

Natural Hormone Solution

APPROVED FOOD LIST

NON-STARCHY VEGETABLES

You can eat these freely. Enjoy 2+ cups at each meal for vitamins, minerals, antioxidants and some fiber.

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|--------------------|--------------------|-------------------------|------------------|--------------------|
| • Artichokes | • Carrots | • Eggplant | • Leeks | • Snow peas |
| • Arugula | • Cassava | • Endive | • Lettuce | • Spaghetti squash |
| • Asparagus | • Cauliflower | • Escarole | • Mushrooms | • Spinach |
| • Bamboo shoots | • Celery | • Fennel | • Mustard greens | • Sugar snap peas |
| • Beet greens | • Chicory | • French (Green) beans* | • Okra* | • Summer squash |
| • Bell peppers | • Chives | • Garlic | • Onions | • Swiss chard |
| • Bok choy | • Collard greens | • Jalapeño peppers | • Parsley | • Turnip greens |
| • Broccoli | • Coriander | • Jicama | • Radicchio | • Water chestnuts |
| • Brussels Sprouts | • Cucumber | • Kale | • Radishes | • Watercress |
| • Cabbage | • Dandelion greens | • Kohlrabi | • Shallots | • Zucchini |

STARCHY VEGETABLES AND APPROVED FRUITS

Enjoy at each meal according to serving sizes noted. These contain higher amounts of carbohydrates and sugar. They also contain great fiber and lots of nutrients. You may need more or less depending on insulin and glucose numbers and activity level.

- Berries: (1 cup)
Blackberries, Blueberries, Boysenberries, Elderberries, Gooseberries, loganberries, Raspberries, Strawberries, Acai
- Acorn squash (3/4 cup)
- Beets (1 cup)
- Buttercup squash (3/4 cup)
- Butternut squash (3/4 cup)
- Carrots - Cooked (1 cup)
- Delicata squash (3/4 cup)
- Grapefruit (1 small)
- Hubbard squash (3/4 cup)
- Kabocha squash (3/4 cup)
- Leeks (1.5 cups)
- Nectarines (1 large)
- Oranges (1 medium)
- Parsnips (1/2 cup)
- Peaches (1 large)
- Pumpkin (1 cup)
- Spaghetti squash (3/4 cup)
- Sweet Potatoes (1/2 cup)
- Tomatoes (1 medium)
- Turban squash (3/4 cup)
- Turnip (2 cups)
- Yams (1/2 cup)



FATS
Eat small amounts at each meal. Helps with satiety, tastier meals and builds healthy hormones, a healthy brain and better gut function.

- Olives/Oil
- Coconut/Oil
- Nuts:
Almonds, Cashews, Hazelnuts, Walnuts, Pecans, Brazil Nuts, Pistachio, Macadamia, Pine Nuts
- Seeds:
Sunflower Seeds, Pumpkin Seeds, Sesame Seeds, Chia Seeds, Flax Seeds
- Avocado
- Ghee
- Pasture Butter
- Cold water fish:
Sardines, Kippers, Herring, Fish Oil

PROTEIN

Eat about 20 grams or 3 ounces at each meal - about the same size and thickness as the palm of your hand. You may need more or less depending on activity level. Eating protein promotes hormone signaling that tells your brain that you're full.

LEGUMES AND GRAINS

- Legumes: (1/2 cup)
Black Beans, Chickpeas, Cowpeas, Great Northern beans, Kidney Beans, Lentils, Lima Beans, Mung Beans, Navy Beans, Split Peas, White Beans
- Quinoa (1/2 cup)
- Wild Rice (3/4 cup)
- [Vegan Vanilla Protein Powder](#)

- Eggs, cage free, organic
- Free range 100% grass fed Beef, Bison, Lamb
- Free range, organic Pork
- Cage free, organic Chicken
- Wild caught Fish (avoid farm-raised)
- Wild game: Venison, Elk, Antelope, etc.
- [PowerPaleo Protein Powder](#)

Vegan: Combine Beans, Grains and Nuts/Seeds to make complete proteins for your meals.

We are here for you every step of the way.

For questions please email support@insulitehealth.com or call us at 888-272-8250