
Low Glycemic Foods (Steady Blood Sugar, Lower Insulin Spikes)



Pair protein + fiber from this list at every meal → steadier energy, fewer cravings, better fat-burning

Proteins



Eggs



Chicken / Turkey



Salmon, Sardines, Cod, Tuna



Greek Yogurt (unsweetened)



Tofu / Tempeh / Edamame



Healthy Fats



Avocado



Olive Oil



Walnuts, Almonds, Pecans




Sunflower Seeds




Chia & Flax Seeds




Veggies

 Spinach, Kale, Arugula

 Broccoli, Cauliflower, Brussels Sprouts

 Zucchini, Cucumbers

 Bell Peppers

 Mushrooms




Fruits (Low-GI)


 Strawberries, Blueberries, Raspberries

 Apples

 Pears

 Cherries

 Kiwi


 Oranges (whole, not juice)


 Grapefruit




Smart Carbs

 Sweet Potatoes (moderate)

 Yams

 Quinoa

 Steel-Cut Oats

 Lentils, Chickpeas, Black Beans
