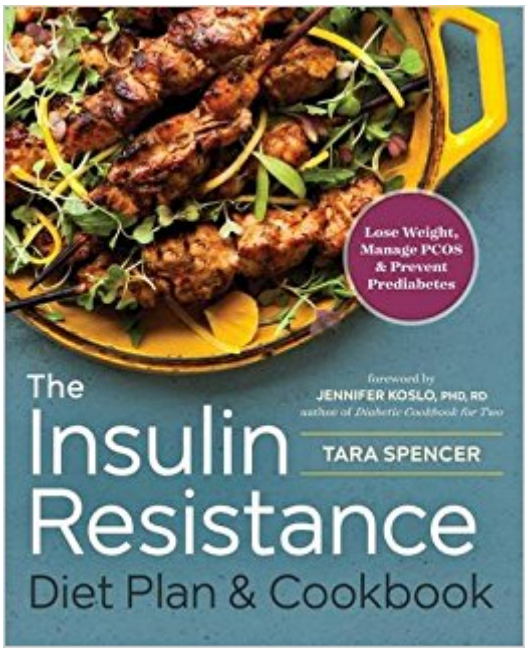
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The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, And Prevent Prediabetes



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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 resistanceâ •yet too often feel alone. If youâ ™re looking for a natural approach, Taraâ ™s practical insulin resistance diet and meal plan and compassionate, up-to-date advice will guide you toward reversing your insulin resistanceâ •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 ingredientsA sensible and affordable 4-week meal planSelf-compassion techniques for coping with stress Bodyweight exercises to boost your metabolism With The Insulin Resistance Diet Plan & Cookbook, youâ ™ll take the first crucial step in reclaiming your health for the rest of your life.

Book Information

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Customer Reviews

Tara Spencer is a qualified nutritionist and personal trainer who guides individuals of all ages and stages on the path toward better health. In addition to her work in eating disorder recovery and athlete coaching, Tara counsels clients to modify their diets as a natural treatment for a number of illnesses. She is the author of The Migraine Relief Diet.Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert. She is the author of the Diabetic Cookbook for Two and the Healthy Smoothie

Recipe Book.

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. The Poultry and Meta chapter includes recipes for braised pork cutlets with spinach, marinara-braised meatballs, beef and navy bean stew, and artichoke-chicken bake. The chapter on drinks and desserts includes coconut macaroons, dark chocolate chia pudding, buckwheat crepes with berries, and green pear protein smoothie. There is also a chapter on fish and seafood.I think it would take a lot of time, money, and energy to follow a meal plan like this. You will be buying all sorts of things that you donÃ¢Â Â™t normally buy and then following new recipes daily. I just donÃ¢Â Â™t see myself being able to do that with two small kids. That doesnÃ¢Â Â™t even take into account the fact that my kids probably wouldnÃ¢Â Â™t even try most of the new foods. If you are single or in a situation that will allow you to try this, however, I think it would be great.I am going to take the information from the first part of the book and try to work on making small changes slowly so that they build up to bigger changes. I have PCOS and have long suspected that I am insulin resistant, but IÃ¢Â Â™m not under doctorÃ¢Â Â™s orders to change my diet immediately (yet). I will work in some of the recipes until I can get us all eating healthier.Some of the recipes contain more ingredients than I like including things like shredded carrots, lime zest, and ground almonds or shredded celery stalks. Those are little things that just

add up to a lot more time in the kitchen so IÃ¢Â Â™ll be looking for ways to alter the ingredients and make them easier where I can.Overall I think that I will get some use from this cookbook, but I really wish someone would make a cookbook for insulin resistance for those of us who donÃ¢Â Â™t have that much time to be in the kitchen. The recipes all say something like 15 minutes of prep which may be true if you have all the gadgets and are an experienced cook. I doubt I could do it that quickly.I received a discount on my purchase in exchange for trying the product and leaving an honest review. Because I also rely on reviews when researching purchases, I try to make my reviews as helpful and unbiased as I can. I will update my review if anything happens to change my opinion.

I already knew a lot about insulin resistance, but it was great with all the recipes and definetly also the explanations about why you should eat 'the right way'. I would definetly recomend this book.

I found this to be informative. I am always interested in recipes. The grams of content in addition to calories are listed with each entry. There are also noted tips. Exercise and suggestions are included. Would recommend.

Good information and recipes but no images. It would be nice to see what the recipes look like.

It provides a meal plan for a month of eating as well as additional meals and snacks to substitute into your diet. It goes over the basics of insulin resistance and things that you can do to improve your health. We did not want to completely change our diets, but this cookbook provided us with multiple meals to substitute into our diets instead of the heavy carb alternatives. One of our favorites has been the zucchini pasta, which had substituting squash for other meals as well.

This book was general in knowledge. Recipes were expensive .not common everyday items..recipes were not proofread. Waste of time and money

The book has a lot of good information. I think that rhe recipes are kind of complicated for someone who is not a chef in the kitchen.

I find the diet does not have alternative choices for allergies nor does Spencer allow for seasonal availability in purchasing food, which she stated earlier in the book to be an important consideration

for optimum nutrition! I was disappointed by the brevity of information. If you don't know about diabetes & its relation to food, this book is a starting point. However, I'm interested in more food choices to stimulate insulin production and utilization in the body.

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The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, and Prevent Prediabetes Insulin Resistance Diet Plan For Type 2 Diabetics: Your Essential Guide To Diabetes Prevention and Delicious Recipes You Can Enjoy! (Manage PCOS, Prevent Prediabetes, Maintain Low Blood Glucose) Prediabetes Diet Plan - Prediabetes Detox and Prediabetes Diet To Prevent Diabetes Anti Inflammatory Diet: 4 Manuscripts: Insulin Resistance Diet, Plant Based Diet Cookbook, Insulin Resistance Cookbook, Healthy Eating (Anti Inflammatory Diet Cookbook Bundle) Insulin Resistance Diet: Your Step By Step Guide to Cure Diabetes & Prevent Weight GainÂ© Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar) Insulin Resistance Diet: The Essential Insulin Diet Guide - Lose Weight, Prevent Diabetes and Optimize Your Body With Over 100 Amazing Recipes The Insulin Resistance Diet for PCOS: A 4-Week Meal Plan and Cookbook to Lose Weight, Boost Fertility, and Fight Inflammation DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) PCOS Diet for the Newly Diagnosed: Your All-In-One Guide to Eliminating PCOS Symptoms with the Insulin Resistance Diet Insulin Resistance: Strategies to Overcome Insulin Resistance, Control Blood Sugar and Lose Weight HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) The Prediabetes Diet Plan: How to Reverse Prediabetes and Prevent Diabetes through Healthy Eating and Exercise Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet,No carbs diet,Low Carbs food list,high protein diet,rapid weigh loss,easy way to lose weight,how ... way to lose weight,how to lose body fat)) Thyroid Diet: A Guide For Using The Thyroid Diet to Manage Thyroid Symptoms, Increase Metabolism and Lose Weight (dieting, weight loss, thyroid, hyperthyroidism, ... hyperthyroidism diet, thyroid diet plan,) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet,High Protein Diet,Perfect Protein Diet,Lose Weight,Protein Diet Plan) Paleo Diet: Ultimate

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