydrates. By limiting carbohydrate intake to one hour per day, insulin levels are kept low throughout most of the day. This eliminates cravings, and allows for more effective weight loss, even with the presence of an unlimited meal. With reduced cravings, the one hour meal should hopefully not contain an excessive amount of calories or refined foods.

Recommended Reading: *The Carbohydrate Addict's Diet* by Richard and Rachel Heller.