

30 DAY CHALLENGE

Breakfast 30 grams of protein or more

1 tbs of vinegar with 32 oz water

No carbs/anything sweet until dinner

Stop eating 3 hours before bed

Salt your food with mineral salts

Walk/workout for 10 min after dinner

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Further Details & Explanations

Breakfast - 1 large egg has about 6 grams of protein, you'll need 5 to meet breakfast goals or most all cuts of red meat have 7 grams or protein per oz you'll need more than 4 oz.

NO fruit, NO bread, NO sugar free sweeteners, NO flavored electrolytes, NO calorie free sweeteners because it might still SPIKE INSULIN.... For this challenge we are steering clear especially in the morning but read on for dinner you're gonna love it!

Lunch/Snacks are the same concept as Breakfast, get as much protein & healthy fats as you can without added sugars, carbs or artificial sweeteners.

Dinner - Prioritize Protein & Healthy fats, enjoy some carbs!

You heard me right, now is the time to enjoy the effort of the day, go ahead and have a slice of bread if you wish or stay cleaner with sweet potatoes, regular potatoes (or my fav is the white sweet potato) throw on the butter and sour cream and salt! Have some fruit and honey for desert maybe?

How strict you wish to be at dinner is up to you, but the morning & mid day should be strict as the whole point is to keep insulin responses as minimal as possible.

Walk/move for 10 minutes after last meal. Playing with your kids, marching in place or riding a bike. Any low intensity exercise.

This is NOT medical advice and you should talk to your health care provider (ideally a Dr who is on board with natural insulin lowering methods & not JUST medication?) before making dietary changes. Especially those on insulin medications of any kind should absolutely seek medical advice and use extreme caution as this plan specifically targets lowering blood sugar naturally.