

## Insulin resistant diet approved foods by Reversing Insulin Resistance

### Meat:

Hamburger  
Steak  
Ribs  
Roasts  
Pork-chops  
Bacon  
Ham  
Sausages  
Veal  
Bison

### Poultry:

Eggs  
Chicken  
Duck  
Turkey

### Seafood:

Tuna  
Sardines  
Trout  
Salmon  
Cod  
Haddock  
Shrimp/Lobster

### Cheese:

Mozzarella  
Cheddar  
Cottage cheese  
Gouda  
Ricotta  
Parmesan  
Cream cheese

### Vegetables:

Spinach  
Kale  
Lettuce  
Zucchini  
Avocado

### Eggplant

Brussels sprouts  
Tomato (limited)  
Cucumber  
Peppers  
Broccoli  
Asparagus  
Cauliflower

### Celery

### Cabbage

### Pickles

### Olives

### Green beans

### Onions

### Radishes

### Zucchini

### Mushrooms

### Sauerkraut

### Fruits:

### Strawberries

### Raspberries

### Lemon/lime

### Nuts/seeds:

### Brazil nuts/Almonds

### Macadamia/Pecans

### Hazel/Walnut/Peanut

### Hemp/Pumpkin/Flax/

### Sesame/Sunflower seeds

### Fats:

### Coconut oil

### Butter

### Ghee

### Olive oil

### Avocado oil

### Bacon grease

### MCT oil

### Lard

### Beef tallow

### Almond butter

### Cocoa butter

### Duck fat

### Dressings:

Ranch, Blue cheese,  
Caesar, Thousand island

### Mayo

### Aioli

### Mustard

### Soy sauce

### Hot sauce

### Liquids:

### HWC

### Broth

### Stock

### Snacks:

### Pepperoni

### Jerky

### Cheese chips

### Pork rinds

### Fat bombs

### Drinks:

### Water

### Tea

### Coffee

### Alcohol:

### Vodka, Tequila

### Sweeteners:

### Stevia

### Erythritol

### Monk fruit

### Allulose

### Other:

### Almond flour

### Coconut flour

### Sugar free spices