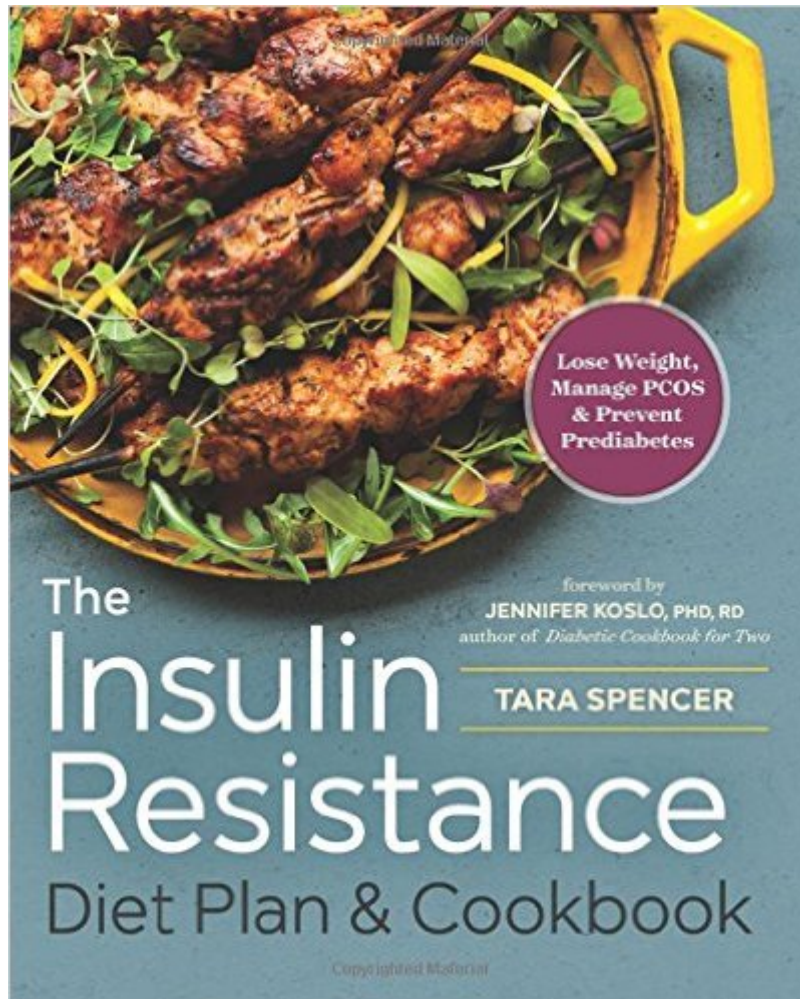


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# The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, And Prevent Prediabetes



## Synopsis

Nutritionist Tara Spencer knows firsthand the struggle of coping with insulin resistance and PCOS. Now she combines her experience and expertise to help you overcome the physical and emotional effects of your condition with a holistic 4-week meal plan and cookbook. Millions of people are diagnosed with insulin resistance yet too often feel alone. If you're looking for a natural approach, Tara's practical insulin resistance diet and meal plan and compassionate, up-to-date advice will guide you toward reversing your insulin resistance naturally. Lose weight, take control of your PCOS, rebuild your confidence, and embrace a healthier way of living, with: 100 easy-to-prepare recipes using clean, wholesome ingredients A sensible and affordable 4-week meal plan Self-compassion techniques for coping with stress Bodyweight exercises to boost your metabolism With The Insulin Resistance Diet Plan & Cookbook, you'll take the first crucial step in reclaiming your health for the rest of your life.

## Book Information

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## Customer Reviews

The first part of this book explains insulin resistance, its relationship with food and metabolism, and what an insulin resistance diet is. It explains different factors that determine your metabolism and how different foods can affect it. Controllable and uncontrollable factors involved in the development of insulin resistance are outlined. There is a general list of good foods and those to avoid as well as general rules such as controlling carb intake and eating every 2-4 hours. Possible side effects and outcomes are discussed. Exercise, body image, and troubleshooting common diet problems are

covered as well as intuitive, mindful eating. Then the book has a 4 week meal plan to jumpstart your healthier eating. It includes items from the recipe section of the book and has a grocery list for each week as well as pantry staples to purchase. Around page 70 the recipes begin with condiments such as Caribbean jerk rub and fresh berry vinaigrette. Each recipe has a prep time, cook time, number servings, nutritional info including glycemic load, a brief description, ingredients, instructions, and a tip such as how to serve or what to substitute. The breakfast chapter includes things like oatmeal pancakes, quinoa waffles, and asparagus-scallion frittata. Salads & Soups contains recipes such as fruited bean salad, chicken barley soup, and arugula chicken salad with tahini dressing. Snacks and Sides covers recipes like apple leather, roasted brussels sprouts with walnuts, lemon asparagus, and garlicky hummus. Vegetarian and Vegan has recipes like mixed bean chili, cauliflower-pecan fritters, and vegetarian egg pizza.

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