

optimal weight loss foods (insulin sensitive)

These foods have a lower energy density to help drive fat loss while prioritising harder to find nutrients (omega 3, choline, vitamin D, calcium, magnesium, potassium, thiamine, zinc) as well as amino acids lysine and arginine which drive satiety. From a macronutrient perspective these foods are 51% protein, 18% fat, and 19% net carbohydrates.

vegetables

- watercress
- spinach
- endive
- Chinese cabbage
- lettuce
- asparagus
- chard
- chicory greens
- escarole
- parsley
- okra
- alfalfa
- arugula
- coriander
- beet greens
- seaweed
- zucchini
- chives
- amaranth leaves
- cauliflower
- mushroom
- pickles
- cucumber
- cabbage
- turnip greens
- snap beans
- spirulina
- summer squash
- broccoli
- mung beans
- mustard greens
- collards
- artichokes
- yeast extract spread
- celery
- sauerkraut
- turnips
- radishes
- radicchio
- rhubarb

- soybeans (sprouted)
- onions
- peas
- kale
- banana pepper
- Brussel sprouts
- pumpkin
- red cabbage
- eggplant
- chayote
- edamame
- pinto beans
- butternut squash
- turnips
- winter squash
- carrots
- jalapeno peppers
- celeriac
- lima beans
- red peppers

seafood

- crab
- lobster
- halibut
- white fish
- pollock
- rockfish
- crayfish
- salmon
- flounder
- sturgeon
- oysters
- mussel
- haddock
- fish roe
- whiting
- cod
- perch
- starfish
- trout

- shrimp
- octopus
- clam
- molluscs
- scallop
- caviar
- anchovy
- conch
- sardine
- herring
- tuna

nuts and seeds

- coconut water
- tofu
- natto

offal

- kidney
- liver
- heart
- tripe
- brains
- sweetbread

animal products

- chicken breast
- leg ham
- chicken drumstick
- ground beef
- veal
- beef steak
- lamb
- turkey
- pork loin
- pork ribs

dairy & egg

- whole egg
- protein powder
- egg yolk