

# optimal weight loss foods (insulin resistant)

These foods have a lower energy density and a lower insulin load to help you stabilise your blood sugars and normalise insulin levels while also prioritising harder to find nutrients. From a macronutrient perspective, these foods are 42% protein, 24% fat, and 18% net carbohydrates.

## vegetables

- endive
- coriander
- chicory greens
- escarole
- alfalfa
- spinach
- asparagus
- Chinese cabbage
- okra
- beet greens
- lettuce
- parsley
- arugula
- zucchini
- mustard greens
- watercress
- chard
- pickles
- cucumber
- banana pepper
- portabella mushrooms
- collards
- shiitake mushroom
- summer squash
- chives
- yeast extract spread
- sauerkraut
- white mushroom
- artichokes
- turnip greens
- radishes
- cauliflower
- cabbage
- eggplant
- celery
- broccoli
- turnips
- snap beans
- chayote
- rhubarb
- seaweed (laver)

- red peppers
- mung beans
- Brussel sprouts
- spirulina
- edamame
- seaweed
- kale
- red cabbage
- onions
- radicchio
- peas

## spices

- basil
- sage
- dill (fresh)
- marjoram
- paprika
- thyme
- curry powder
- cloves
- caraway seed
- dill seed
- cumin
- tarragon

## fruit

- blackberries
- avocado
- raspberries
- olives

## seafood

- sturgeon
- salmon
- mackerel
- halibut
- caviar
- trout
- anchovy
- fish roe
- oysters
- sardine

- crab
- conch
- mussel
- flounder
- pollock
- rockfish
- lobster
- crayfish
- herring
- white fish
- haddock
- starfish
- perch
- whiting

## offal

- brains
- liver
- heart
- kidney

## animal products

- pork chops
- chicken breast
- turkey
- roast ham
- pork loin
- ground turkey
- pork ribs
- ground pork
- lamb (lean)
- roast pork
- chicken drumstick
- pork shoulder
- leg ham
- ham
- turkey
- pork (lean)
- steak

## dairy & egg

- whole egg
- egg yolk