



Insulin Resistance Diet: Top 50 Insulin Resistance Meals-Loss Fat By Increasing Insulin Sensitivity (Insulin Resistance Diet, Diabetes Diet, Diabetes Type 2, Insulin Resistance Diet Cookbook)

Trisha Eakman

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Top 50 Insulin Resistance Meals-Loss Fat By Increasing Insulin Sensitivity

Have you ever wondered why, after all the exercise and healthy eating you do, you still can't shift that last bit of fat?

Insulin is the primary hormone that tells your body to store energy as fat or use it as fuel — so you want to ensure that your diet is designed to keep insulin levels (and in turn, your weight) in check. Food can be as powerful as a drug — it can make you weak and sick or it can make strong and healthy. I picked some of my favourite recipes that will not only protect against cancer, heart disease and diabetes, but also help your waistline by boosting your insulin-sensitivity

Here Is A Preview Of What You'll Learn...

- Banana-Raspberry Flapjack
- Flourless Bean Burrito with Fresh Salsa
- Green, Green Fresh Salad with Italian Style Vinaigrette
- Sourdough Bruschetta with Chickpeas
- Asian Inspired Burger with Special Sauce
- Almonds and Broccoli in Pita Pockets
- Slow Cooked Beef Curry
- Easy Spiced Pumpkin Pudding with Frozen Bananas
- Creamy Fruit Salad with Shredded Coconut
- Peach and Nutmeg Vanilla Smoothie
- Peach-Mango Smoothie
- Much, much more!

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Enrique McLean:

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Harry Oliver:

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Adeline Norris:

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