

14-Day Sample Meal Plan for Insulin Resistance

This plan provides a framework; adjust portion sizes and ingredients based on your needs.

Day 1:

- **Breakfast:** Greek yogurt with berries and chia seeds
- **Snack:** Handful of almonds and apple slices
- **Lunch:** Grilled chicken salad with spinach, quinoa, and balsamic vinaigrette
- **Snack:** Carrot sticks with hummus
- **Dinner:** Salmon with roasted Brussels sprouts and brown rice

Day 2:

- **Breakfast:** Scrambled eggs with spinach and whole-wheat toast
- **Snack:** Cottage cheese with sliced cucumber
- **Lunch:** Lentil soup with whole-wheat bread
- **Snack:** Pear with a small piece of dark chocolate
- **Dinner:** Turkey chili with a side salad

Day 3:

- **Breakfast:** Oatmeal with chopped nuts and berries
- **Snack:** Bell pepper slices with guacamole
- **Lunch:** Tuna salad on whole-wheat crackers with mixed greens
- **Snack:** Edamame pods
- **Dinner:** Chicken stir-fry with broccoli and brown rice

Day 4:

- **Breakfast:** Smoothie with spinach, banana, protein powder, and unsweetened almond milk
- **Snack:** Handful of mixed nuts
- **Lunch:** Black bean burger on a whole-wheat bun with a side salad
- **Snack:** Greek yogurt with a sprinkle of cinnamon
- **Dinner:** Baked cod with roasted sweet potato and asparagus

Day 5:

- **Breakfast:** Chia pudding with almond milk and berries
- **Snack:** Celery sticks with peanut butter

- **Lunch:** Veggie wrap with whole-wheat tortilla, hummus, and roasted vegetables
- **Snack:** Apple slices with string cheese
- **Dinner:** Chicken fajitas with whole-wheat tortillas, grilled peppers and onions, and black beans

Day 6 (Repeat Day 1 or choose another from above)

Day 7:

- **Breakfast:** Whole-wheat pancakes with ricotta cheese and berries
- **Snack:** Hard-boiled egg with baby carrots
- **Lunch:** Leftover chicken stir-fry from Day 3
- **Snack:** Greek yogurt with a sprinkle of granola
- **Dinner:** Tofu scramble with vegetables and whole-wheat toast

Day 8 (Repeat Day 2 or choose another from above)

Day 9:

- **Breakfast:** Whole-wheat waffles with nut butter and sliced banana
- **Snack:** Handful of dried cranberries and almonds
- **Lunch:** Chickpea salad sandwich on whole-wheat bread with mixed greens
- **Snack:** Cottage cheese with sliced tomatoes
- **Dinner:** Shrimp scampi with whole-wheat pasta and green beans

Day 10 (Repeat Day 3 or choose another from above)

Day 11:

- **Breakfast:** Smoothie with protein powder, spinach, and mixed berries
- **Snack:** Cottage cheese with pineapple chunks
- **Lunch:** Leftover veggie wrap from Day 5
- **Snack:** Greek yogurt with a sprinkle of chia seeds
- **Dinner:** Baked salmon with roasted sweet potato and Brussels sprouts

Day 12 (Repeat Day 4 or choose another from above)

Day 13:

- **Breakfast:** Scrambled eggs with spinach and whole-wheat toast
- **Snack:** Pear with almond butter
- **Lunch:** Lentil soup with whole-wheat bread
- **Snack:** Handful of mixed nuts

- **Dinner:** Chicken breast with quinoa, roasted vegetables, and balsamic dressing

Day 14 (Repeat Day 5 or choose another from above)

Remember: This is just a sample. Feel free to swap ingredients and explore new recipes that fit your taste and dietary needs!