

BALANCED eating

You can keep your blood sugars stable throughout the day by eating a good, balanced diet. Make sure you eat all 3 macronutrients (PFC) every time you eat.

When you eat make sure you include:

PROTEIN 1 serving	FAT 1-2 servings	CARBS 1-2 servings
--------------------------------	-------------------------------	---------------------------------

When you snack during the day include:

PROTEIN 1/2 a serving	FAT 1 serving	CARBS 1
------------------------------------	----------------------------	-------------------

Recommended bedtime snacks should include:

PROTEIN 0 a serving	FAT 1 serving	CARBS 1 serving
----------------------------------	----------------------------	------------------------------

Eaten one too many carbs? Off-set with extra fat:

CARBS +1	Eg: serving of pasta
FAT +1	Eg: glass of wine & nuts

<p>PROTEIN 2-4oz per serving</p> <p>Any Red Meat Any White Meat Any Poultry Any Shellfish Any Seafood Tofu Pea Protein Powder Hemp Protein Powder Non GMO Soya Powder* (*when advised)</p> <p>CHOOSE Organic or grass fed whenever possible</p>	<p>FAT 10g (at least) per serving</p> <p>All Natural Nuts & Seeds (Not roasted or salted) Organic Goats Milk Organic Goats Cream Coconut Cream Coconut Milk Butter Bone Stock Jelly</p>	<p>NON STARCHY CARBOHYDRATES unlimited per serving</p> <p>Asparagus Broccoli Cabbage Cauliflower Celery Cucumbers Aubergine Green Beans</p> <p>Kale Leafy Greens Mushrooms Peppers Spinach Tomatoes Courgette Onion</p>				
	<p>FAT 2tbsp per serving</p> <p>Organic Goats Cheese Organic Mayonnaise Nut Butters</p>	<p>STARCHY CARBOHYDRATES 64g (one item from one column only) per serving</p> <table border="1"> <tr> <td> <p>GRAINS AND BEANS</p> <p>Beans Rye Bread Quinoa Lentils Oats Oat Cakes Brown Rice Rice Bread Rice Pasta Rice Crackers Wild Rice</p> </td> <td> <p>ROOT VEGETABLES</p> <p>Beetroot Carrots Corn Peas Potatoes Pumpkin Squash Sweet Potato</p> </td> <td> <p>FRUIT</p> <p>Apple Banana Berries Cherries Grapefruit Grapes Kiwi Melon Nectarine Peach Pear Pineapple</p> </td> </tr> </table>		<p>GRAINS AND BEANS</p> <p>Beans Rye Bread Quinoa Lentils Oats Oat Cakes Brown Rice Rice Bread Rice Pasta Rice Crackers Wild Rice</p>	<p>ROOT VEGETABLES</p> <p>Beetroot Carrots Corn Peas Potatoes Pumpkin Squash Sweet Potato</p>	<p>FRUIT</p> <p>Apple Banana Berries Cherries Grapefruit Grapes Kiwi Melon Nectarine Peach Pear Pineapple</p>
	<p>GRAINS AND BEANS</p> <p>Beans Rye Bread Quinoa Lentils Oats Oat Cakes Brown Rice Rice Bread Rice Pasta Rice Crackers Wild Rice</p>	<p>ROOT VEGETABLES</p> <p>Beetroot Carrots Corn Peas Potatoes Pumpkin Squash Sweet Potato</p>	<p>FRUIT</p> <p>Apple Banana Berries Cherries Grapefruit Grapes Kiwi Melon Nectarine Peach Pear Pineapple</p>			
<p>PROTEIN 64g per serving</p> <p>Cottage Cheese</p>	<p>FAT 1tbsp per serving</p> <p>Coconut Oil Olive Oil</p>	<p>OTHER 125ml Alcoholic Drink</p> <p>2 squares Dark Chocolate</p>				
<p>PROTEIN 2-3 per serving</p> <p>Eggs</p>	<p>OTHER 1/2 Avocado 10 Olives</p>	<p>AVOID for paleo diet.</p>				

HOW DOES BLOOD SUGAR

work?

THE PROBLEM

Sharp spikes and drops in your blood sugar are created by skipping meals and eating high sugar or processed foods.

When you eat:



Hours after eating:



THE SOLUTION

Support stable blood sugar levels and glucagon secretion and hormone by eating balanced meals and snacks of protein, carbohydrate and fats every few hours.

FOR HEALTHY

Body & Weight

AND PLENTY OF

Energy!



HORMONE REACTIONS

Skipping meals or eating too much sugar disrupts your blood sugar levels.

Here are some of the blood sugar hormones effected by what you eat:

insulin

RELEASED:

When blood sugar levels are high

ACTION

Inhibits fat burning and begins fat storing

RESULT

Fat storing & weight gain

glucagon

SECRETED:

When blood sugar levels are stable

ACTION

Body is in fat burning mode and transfers fat from storage to energy

RESULT

Weight loss & stability

ghrelin

REACTS:

When protein, calorie intake and blood sugar levels are low.

ACTION

Body increases blood glucose levels

RESULT

Fat storing & weight gain

Cholecystikin (CCK)

LEVELS RAISE:

15 minutes after a meal (and remain high for up to 3 hours)

ACTION

Decreases glucagon & ghrelin levels during a meal and shortly after

RESULT

Aids digestion and reduces appetite

Leptin

REGULATES:

Food intake, body weight, energy expenditure, glucose and insulin

HIGH LEVELS

Lower glucose levels and increase insulin sensitivity

LOW LEVELS

Equals less body fat