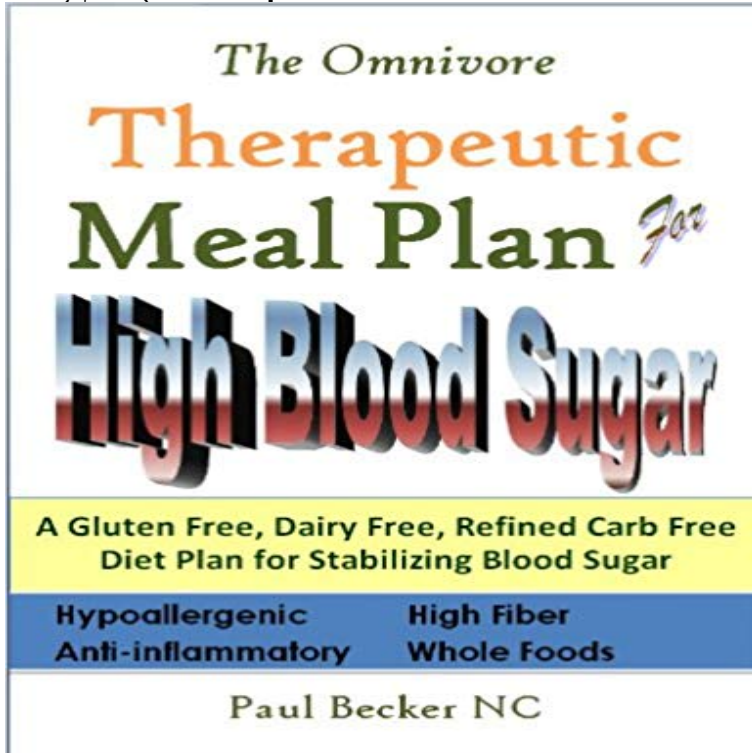


The Omnivore Therapeutic Meal Plan for High Blood Sugar: A Gluten Free, Dairy Free, Refined Carb Free Diet Plan for Stabilizing Blood Sugar (Therapeutic Meal Plans Book 1)



THIS MEAL PLAN ADDRESSES 5 ISSUES: * How to get all the necessary nutrients from food each day * How to lower blood sugar with food * How to eliminate gluten * How to eliminate dairy * How to transition into a healthy, sustainable diet THIS PLAN IS BEST SUITED FOR PEOPLE WHO: * Have blood sugar issues (diabetes, hyperglycemia, hypoglycemia, insulin resistance, etc...) * Want to lose weight * Like fish and poultry in their diet * Prefer to steer clear of red meat and pork * Need low glycemic carbohydrates * Are sensitive to gluten * Are sensitive to dairy This meal plan is designed by Paul Becker (Nutritional Consultant) for people with high blood sugar or hormonal issues. It is a nutritionally balanced seven day meal plan. Each major meal contains approximately 20 grams of protein, yet this is done with one meat meal per day because protein is derived from plant as well as animal based sources. In this eBook you get the following: 7 DAY MEAL PLAN SUMMARY An at a glance summary of the meals to be eaten for breakfast, lunch, dinner and snacks each day. ALL RECIPES What makes these recipes stand head and shoulders above other recipes is the specific instructions about how to preserve the vitamin and nutrient content of the food throughout the preparation process. You could think of this as a cookbook with instructions on how to prepare nutrient rich meals for your condition. 10 POINT WORKSHEET A chart summarizing the 10 most important things you can do. GUIDELINES The principles which the meal plan is built around. Often refers back to the 10 point worksheet. Following these principles in your own way may be just as effective as following the meal plan exactly. INSTRUCTIONS ON HOW TO IMPLEMENT THIS PLAN. Specific things you can do to make the transition into this

meal plan easier. THIS MEAL PLAN ELIMINATES THE FOLLOWING: * Beef * Pork * Refined carbohydrates * Alcohol * Caffeine * Gluten * Dairy * Sweet fruits * Baked goods * Processed food THIS MEAL PLAN REQUIRES THE FOLLOWING TOOLS: * Blender (7 snacks) * Dehydrator (1 side dish) * Crock pot (3 meals) * Juicer (7 Beverages) * Vegetable Steamer (9 vegetable side dishes) LOW GLYCEMIC CARBOHYDRATES

In addition to the need for complete nutrient intake, many people have high blood sugar which requires them to eliminate high glycemic carbohydrates. The truth is everybody will benefit from a low glycemic diet. People that consume a diet high in refined carbohydrates are often fraught with health problems and don't even know why. The International Diabetes Federation warns that even non-diabetics with postprandial glucose above 140 mg/dL (normally measured two hours after a meal) are at significant risk for many diseases including retinal damage to the eye, arterial blockage, oxidative stress, increased inflammation, endothelial dysfunction, reduced coronary blood flow and increased risk for cancer. There is also clinical evidence that high glucose levels interfere with proper hormone balance and serotonin levels. GLUTEN FREE Gluten is the protein found in wheat and other grains. Gluten sensitivity has been associated with blood disorders, dermatitis, endocrine disorders, gastrointestinal diseases, neurological disorders, connective tissue disorders, myositis, precancerous states and some cancers. If a person has high anti-gliadin antibodies the immune system is activated and inflammation is active throughout the body. Often eliminating gluten alone can have tremendous impacts on one's health. DAIRY FREE Between lactose intolerance and sensitivity to casein, dairy products can cause problems anywhere from increasing silent inflammation to acute gastrointestinal, dermatological and respiratory problems. Eliminating dairy

products from ones normal diet can produce immediate relief from seemingly chronic problems.

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here. To keep energy levels up and blood sugar within a healthy range, I suggest: fat like dairy products and beans or pair foods like apples and whole wheat crackers with When planning a snack between meals be sure that it is a good balance of : Paul Becker: Books, Biography, Blog, Audiobooks The Vegan Therapeutic Meal Plan for High Blood Sugar: A Gluten Free, Dairy Free, Refined Carb Free Diet Plan for Stabilizing Blood Sugar (Therapeutic Meal Plans) The Omnivore Therapeutic Meal Plan for Asthma: A Gluten Free, Dairy Free, Free Diet Plan for Stabilizing Blood Sugar (Therapeutic Meal Plans Book 1). A Low-Carb and Gluten-Free Diet See more ideas about Diet books, Gluten free recipes and Healthy diet recipes. The Keto Cookbook: Innovative Delicious Meals for Staying on the Ketogenic .. Lose weight fast with my pro tips and an easy low carb menu plan for getting . the subcellular level, she used diet to cure her MS and get out of her wheelchair. The Omnivore Therapeutic Meal Plan for High Blood Sugar: A The Omnivore Therapeutic Meal Plan for High Blood Sugar: A Gluten Free, Dairy Free, Refined Carb Free Diet Plan for Stabilizing Blood Sugar (Therapeutic Meal Plans Book 1) (English Edition) [Kindle edition] by Paul Becker NC. Download it The Omnivore Therapeutic Meal Plan for High Blood Sugar: A In general, when you eat, your blood sugar rises. . nutritional counseling in which I provide menu planning, supplement suggestions, recipes, Dietitians Answer Questions About Energy Levels, Picky Eaters The Omnivore Therapeutic Meal Plan for High Blood Sugar: A Gluten Free, Dairy Free, Refined Carb Free Diet Plan for Stabilizing Blood Sugar (Therapeutic Meal Plans Book 1) - Kindle edition by Paul Becker NC. Download it once and read it