

Shift Weight: Insulin Resistant Diet

Why Follow a Low Insulin Low Carb Diet?

This has been designed to support your body specifically to lose fat as opposed to muscle as well as reduce inflammation & reset the gut microbiome via reduction of starch.

1. Prevents insulin cascade that blocks cellular metabolism.
2. Focus on restoring nutrient deficiencies & imbalances caused by poor eating behaviors.
3. Boosts & supports your body's metabolism and thyroid health.
4. Reduces exposure to refined carbohydrates that cause leaky gut, gut inflammation & feed bacteria, candida & yeast. This results in a healthy microbiome.
5. This diet will help increase your energy, increase micronutrient absorption, reset your gut microbiome, improve mood and sleep as well as result in weight loss.

What Foods can I eat?

The trick to success in this program is eating enough. It is not a calorie-controlled diet. You will be cutting out all sugar, grain, fruit and alcohol. Some starchy vegetables are desirable as long as they are balanced by fibrous vegetables.

AVOID

- Grains & flour products
- Sugar and all of its varieties ending in 'ose'.
- Alcohol
- Fruit -all fruit except berries those we consider vegetables such as tomato and avocado.
- Honey and all sweeteners.

HAVE

- Clean protein such as organic free-range eggs and meats. At least 1/3 of your diet.
- Plants that are colourful and not too high in starch.

HINT

Your diet should not deviate too far from what you are doing currently - just think + more protein - drop the carbs and crap.

WHY DO THE SHIFT PROGRAM?

- You get a 14-day meal plan based on what you like to eat.
- A 12 week manual with the program guidelines, recipes and progress notes.
- Regular testing with education & coaching.

You may have just been given the insulin resistance diet to follow. If you would like to do the program, please speak to your practitioner.

This is not a carb free eating plan. You will still get carbs from vegetables. Vegetable starch is bound by fibre & slowly diffuses into the blood stream without triggering insulin.

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PROTEIN & FATS

Serving size: 1 palm-sized (including fingers) portion per meal unless otherwise specified. Choose organic if possible.

Fish (un-crumbed and preferably poached/steamed/grilled). Shellfish is fine.

Poultry: free-range organic (chicken, quail, duck, turkey)

Eggs (prefer organic/free-range)

Meat: Preferably lean meat (kangaroo, veal, lamb, lean beef, goat, rabbit, biodynamic chicken liver) & preferably pasture-raised organic grass-fed meats. Nitrate free bacon (dorsogna do one available at Woolworths)

Nuts and seeds: soaked chia, sesame, pumpkin, sunflower

Legumes: If you are not vegetarian, limit these to 1/4 of your protein intake.

Dairy: this is not a hypoallergenic program but sheep, goat yoghurts/cheeses are preferred

Aim for 1g of protein per kg of weight - See protein chart



OILS

Butter is fine and for cooking use olive oil.

All oils except peanut oil

PLANT

Serving size: Each plate = 2/3 plant

All plants are allowed except fruit

You can eat berries, tomatoes, capsicum, cucumbers, pumpkin, eggplant, olives, avocados & zucchini -yes they are all actually fruit!

Coconut based foods such as yoghurt as long as they are sugar free are fine.

Limit starchy veg to 1/4 of your total plant intake. These include potato, pumpkin, sweet potatoes, peas, carrots



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Ever heard that the secret to success is planning and organisation? Well it's the same with food. Plan via deciding on your meals for the week. Organise by shopping. The rest is easier from there.

BREAKFAST IDEAS

- Nitrate free bacon & eggs with spinach
- Smashed avo on paleo toast
- Chia seeds pudding with coconut yoghurt
- Paleo muesli & cashew milk
- Paleo bread (Venedi paleo loaf, keto mug bread or homemade seeded loaf)
- Almond meal pancakes
- Protein shake
- Frittata



LUNCH IDEAS

Leftovers are best but if this doesn't happen here are some great ideas.

- Roasted veg, Italian salad & pulled lamb.
- Chicken salad.
- Eggs and salad.

Eating out or on the road?

Get the sandwich without the bread.

Buy a pre made salad from the shops and add in protein (chicken, eggs, canned fish)



DINNER IDEAS

**Cooking for one? Make sure to freeze dinners to reduce prep time.*

- Spag Bolognese with zoodles
- Roast chicken and veg
- Stir fry of any kind on cauliflower rice
- Lamb shank stew on cannellini bean mash with veggies.
- Fish with roast veg & broccoli.
- Steak and veg.

NEED MORE IDEAS?

Ask your practitioner about a bespoke two-week meal plan with recipes and a shopping list.



Insulin Resistant Diet: Yes and No List

FRUIT VEGE DAIRY* SNACKS OTHER	PROTEIN	ENJOY	LIMIT	AVOID
		Fish Chicken Turkey Free range Eggs Lean Meat (kangaroo, lamb, beef, goat, rabbit)	Nitrate-free bacon	Processed meats (bacon, salami, ham, polony)
		All other vegetables (except starchy vegetables) All berries	Starchy vegetables (pumpkin, potato, sweet potato, carrot, beetroot) 1/2 handful cooked	All other fruit Dried fruit
		Nut milk (rice, almond or cashew) Sheep or goats dairy		Cow's milk products (milk, cheese, yoghurt)
		Nuts (all nuts) Seeds (sunflower, pumpkin, sesame, chia, flax)		All processed foods (chips, doritos, popcorn, pre-purchased snacks) Crackers, rice cakes
		Almond meal Olive oil Herbs and spices Olives Coffee 1 per day Herbal and green tea	Legumes	Alcohol & low carb beer Vegetables juice Cordial, soft drinks Sugar Deep fried foods

Insulin Resistant Diet: Yes and No foods

YES FOODS

Protein such as chicken, fish (uncrumbed and grilled) turkey, organic and free-range eggs and lean meat such as lamb, beef, kangaroo, veal, rabbit, goat
- aim for 1g of protein per 1 kg of body weight

All vegetables (except limited starchy vegetables such as pumpkin, carrot, potato and sweet potato) cabbage, green leafy vegetables, kale, radish, bok choy, rocket, asparagus, beans, artichokes, broccoli, beetroot, cucumber, leek, capsicum, Brussel sprouts, tomatoes, sprouts, mushrooms, garlic, onion, kale, cabbage celery, spinach, zucchini, fennel.

All nuts: almonds, cashews, walnuts, brazil nuts, pistachios - no added salt and aim for 8 - 10 max per day

All seeds: sunflower, chia, flax, pumpkin, sesame - soak chia seeds

Fruit - Berries, lemon and lime

Nut milk such as rice, almond or cashew - look for no ones with less sugar such as Pure Harvest, sheep and goats dairy

Almond meal - a great alternative for baking and crumbing

Herbal and green tea, coffee - 1 per day

Olive oil and avocado oil

Herbs and spices for flavouring: salt, pepper

NO FOODS

Sausages (unless grain and filler free) , corned beef tinned & processed meats.

Sliced cold meats (Try to avoid all pre-sliced foods if possible)

Smoked food as these are highest in purines, amines and other by-products that radically increase histamine release.

Crisps/chips, cordial/soft drinks

Crackers, rice cakes etc

Deep-fried or crumbed foods - swap to almond meal as a batter.

Sugar, honey, glucose, fructose, mannitol, sorbitol, maple syrup, molasses.

Alcohol - swap to vodka and soda if you must.

Grains - rice, pasta, bread, oats, wheat, rye, buckwheat, spelt, baked product, cereals.

Anything made with flour that is grain-based.

Legumes > 1/4 all protein: if you are vegetarian please discuss this with your practitioner

Fruit - no fruit except berries

Canned and processed foods

Avoid coconut oil if cholesterol is high - high in saturated fats

Anything ending in "ose" e.g. fructose, sucrose, dextrose, maltose.



Shift Weight

Quick Shift, Lift Shift, Stick Shift

Our 12 week weight loss program



This could be a good fit for you if

- . You are challenged with weight gain that is stubborn and not responding to calorie control.
- . You want to get thorough testing, establish your baselines and then be coached.
- . You feel overwhelmed with the whole thing.
- . You want really great advice, insights and tools to empower your success!

HOW DO I GET STARTED?

- ✓ Book in for your initial Shift appt with one of our naturopaths or nutritionists
- OR
- ✓ Book in for a FREE BIA 10 minute appt to test your muscle and fat mass.
- ✓ One 12 week program with 3 phases: Quick Shift, Lift Shift and Stick Shift.

Part One: Quick Shift

Aimed at reversing insulin resistance.

You will learn how to eat enough and you will receive a 14 day meal plan. You will learn your body composition including fat mass and muscle mass as well as have all the important thyroid and other metabolic tests.

Part Two: Lift Shift

This is where you learn how to balance caloric output and input. You learn how to increase incidental movement.

Part Three: Stick Shift

You will gain skills that enable you to maintain a healthy weight.