

weight loss foods (insulin resistant)

who people who have higher blood glucose and insulin levels and want to lose body fat

how high nutrient density lower energy foods to minimise cravings and maximise satiety

vegetables & fruit

- broccoli
- endive
- coriander
- zucchini
- chicory greens
- spinach
- escarole
- basil
- alfalfa
- watercress
- beet greens
- asparagus
- lettuce
- Chinese cabbage
- summer squash
- okra
- parsley
- cauliflower
- chard
- portabella mushrooms
- mustard greens
- arugula
- turnip greens
- chives
- banana pepper
- paprika
- cucumber
- pickles
- collards
- celery
- brown mushrooms
- avocado
- white mushroom
- shitake mushroom
- red peppers
- dandelion greens
- sauerkraut
- dill

- eggplant
- cloves
- radishes
- sage
- jalapeno peppers
- curry powder
- edamame
- chayote
- olives
- Brussel sprouts
- spirulina
- soybeans (sprouted)
- cabbage
- blackberries
- artichokes

seafood

- fish roe
- salmon
- trout
- caviar
- oyster
- cisco
- sturgeon
- mackerel
- anchovy
- crab
- sardines
- flounder
- herring
- halibut
- tuna
- rockfish
- lobster
- crayfish
- shrimp
- pollock
- perch

animal products

- lamb liver
- lamb kidney
- turkey liver
- beef brains
- veal liver
- beef liver
- chicken liver
- beef kidney
- lamb brains
- chicken liver pate
- lamb heart
- ham
- ground turkey
- turkey heart
- rib eye steak
- roast pork
- roast beef
- beef tongue
- lamb sweetbread
- lamb chop
- lean beef
- beef heart
- park sausage
- pork liver
- turkey meat
- turkey drumstick
- chicken

dairy & egg

- whole egg
- egg yolk
- sour cream
- cream
- cream cheese
- Swiss cheese
- cheddar cheese
- Greek yogurt