

Low Carb Mastery Guidelines: MARKEDLY INSULIN RESISTANT

These guidelines are a summary of exactly what to do during the **first 4 weeks** of Low Carb Mastery (LCM) for an individual who is Markedly Insulin Resistant. For all the details regarding these steps please take the time to listen to the video titled: LCM for the Markedly IR Individual

WHEN?

1. Mon, Wed and Fri are **24 hour FAST DAYS** i.e only eat dinner ('Weekday Alternate Day Fasting Protocol')
2. On all other days maintain a minimum overnight fast of **13 hours**
3. No snacking
4. **MAXIMUM of 3 meals per day**
5. Only eat if and when you are **hungry**

Items permissible during fasts and between meals: water, sparkling water, soda water, black tea, black coffee, herbal tea.

WHAT?

1. **Fluid** - drink to thirst
2. **Salt** - add 2tsp of salt to your food/fluid (don't forget to do this on fast days)
3. **JERF** - Just Eat Real Food - avoid processed packaged food
4. **Daily Carb Allowance: 60-80g** therefore:
 - Eat freely from the **GREEN LIST**
 - Select items totalling 20-50g of carbs/day from the **ORANGE LIST** (if desired)
 - Apply common sense if/when you choose to have the occasional item from the **RED LIST** (adjust orange list down accordingly on these days)
5. Follow the **MEAL FORMULA** for putting a meal together i.e.
 - Start with **PROTEIN**
 - Add **VEGETABLES** - variety and colour
 - Add sufficient **FAT**
7. Keep **ALCOHOL** to a minimum
8. Meal and food **PREPARATION** is the key to ongoing health and success