

**BLOOD SUGAR SOLUTION
KIT**

By Daniel Pierce

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Natural Remedies For Diabetes

Introduction: What Nobody Tells You About Diabetes

Here's something that took me years to understand: diabetes isn't really about blood sugar.

I know that sounds unusual. Your doctor measures your blood sugar. Your meter shows blood sugar. Everything about diabetes *seems* to be about blood sugar.

But blood sugar is just the smoke. Insulin resistance is the fire.

Think of it like this: you walk into your kitchen and it's full of smoke. You could stand there waving a towel at the smoke all day. Or you could find the fire and put it out.

Most diabetes treatment is towel-waving. We're going to put out the fire.

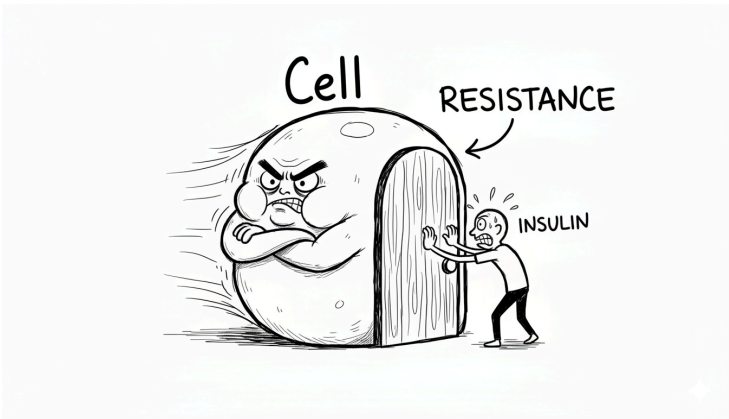
The Real Problem (And Why Your Doctor Probably Hasn't Told You)

Your body has a hormone called insulin. Its job is to take sugar from your blood and move it into your cells where it can be used for energy.

When everything works right, you eat something, your blood sugar goes up a bit, insulin shows up and escorts that sugar into your cells, and your blood sugar comes back down. Simple.

But here's what happens over time when you eat a lot of sugar and starchy foods:

Your cells get tired of insulin knocking on the door. They've had enough sugar. So they start ignoring insulin's knock. They become *resistant* to it.



Your pancreas notices blood sugar isn't going down like it should. So it makes more insulin. Way more insulin. It's basically pounding on the door now instead of knocking.

This works for a while. Your blood sugar looks normal on tests. But your insulin levels are sky-high, doing damage you can't see yet.

Eventually, your cells become so resistant that even massive amounts of insulin can't get the job done. Sugar starts piling up in your blood. That's when you get diagnosed with diabetes.

But you've actually been heading toward diabetes for 10, 15, maybe 20 years. Your doctor just couldn't see it because they were only measuring blood sugar.

Why This Matters To You Right Now

If your blood sugar is already high, you're in the later stages of this process. But here's the good news: you can reverse it.

Not manage it. Not control it with more and more medications. Actually reverse it.

I've seen people do it in as little as two weeks. Not everyone is that fast. Some take a few months. But it happens when you address the real problem instead of just the symptom.

The Three Things Making Everything Worse

Before we get to what fixes this, you need to know what's actively making it worse. Because you might be doing these things right now, thinking they're helping.

1. Refined Carbohydrates and Sugar

Bread, pasta, rice, potatoes, crackers, cereal, juice, soda. All of these turn into sugar in your blood within minutes.

Doesn't matter if the box says "whole grain" or "heart healthy." Your body sees it all as sugar.

Every time you eat these foods, you're spiking your blood sugar, which forces your pancreas to dump more insulin into your bloodstream, which makes your cells more resistant.

It's like trying to dig yourself out of a hole.

2. Eating All Day Long

You've probably heard you should eat small meals throughout the day to "keep your metabolism going" or "maintain steady blood sugar."

This is backwards.

Every time you eat, your insulin goes up. If you're eating six times a day, your insulin barely ever goes down. Your cells never get a break from being pounded with insulin.

The constant elevated insulin is literally causing insulin resistance.

3. Not Moving Your Body

Your muscles are the biggest consumers of glucose in your body. When you use them, they suck sugar out of your blood without needing insulin.



Exercise is like a backdoor for glucose. It bypasses the whole insulin resistance problem.

But most people with diabetes aren't moving much. So that backdoor stays closed.

What Actually Works (The Double C Remedy and Beyond)

Remember in the sales letter when we talked about cinnamon and chromium? That wasn't hype. These actually work, but they work best as part of a complete approach.

Cinnamon

Real studies show that half a teaspoon to two teaspoons of cinnamon per day can lower fasting blood sugar by 20-30 points in some people.

It works by making your cells more sensitive to insulin. The insulin can finally get through the door.

But don't buy cinnamon rolls and think you're getting the benefit. You need actual cinnamon - Ceylon cinnamon is best - added to food or mixed into water or unsweetened tea.

I put it in my morning coffee. Some people mix it with a small amount of almond butter. One guy I know just mixes a teaspoon in a glass of water and drinks it before his biggest meal.

Chromium Picolinate

Your body needs chromium to use insulin properly. Most people don't get enough from food.

Studies show 200-1000 mcg per day can improve blood sugar control. Start with 200 mcg and see how you respond.

You can get this at any drugstore or grocery store with a supplement section. It's cheap.

Apple Cider Vinegar

Two tablespoons before your biggest meal of the day can reduce the blood sugar spike from that meal by up to 30%.

It works by slowing down how fast your stomach empties, giving your body more time to process the glucose.

Mix it in a glass of water. Don't drink it straight - it's hard on your teeth and throat.

Fair warning: it tastes terrible. But it works.

Bitter Melon

This is less common in the U.S., but you can find it in Asian grocery stores or as a supplement.

It contains compounds that act like insulin, helping move glucose into cells. Some studies show it can lower fasting blood sugar by 25-30 mg/dL.

You can juice it (mix it with other things because it's intensely bitter), cook it like a vegetable, or take it as a capsule.

Alpha Lipoic Acid

This antioxidant improves insulin sensitivity and can reduce diabetic nerve pain.

Studies use 600-1200 mg per day. It's available as a supplement.

Some people notice improvement in numbness or tingling in their feet within a few weeks.

Berberine

This is the big one that a lot of doctors don't know about yet.

Multiple studies show berberine works as well as metformin for lowering blood sugar. Some studies show it working better.

It activates an enzyme called AMPK, which basically tells your cells to start using glucose for energy instead of storing it.

Standard dose is 500 mg, three times per day, taken with meals.

Start with once a day for a few days, then twice, then three times. It can cause some stomach upset if you ramp up too fast.

Magnesium

Most people with diabetes are deficient in magnesium. Low magnesium makes insulin resistance worse.

Get a magnesium glycinate supplement - it's the form your body absorbs best. Take 400 mg before bed.

Bonus: it helps you sleep better, and good sleep improves insulin sensitivity.

Putting It Together: Your Natural Remedies Protocol

Here's how to actually use all of this:

Morning:

- 200 mcg chromium picolinate with breakfast
- 1 teaspoon cinnamon in coffee, tea, or mixed into breakfast

Before Lunch (your biggest meal):

- 2 tablespoons apple cider vinegar in 8 oz water, 15 minutes before eating
- 500 mg berberine with your meal

Afternoon:

- 500 mg berberine with your afternoon meal (if you eat one)

Before Bed:

- 400 mg magnesium glycinate
- 500 mg berberine (if you ate dinner)

Optional Additions:

- 600 mg alpha lipoic acid once or twice daily
- Bitter melon juice or capsules in the morning

What to Expect

Some people see their blood sugar drop within days. One man I know went from fasting blood sugar of 180 to 110 in eight days just by adding these supplements and cutting out bread and sugar.

Most people see significant changes within two to four weeks.

You should check your blood sugar more frequently when you start this. If you're on diabetes medication, your blood sugar might drop lower than expected. That's good, but you need to know about it.

Talk to your doctor about reducing medication as your blood sugar improves. Do not just stop taking prescribed medication without medical supervision.

Why Doctors Don't Tell You About This

Here's the uncomfortable truth: there's not much money in telling people to take cinnamon and cut out bread.

The diabetes industry is worth over \$300 billion per year. That's testing supplies, medications, doctor visits, hospital stays for complications.

Natural remedies threaten that income stream.

I'm not saying your doctor is evil or purposely keeping you sick. Most doctors genuinely want to help. But they're trained in pharmaceutical interventions. They learn how to prescribe drugs, not how to recommend supplements and diet changes.

The studies on these natural remedies exist. They're published in major medical journals. But most doctors never see them because no drug company

rep is stopping by their office to tell them about cinnamon.

Important Notes and Warnings

These supplements are generally safe, but a few things to know:

If you're taking blood thinners: Be careful with cinnamon in large amounts. Talk to your doctor.

If you have low blood pressure: Apple cider vinegar and berberine can lower it further.

If you're pregnant or nursing: Don't take berberine. Check with your doctor about the others.

If you're scheduled for surgery: Stop taking these supplements a week before. They can affect blood sugar during and after surgery.

Quality matters: Buy supplements from reputable brands. They should be tested for purity and potency. Look for USP or NSF certification on the label.

The Real Secret

Here's what I need you to understand: these supplements work. The studies prove it. I've seen it happen with my own eyes.

But they work best when combined with the diet and exercise changes we're going to cover in the next sections.

Think of supplements as amplifiers. They make everything else work better. But you can't supplement your way out of a terrible diet.



The people who reverse their diabetes fastest use the supplements AND change what they eat AND move their bodies more.

That might sound like a lot. But each piece makes the others easier.

The supplements reduce cravings and make your cells more responsive to insulin. That makes it easier to change your diet. The diet changes give you more energy. That makes it easier to exercise. The exercise makes the supplements work even better.

It's a positive spiral instead of the negative spiral you've been in.

One More Thing

You'll notice I haven't mentioned insulin injections or most oral diabetes drugs in this section.

That's intentional.

This book is about reversing diabetes through natural means. For many people, that means getting off medications entirely.

But some people need medications in the short term while they're healing their metabolism. That's okay.

If you're currently on diabetes medication, keep taking it. Use these natural remedies in addition to your medication, not instead of it.

As your blood sugar improves, work with your doctor to reduce your medication dosages. Many people find they can stop their medications entirely within a few months.

But do this with medical supervision. Suddenly stopping diabetes medication without replacing it with something else can be dangerous.

Think of it like walking across a river on stepping stones. Don't let go of one stone until your foot is firmly planted on the next one.



Your Action Steps for This Section

Before you move on to the next chapter, do these things:

1. **Get your supplements**
 - Chromium picolinate (200 mcg)
 - Cinnamon (Ceylon if possible)
 - Apple cider vinegar (with "the mother")
 - Berberine (500 mg capsules)
 - Magnesium glycinate (400 mg)
2. **Start taking them according to the schedule** in this chapter
3. **Check your blood sugar** at least twice daily
- once fasting in the morning, once two hours after your biggest meal
4. **Write down your starting numbers** so you can see your progress
5. **Set a calendar reminder** to reassess after two weeks

Ready? Let's talk about food.

Personal Meal & Exercise Planner

The Truth About What You've Been Eating

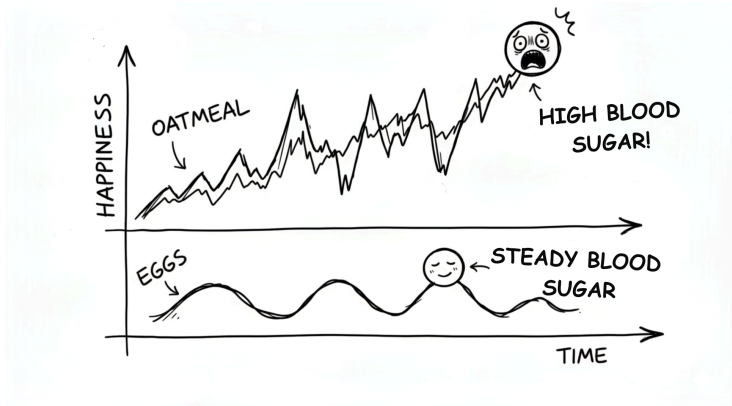
Let me tell you about the first time I really understood what was happening in my body after I ate.

I had a continuous glucose monitor - a little sensor stuck to my arm that measures blood sugar every few minutes. I'd worn it for a few days and thought I understood my patterns.

Then I ate what I considered a healthy breakfast: oatmeal with blueberries and a little honey.

Within 30 minutes, my blood sugar shot from 95 to 185. It stayed over 150 for almost three hours.

That same morning, I watched my wife eat three eggs, half an avocado, and some cheese. Her blood sugar went from 88 to 102. Back to normal within an hour.



Same meal timing. Wildly different results.

The oatmeal - which the package said was "heart healthy" and "good for diabetics" - was destroying my blood sugar. The eggs and fat my wife ate barely moved hers at all.

That's when I really got it: the food itself matters more than how much you eat.

What Food Actually Does Inside You

When you eat, three things can happen:

Carbohydrates break down into sugar. Almost all of them. Bread turns into sugar. Pasta turns into sugar. Rice, potatoes, oatmeal, fruit juice - all sugar within minutes.

Some turn into sugar faster than others, but they all get there.

Every gram of carbohydrate you eat becomes glucose in your bloodstream. Your pancreas sees that glucose and releases insulin to deal with it.

Protein is different. Your body uses most of it to build and repair tissue. Some of it can be converted to glucose, but slowly, and only if your body needs it.

Protein requires some insulin, but much less than carbohydrates. And it doesn't spike your blood sugar the way carbs do.

Fat doesn't turn into glucose at all. It can't.

Fat requires almost no insulin. It doesn't spike blood sugar. And it keeps you full for hours because it takes a long time to digest.

The Food Pyramid Lied to You

Remember the food pyramid from school? The one that said you should eat 6-11 servings of grains per day?

That pyramid made the diabetes epidemic worse.

Since the 1970s, the U.S. government has told everyone to eat less fat and more carbohydrates. They said fat makes you fat and gives you heart disease.

They were wrong.

In the 50 years since we started following that advice, obesity rates tripled and diabetes rates exploded.

We ate less fat. We ate more "healthy whole grains." And we got sicker.

Meanwhile, cultures that eat lots of fat and very few carbs - like traditional Inuit populations or Masai tribes - have almost no diabetes or heart disease.

The problem was never fat. It was always sugar and refined carbohydrates.

What to Eat Instead

This is simpler than you think. You don't need to count calories or measure portions or do complicated meal planning.

You just need to remember two rules:

Rule 1: Eat foods that don't spike insulin

That means:

- Meat (beef, pork, lamb, chicken, turkey, fish)
- Eggs
- Cheese and full-fat dairy
- Non-starchy vegetables (anything that grows above ground, mostly)
- Nuts and seeds
- Healthy fats (butter, olive oil, coconut oil, avocado oil)

Rule 2: Don't eat foods that spike insulin

That means avoiding:

- Sugar (including honey, maple syrup, agave)
- Grains (bread, pasta, rice, oats, cereal, crackers)
- Starchy vegetables (potatoes, corn, peas)
- Most fruit (especially juice, dried fruit, and tropical fruits)
- Anything that says "low fat" or "fat free"
- Seed oils (soybean, corn, canola, vegetable oil)

What a Day of Eating Looks Like

Morning:

Option 1: Three eggs cooked in butter with cheese and spinach. Coffee with heavy cream.

Option 2: Full-fat Greek yogurt (check the label - no more than 5g carbs) with a handful of almonds and a few blueberries.

Option 3: Leftover dinner from last night.

Option 4: Nothing. (More on this in a minute.)

Lunch:

Option 1: Large salad with grilled chicken, olive oil dressing, avocado, hard-boiled egg.

Option 2: Bunless burger with cheese, lettuce, tomato, mayo. Side of coleslaw.

Option 3: Tuna or chicken salad wrapped in lettuce leaves.

Option 4: Stir-fry with meat and non-starchy vegetables cooked in coconut oil.

Dinner:

Option 1: Salmon with roasted broccoli cooked in olive oil.

Option 2: Grilled steak with Caesar salad and asparagus.

Option 3: Roasted chicken thighs with Brussels sprouts and a side salad.

Option 4: Pork chops with cauliflower mash and green beans.

Snacks (if needed):

- Hard-boiled eggs
- Cheese
- Handful of nuts (not peanuts - they're legumes)
- Celery with almond butter
- Pork rinds (yes, really)
- Pepperoni slices

The Vegetables Question

People get confused about vegetables. "Eat more vegetables" is general health advice, but not all vegetables are equal when you're trying to reverse diabetes.

Green light vegetables (eat as much as you want):

- Leafy greens (spinach, lettuce, arugula, kale)
- Broccoli
- Cauliflower
- Brussels sprouts
- Asparagus
- Zucchini
- Bell peppers
- Mushrooms
- Cucumber
- Celery
- Green beans
- Cabbage

Yellow light vegetables (eat in moderation):

- Tomatoes
- Carrots
- Onions
- Beets
- Winter squash

Red light vegetables (avoid for now):

- Potatoes
- Sweet potatoes
- Corn

- Peas

The rule of thumb: if it grows above ground, it's usually fine. If it grows underground, it's usually starchy.

The Fat Question

You've been told fat is bad your whole life. This is going to feel wrong at first.

But fat doesn't raise blood sugar. It doesn't require insulin. And study after study shows that eating fat doesn't cause heart disease.

In fact, when you cut carbs, you need to eat more fat. Your body needs fuel from somewhere.

One man I know was terrified to add fat back into his diet. He'd been eating low-fat for 30 years. His diabetes was terrible, but he was convinced fat would kill him.

Finally he gave it a try. Started cooking with butter. Added cheese to his eggs. Ate the fatty cuts of meat instead of skinless chicken breast.

Within two months, his fasting blood sugar dropped from 160 to 105. His triglycerides went down. His HDL cholesterol went up. He lost 22 pounds.

He said, "I spent 30 years being hungry and getting sicker. Now I'm eating bacon and getting better."

Your First Week Meal Plan

Here's exactly what to eat for your first week. After this, you'll understand the pattern and can make your own meals.

Monday:

- Breakfast: 3 eggs scrambled with cheese and spinach, cooked in butter
- Lunch: Caesar salad with grilled chicken (no croutons), full-fat dressing
- Dinner: Baked salmon with roasted broccoli drizzled with olive oil

Tuesday:

- Breakfast: Full-fat Greek yogurt with almonds and a few raspberries
- Lunch: Bunless cheeseburger with side salad
- Dinner: Roasted chicken thighs with cauliflower rice and green beans

Wednesday:

- Breakfast: Omelet with mushrooms, bell peppers, and cheese
- Lunch: Tuna salad in lettuce wraps
- Dinner: Grilled steak with Brussels sprouts and side salad

Thursday:

- Breakfast: Two hard-boiled eggs, sliced avocado, handful of cherry tomatoes
- Lunch: Leftover steak over mixed greens with blue cheese dressing
- Dinner: Pork chops with roasted asparagus and cauliflower mash

Friday:

- Breakfast: Scrambled eggs with smoked salmon and cream cheese
- Lunch: Chicken salad wrapped in lettuce leaves, side of cucumber slices
- Dinner: Shrimp stir-fry with mixed vegetables (no rice)

Saturday:

- Breakfast: Bacon and eggs with sautéed spinach
- Lunch: Cobb salad (no corn, no croutons)
- Dinner: Slow-cooked pot roast with cabbage and carrots

Sunday:

- Breakfast: Breakfast sausage with scrambled eggs and sliced tomato
- Lunch: Leftover pot roast
- Dinner: Grilled chicken wings with celery sticks and ranch dip

The Most Powerful Tool: Not Eating

Here's something most diabetes plans don't tell you: sometimes the best thing to eat is nothing.

Every time you eat, your insulin goes up. Even if you're eating the right foods, you're still triggering some insulin release.

But when you don't eat, your insulin drops to its lowest levels. Your cells get a break from being pounded with insulin. They start to become sensitive again.

This is called intermittent fasting, and it's probably the single most powerful tool for reversing insulin resistance.

The simplest version: skip breakfast.

Just don't eat anything from dinner until lunch the next day. That's 16-18 hours without food.

Sounds hard, but it's not as bad as you think. You're sleeping for 8 of those hours. When you wake up, drink coffee or tea. Keep busy. By the time you're actually hungry, it's almost lunchtime.

After a few days, you'll notice you're not even hungry in the morning anymore. Your body adjusts.

That one change - skipping breakfast - can drop your fasting blood sugar by 20-30 points within two weeks.

Exercise: What Actually Works

You don't need to run marathons or spend two hours in a gym.

You need to do two things:

1. Move your muscles regularly

2. Use them hard sometimes

Daily movement:

Walk after your biggest meal of the day. Even just 10-15 minutes.

This is incredibly powerful. When your muscles are working, they suck glucose out of your blood without needing insulin. It's like a backdoor for glucose.

One study had people with diabetes walk for just 15 minutes after each meal. Their blood sugar spikes dropped by half.

If you can't walk, do anything that uses your muscles. Chair exercises. Arm circles. Marching in place. Movement is movement.

Strength training twice a week:

You need to lift heavy things or push against resistance.

Why? Muscle is the biggest glucose consumer in your body. The more muscle you have, and the more you use it, the more glucose you burn.

Plus, muscle tissue is more insulin sensitive than fat tissue. When you build muscle, you're literally building tissue that handles glucose better.

You don't need fancy equipment. Push-ups, squats, lunges, and pulling movements are enough.



Can't do push-ups? Do them against a wall or the kitchen counter.

Can't do squats? Sit down in a chair and stand back up. Repeat 10 times.

The goal is to feel your muscles working hard by the end. If you can do 15 reps easily, you need more resistance.

Your Exercise Plan

Monday, Wednesday, Friday:

- 15-minute walk after dinner
- That's it

Tuesday, Thursday:

- 15-minute walk after dinner
- Strength workout (see below)

Saturday:

- 30-minute walk any time of day

Sunday:

- Rest or gentle movement

Simple Strength Workout: Do each exercise until your muscles feel tired. Rest 1-2 minutes. Do another round. Three rounds total.

1. Push-ups (or wall push-ups)
2. Bodyweight squats (or chair squats)
3. Any kind of row movement (pull a resistance band, do doorway pulls, or just pull yourself up from a chair)
4. Plank hold (hold as long as you can with good form)

Whole thing takes 20-30 minutes.

What to Expect Week By Week

Week 1: You'll probably feel kind of rough. Your body is used to running on sugar. When you cut carbs, it needs a few days to adjust to burning fat.

You might get headaches, feel tired, or get irritable. This is normal. It passes.

Drink extra water. Add more salt to your food. Take your supplements.

Your blood sugar should start dropping by the end of the week.

Week 2: Energy starts coming back. You'll notice you're not as hungry between meals.

Cravings for sweets get weaker. You can walk past the bakery without having to white-knuckle it.

Blood sugar continues improving. You might need to reduce diabetes medications if you're on them.

Week 3: This is when people usually tell me they feel better than they have in years.

Brain fog lifts. You sleep better. You wake up with energy instead of needing to drag yourself out of bed.

Your clothes fit differently. Even if the scale hasn't moved much, you're losing belly fat.

Week 4: The changes become your new normal. You're not "on a diet" anymore. This is just how you eat now.

Blood sugar is significantly better. Many people are off diabetes medication entirely by now, or on much lower doses.

Common Problems and Solutions

"I'm always hungry."

You're not eating enough fat. Fat keeps you full.

Add butter to your vegetables. Eat fattier cuts of meat. Put olive oil on your salad. Eat the whole egg, not just the whites.

Also, drink more water. Sometimes thirst feels like hunger.

"I'm tired all the time."

You need more salt and water. When you cut carbs, you lose a lot of water weight quickly. That water takes electrolytes with it.

Add extra salt to your food. Drink broth. Take magnesium.

This usually resolves within a few days.

"I'm constipated."

Eat more green vegetables. Add a tablespoon of olive oil or coconut oil to your meals. Make sure you're drinking enough water.

If needed, take a magnesium supplement before bed. It helps.

"My family won't eat this way."

You don't need to force your family to change.

Make regular dinners, just don't eat the starchy parts. Everyone else can have potatoes or rice. You have extra vegetables.

Make tacos. They eat them in tortillas. You eat yours in lettuce wraps.

Most dinners can be adapted without making two separate meals.

"This is too expensive."

It doesn't have to be.

Eggs are one of the cheapest proteins. Chicken thighs cost less than chicken breasts. Ground beef is affordable. Frozen vegetables are just as good as fresh.

You'll also save money by not buying bread, cereal, crackers, pasta, rice, and all the other carb-heavy foods you used to eat.

And you'll save money on diabetes medications as you need less of them.

"I ate something I shouldn't have and my blood sugar spiked."

It happens. Don't panic. Don't give up.

Go for a walk. Drink some apple cider vinegar in water. Check your blood sugar in a few hours - it'll come back down.

One meal doesn't destroy all your progress. Just get back on track with the next meal.

The 80/20 Rule

You don't have to be perfect.

If you eat the right way 80% of the time, you'll still see massive improvements.

That means out of 21 meals per week, you can have 4 that aren't perfect.

Maybe that's a social event where you eat some foods you normally wouldn't. Maybe it's one meal a week where you have a small serving of something you really miss.

The key word is "small." And the other key is getting right back to your normal eating pattern with the next meal.

The people who fail are the ones who think, "I already messed up today, might as well eat whatever I want the rest of the day."

One off-plan meal is fine. A whole day of off-plan meals sets you back.

Your Action Steps

1. **Clean out your kitchen**
 - Get rid of anything with sugar in the first three ingredients
 - Get rid of bread, pasta, rice, cereal, crackers
 - Get rid of anything that says "low-fat"
2. **Stock your kitchen** with foods from the "eat this" list
3. **Follow the one-week meal plan** exactly as written
4. **Check your blood sugar** before and two hours after each meal for the first three days
 - Write down what you ate and what your blood sugar did
 - You'll start to see which foods work for your body
5. **Start walking** after your biggest meal every day
6. **Begin strength training** twice per week
7. **Set up your accountability**

- Tell someone what you're doing
- Join an online group of people doing the same thing
- Schedule a follow-up with your doctor in 4 weeks

One Last Thing Before You Move On

The first week is the hardest. Your body is changing how it fuels itself. You're breaking habits you've had for decades.

You might feel uncomfortable. You might want to quit.

Don't.

Push through week one. I promise week two is easier. By week three, you won't want to go back.

This isn't a diet you suffer through. It's a way of eating that makes you feel better than you have in years.

Ready for some recipes?

Bonus #1: Low Blood Sugar Cookbook

How to Use This Cookbook

These aren't fancy recipes. You won't need weird ingredients or complicated cooking techniques.

These are real meals that real people cook on weeknights when they're tired and don't want to think too hard.

Every recipe:

- Takes 30 minutes or less (mostly less)
- Uses ingredients you can find at any grocery store
- Serves 4 people (cut in half if cooking for 1-2)
- Includes nutritional info so you know what it does to your blood sugar

Breakfast

The Everything Scramble



5 minutes

Ingredients:

- 6 eggs
- 2 tablespoons butter
- 1/2 cup shredded cheese
- 1 cup spinach
- 4 strips bacon, cooked and crumbled
- Salt and pepper

Instructions:

1. Melt butter in a pan over medium heat
2. Crack eggs into a bowl, whisk them
3. Pour eggs into pan
4. Add spinach and let it wilt
5. Add cheese and bacon

6. Scramble until cooked through
7. Season with salt and pepper

Nutrition per serving: 3g net carbs, 25g protein, 28g fat

Breakfast Sausage Patties

15 minutes

Ingredients:

- 1 pound ground pork
- 1 teaspoon sage
- 1/2 teaspoon thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder

Instructions:

1. Mix everything in a bowl
2. Form into 8 patties
3. Cook in a skillet over medium heat, 4-5 minutes per side

Make a double batch on Sunday. Reheat them during the week.

Nutrition per serving (2 patties): 0g carbs, 20g protein, 18g fat

Keto Coffee

2 minutes

Ingredients:

- 12 oz hot coffee
- 1 tablespoon butter
- 1 tablespoon coconut oil or MCT oil
- Optional: 1 teaspoon cinnamon

Instructions:

1. Blend everything together for 30 seconds

This keeps you full until lunch. The fat gives you sustained energy without spiking blood sugar.

Nutrition: 0g carbs, 0g protein, 28g fat

Avocado and Egg Plate

5 minutes

Ingredients:

- 2 hard-boiled eggs (make these ahead)
- 1 avocado

- Cherry tomatoes
- Salt, pepper, everything bagel seasoning

Instructions:

1. Cut avocado in half
2. Slice eggs
3. Arrange on a plate with tomatoes
4. Season

Nutrition per serving: 6g net carbs, 14g protein, 24g fat

Lunch

Adult Lunchable

3 minutes

Ingredients:

- 4 oz sliced deli meat (turkey, ham, roast beef)
- 4 oz cheese (cubes or slices)
- Handful of nuts
- Celery sticks
- 2 tablespoons ranch dressing for dipping

Instructions:

1. Put it all in a container

This is what I eat most days. Simple. Fast. Keeps blood sugar flat.

Nutrition per serving: 4g net carbs, 32g protein, 28g fat

Big Ass Salad

10 minutes

Ingredients:

- Mixed greens (as much as you want)
- 6 oz grilled chicken (or any protein)
- 1/2 avocado
- 2 hard-boiled eggs
- 1/4 cup shredded cheese
- 2 tablespoons olive oil
- 1 tablespoon vinegar
- Salt and pepper

Instructions:

1. Put greens in a big bowl
2. Add everything else
3. Toss

This is a meal, not a side dish. You should feel full after.

Nutrition per serving: 8g net carbs, 42g protein, 38g fat

Chicken Salad Lettuce Wraps

10 minutes (if you have leftover chicken)

Ingredients:

- 2 cups cooked chicken, chopped
- 1/3 cup mayo
- 1/4 cup diced celery
- 2 tablespoons diced onion
- Salt, pepper, garlic powder
- Romaine lettuce leaves

Instructions:

1. Mix chicken, mayo, celery, onion, and seasonings
2. Scoop into lettuce leaves

Nutrition per serving: 3g net carbs, 28g protein, 22g fat

Tuna Bowl

5 minutes

Ingredients:

- 2 cans tuna, drained
- 1/4 cup mayo
- 1 tablespoon mustard
- 2 hard-boiled eggs, chopped
- 1/4 cup diced pickles
- Lettuce

Instructions:

1. Mix tuna, mayo, mustard, eggs, and pickles
2. Serve over lettuce

Nutrition per serving: 2g net carbs, 36g protein, 18g fat

Dinner

Sheet Pan Chicken and Vegetables

30 minutes

Ingredients:

- 4 chicken thighs
- 2 cups broccoli florets
- 2 cups Brussels sprouts, halved
- 3 tablespoons olive oil
- Salt, pepper, garlic powder, paprika

Instructions:

1. Heat oven to 425°F
2. Toss vegetables with 2 tablespoons oil and seasonings
3. Spread on a sheet pan
4. Rub chicken with remaining oil and seasonings
5. Place chicken on pan with vegetables
6. Roast 25 minutes

One pan. Dinner done.

Nutrition per serving: 8g net carbs, 32g protein, 28g fat

Ground Beef Skillet

15 minutes

Ingredients:

- 1 pound ground beef
- 1 bell pepper, diced
- 1/2 onion, diced
- 2 cups riced cauliflower (buy it frozen)
- 1 tablespoon taco seasoning
- 1/2 cup shredded cheese
- Salt and pepper

Instructions:

1. Brown ground beef in a large skillet
2. Add pepper and onion, cook 3 minutes
3. Add cauliflower rice and taco seasoning
4. Cook until cauliflower is tender
5. Top with cheese and let it melt

Nutrition per serving: 7g net carbs, 28g protein, 24g fat

Baked Salmon with Asparagus

20 minutes

Ingredients:

- 4 salmon fillets
- 1 pound asparagus
- 3 tablespoons butter, melted
- 2 cloves garlic, minced
- Lemon
- Salt and pepper

Instructions:

1. Heat oven to 400°F
2. Place salmon and asparagus on a sheet pan
3. Mix butter and garlic, brush over everything

4. Season with salt and pepper
5. Bake 15 minutes
6. Squeeze lemon over top before serving

Nutrition per serving: 4g net carbs, 36g protein, 24g fat

Slow Cooker Pot Roast

10 minutes prep, 8 hours cooking

Ingredients:

- 3 pound chuck roast
- 1 onion, quartered
- 4 cloves garlic
- 3 carrots, cut in chunks
- 3 celery stalks, cut in chunks
- 1 cup beef broth
- 2 tablespoons tomato paste
- Salt, pepper, thyme, rosemary

Instructions:

1. Put vegetables in slow cooker
2. Season roast heavily with salt and pepper
3. Place roast on vegetables
4. Mix broth, tomato paste, and herbs
5. Pour over roast

6. Cook on low 8 hours

Come home to dinner ready.

Nutrition per serving: 8g net carbs, 42g protein, 28g fat

Pork Chops with Cauliflower Mash

25 minutes

Ingredients:

- 4 pork chops
- 1 head cauliflower, cut in florets
- 4 tablespoons butter, divided
- 1/4 cup heavy cream
- Salt and pepper

Instructions:

1. Boil cauliflower until very soft, about 15 minutes
2. Meanwhile, season pork chops with salt and pepper
3. Melt 2 tablespoons butter in a skillet over medium-high heat
4. Cook pork chops 4-5 minutes per side

5. Drain cauliflower; add remaining butter and cream
6. Mash until smooth (or use a blender)

The cauliflower mash tastes like mashed potatoes. I promise.

Nutrition per serving: 7g net carbs, 34g protein, 26g fat

Shrimp Stir-Fry

15 minutes

Ingredients:

- 1 pound shrimp, peeled
- 3 cups mixed vegetables (broccoli, peppers, snap peas)
- 3 tablespoons coconut oil
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 teaspoon ginger

Instructions:

1. Heat oil in a large skillet or wok
2. Add vegetables, cook 3-4 minutes
3. Add garlic and ginger, cook 30 seconds

4. Add shrimp, cook until pink, about 3 minutes
5. Add soy sauce, toss everything together

Nutrition per serving: 6g net carbs, 28g protein, 14g fat

Snacks and Sides

Deviled Eggs

10 minutes

Ingredients:

- 6 hard-boiled eggs
- 3 tablespoons mayo
- 1 teaspoon mustard
- Salt, pepper, paprika

Instructions:

1. Cut eggs in half lengthwise
2. Scoop out yolks into a bowl
3. Mash yolks with mayo, mustard, salt, and pepper
4. Scoop mixture back into egg whites
5. Sprinkle with paprika

Nutrition per serving (2 halves): 1g carbs, 6g protein, 8g fat

Cheese Crisps

10 minutes

Ingredients:

- 2 cups shredded cheddar cheese

Instructions:

1. Heat oven to 400°F
2. Make small piles of cheese on parchment paper
3. Bake 5-7 minutes until edges are brown
4. Let cool completely - they'll get crispy

These are better than chips. I'm not kidding.

Nutrition per serving (1/4 of batch): 1g carbs, 14g protein, 18g fat

Roasted Brussels Sprouts

25 minutes

Ingredients:

- 1 pound Brussels sprouts, halved

- 3 tablespoons olive oil
- Salt and pepper
- Optional: 4 strips bacon, cooked and crumbled

Instructions:

1. Heat oven to 400°F
2. Toss Brussels sprouts with oil, salt, and pepper
3. Spread on a sheet pan, cut side down
4. Roast 20-25 minutes until browned
5. Top with bacon if using

Nutrition per serving: 6g net carbs, 4g protein, 11g fat

Cauliflower Fried Rice

10 minutes

Ingredients:

- 4 cups riced cauliflower
- 2 tablespoons sesame oil
- 2 eggs
- 1/4 cup diced onion
- 1/2 cup peas (optional - adds carbs)
- 2 tablespoons soy sauce

Instructions:

1. Scramble eggs in a large skillet, set aside
2. Add oil to skillet
3. Add onion, cook 2 minutes
4. Add cauliflower rice
5. Cook, stirring often, until tender
6. Add eggs back in, add soy sauce

Nutrition per serving: 8g net carbs, 6g protein, 10g fat

Green Beans with Bacon

15 minutes

Ingredients:

- 1 pound green beans
- 4 strips bacon
- 2 cloves garlic, minced
- Salt and pepper

Instructions:

1. Cook bacon in a skillet until crispy
2. Remove bacon, leave grease in pan
3. Add green beans and garlic

4. Cook, stirring often, until beans are tender-crisp
5. Crumble bacon over top

Nutrition per serving: 6g net carbs, 5g protein, 8g fat

Desserts (For Special Occasions)

Chocolate Avocado Mousse

5 minutes plus chilling time

Ingredients:

- 2 ripe avocados
- 1/4 cup cocoa powder
- 1/4 cup heavy cream
- 3 tablespoons sweetener (stevia or monk fruit)
- 1 teaspoon vanilla

Instructions:

1. Blend everything until smooth
2. Chill at least 1 hour

You can't taste the avocado. It just makes it creamy.

Nutrition per serving: 6g net carbs, 3g protein, 18g fat

Keto Cheesecake Bites

10 minutes plus freezing

Ingredients:

- 8 oz cream cheese, softened
- 1/4 cup sweetener
- 1 teaspoon vanilla
- 1/2 cup heavy cream, whipped

Instructions:

1. Beat cream cheese, sweetener, and vanilla
2. Fold in whipped cream
3. Spoon into silicone muffin cups
4. Freeze 2 hours

Nutrition per serving (1 bite): 2g net carbs, 2g protein, 8g fat

Berries and Cream

2 minutes

Ingredients:

- 1/2 cup berries (strawberries, raspberries, or blackberries)
- 1/4 cup heavy cream, whipped
- Optional: sprinkle of sweetener

Instructions:

1. Put berries in a bowl
2. Top with whipped cream

Simple. Satisfying. Low carb.

Nutrition per serving: 7g net carbs, 1g protein, 11g fat

Restaurant Eating Guide

You can eat out. You just need to know what to order.

Mexican:

- Fajitas (no tortillas, extra meat)
- Taco salad (no shell, no beans, no rice)
- Carnitas or carne asada with guacamole

Italian:

- Chicken parmesan (skip the pasta, ask for extra vegetables)

- Grilled salmon with vegetables
- Caesar salad with grilled chicken (no croutons)

American:

- Bunless burgers
- Grilled chicken with steamed vegetables
- Steak with side salad
- Buffalo wings (not breaded)

Chinese:

- Egg drop soup
- Beef and broccoli (ask for no sauce or sauce on the side)
- Mu shu pork (skip the pancakes)

Fast Food (if you're desperate):

- Any burger, no bun, wrapped in lettuce
- Grilled chicken salad
- Bunless Baconator from Wendy's is surprisingly good

Cooking Tips That Make Everything Easier

Meal prep on Sunday:

Cook a bunch of protein at once:

- Bake a whole chicken
- Brown 2-3 pounds of ground beef
- Hard-boil a dozen eggs
- Grill several chicken breasts

Use these throughout the week. Saves time. Saves thinking.

Always have these on hand:

- Pre-washed salad greens
- Frozen riced cauliflower
- Frozen vegetables
- Eggs
- Cheese
- Butter
- Olive oil
- Canned tuna

With these basics, you can always throw together a meal.

Invest in these:

- A good large skillet
- A sheet pan
- A slow cooker

- A blender

Most of these recipes use one of these four things.

Your Action Steps

1. **Pick three recipes** from each category (breakfast, lunch, dinner)
2. **Make a shopping list** from those recipes
3. **Cook one new recipe** each week until you find your favorites
4. **Keep a journal** of which meals keep your blood sugar most stable

The goal isn't to make every recipe in this book. It's to find 10-15 meals you like and rotate through them.

Simple is sustainable.

Bonus #2: Blood Sugar Solution Grocery List



How to Use This List

Print this out. Take it to the store.

Check off what you need. Ignore what you don't.

Everything on this list will keep your blood sugar stable. Nothing on this list will spike it.

Proteins

Meat:

- Beef (ground, steak, roast)
- Pork (chops, tenderloin, ground, bacon)
- Lamb
- Chicken (thighs, breasts, wings, whole chicken)

- Turkey (ground, breast, deli slices)
- Duck

Fish and Seafood:

- Salmon
- Tuna (fresh or canned in water)
- Sardines
- Mackerel
- Shrimp
- Cod
- Halibut
- Mussels

Eggs and Dairy:

- Eggs (get the best you can afford)
- Butter (salted and unsalted)
- Heavy cream
- Cream cheese
- Sour cream
- Full-fat Greek yogurt (under 5g carbs per serving)
- Cottage cheese
- Cheddar cheese
- Mozzarella cheese
- Parmesan cheese
- Any other cheese you like

Other Proteins:

- Deli meat (check ingredients - avoid added sugar)
- Pepperoni
- Salami
- Rotisserie chicken (shortcut for busy days)

Vegetables

Always Buy:

- Spinach
- Lettuce (any kind)
- Broccoli
- Cauliflower
- Asparagus
- Brussels sprouts
- Green beans
- Zucchini
- Cucumber
- Celery
- Bell peppers (any color)
- Mushrooms
- Cabbage

Buy Sometimes:

- Tomatoes (cherry or regular)
- Onions
- Garlic
- Carrots (in moderation)
- Avocados (technically a fruit, but perfect for blood sugar)

Frozen Vegetables:

- Riced cauliflower
- Mixed vegetables (no corn or peas)
- Broccoli
- Green beans
- Spinach

Frozen is fine. Sometimes better than fresh because they're picked at peak ripeness.

Fruits (Limited Amounts)

- Berries (blueberries, strawberries, raspberries, blackberries)
- Lemons
- Limes

That's it. Other fruits have too much sugar for now.

Later, when your blood sugar is stable, you can add:

- Small amounts of apples
- Small amounts of peaches
- Small amounts of melon

But not yet.

Fats and Oils

Buy These:

- Olive oil (extra virgin)
- Coconut oil
- Avocado oil
- Butter
- Ghee
- MCT oil (optional - good in coffee)
- Mayo (check ingredients - should be made with olive or avocado oil)

Avoid These:

- Canola oil
- Vegetable oil
- Corn oil
- Soybean oil
- Anything that says "vegetable oil blend"

Nuts and Seeds

Good Choices:

- [] Almonds
- [] Walnuts
- [] Pecans
- [] Macadamia nuts
- [] Brazil nuts
- [] Chia seeds
- [] Flax seeds
- [] Hemp seeds
- [] Pumpkin seeds
- [] Sunflower seeds

Limit These:

- Cashews (higher carb)
- Pistachios (higher carb)

Avoid:

- Peanuts (they're legumes, not nuts, and often contaminated with mold)

Buy raw or dry roasted. Avoid nuts roasted in vegetable oil.

Pantry Staples

Must-Haves:

- Apple cider vinegar (with "the mother")
- Salt (sea salt or pink Himalayan)
- Black pepper
- Garlic powder
- Onion powder
- Paprika
- Cumin
- Oregano
- Basil
- Thyme
- Rosemary
- Cinnamon (Ceylon if possible)
- Cayenne pepper
- Italian seasoning
- Taco seasoning (check ingredients)

Nice to Have:

- Coconut aminos (soy sauce substitute)
- Dijon mustard
- Yellow mustard
- Sugar-free hot sauce
- Bone broth
- Chicken broth
- Beef broth
- Canned tomatoes (no sugar added)
- Tomato paste

- Olives
- Pickles (check ingredients)
- Capers

Supplements

- Chromium picolinate (200 mcg)
- Ceylon cinnamon capsules or powder
- Berberine (500 mg)
- Magnesium glycinate (400 mg)
- Alpha lipoic acid (600 mg - optional)
- Multivitamin (optional but not a bad idea)

Beverages

Buy:

- Coffee
- Tea (green, black, herbal - all unsweetened)
- Sparkling water
- Still water

Avoid:

- Juice (even "healthy" juice)
- Soda (even diet soda)
- Sports drinks

- Sweet tea
- Anything with sugar or artificial sweeteners

Condiments and Dressings

Buy:

- Ranch dressing (check ingredients - should be low carb)
- Blue cheese dressing
- Caesar dressing
- Oil and vinegar
- Sugar-free ketchup (if you must)
- Salsa (check ingredients)
- Guacamole

Make Your Own: Most store dressings have added sugar. Better to make your own:

- Mix olive oil + vinegar + salt + pepper
- Mix mayo + hot sauce + garlic powder
- Mix sour cream + herbs + lemon juice

Baking/Cooking (If You Want to Get Fancy)

- Almond flour
- Coconut flour

- [] Sweetener (stevia, monk fruit, or erythritol)
- [] Unsweetened cocoa powder
- [] Vanilla extract
- [] Baking powder
- [] Baking soda

What NOT to Buy

Don't even walk down these aisles:

- Bread
- Pasta
- Rice
- Cereal
- Crackers
- Chips
- Cookies
- Candy
- Ice cream
- Frozen pizza
- Anything that says "low-fat" or "fat-free"

Reading Labels

When you do buy packaged food, check the label:

Look at:

1. Total carbs
2. Fiber
3. Net carbs (total carbs minus fiber)
4. Ingredients list

Good signs:

- Net carbs under 5g per serving
- Ingredients you recognize
- No sugar in the first three ingredients

Bad signs:

- Sugar (or any word ending in "-ose": sucrose, fructose, glucose)
- Corn syrup
- "Whole grains"
- More than 10 ingredients
- Ingredients you can't pronounce

Sample Shopping Trip

Week 1 (stocking up):

Proteins:

- 2 pounds ground beef
- 1 package chicken thighs
- 1 pound bacon

- 2 dozen eggs
- 1 pound butter
- Heavy cream
- 2 blocks cheddar cheese

Vegetables:

- Bag of spinach
- Head of lettuce
- Bunch of broccoli
- Bag of Brussels sprouts
- Cucumber
- Bell peppers
- 2 bags frozen riced cauliflower

Fats:

- Bottle of olive oil
- Bottle of avocado oil
- Jar of mayo

Pantry:

- Salt
- Pepper
- Garlic powder
- Apple cider vinegar

Supplements:

- Chromium
- Cinnamon
- Berberine
- Magnesium

Week 2 (replenishing):

- More eggs (you'll go through a lot)
- Whatever protein is on sale
- Fresh vegetables you ran out of
- Butter
- Heavy cream

Money-Saving Tips

Buy These on Sale:

- Meat (freeze what you don't use immediately)
- Butter (keeps for months)
- Cheese (also freezes well)
- Nuts (buy in bulk)

Always Buy These:

- Eggs (cheap protein)
- Chicken thighs (cheaper than breasts, more flavor)
- Ground beef when on sale

- Frozen vegetables (as cheap as fresh, sometimes cheaper)
- Canned fish

Skip These to Save Money:

- Fancy cuts of meat (you don't need ribeye every day)
- Organic everything (do what your budget allows)
- Pre-cut vegetables (pay for convenience)
- Name brands (store brands are usually fine)

Where to Shop

Grocery Stores: Most have everything you need. Shop the perimeter - that's where the real food is.

Warehouse Stores (Costco, Sam's Club): Great for buying meat, eggs, cheese, nuts, and olive oil in bulk.

Farmers Markets: Good for vegetables and sometimes meat. Talk to the farmers about how they raise their animals.

Online: Amazon has good deals on supplements and shelf-stable items. Some people buy grass-fed meat online in bulk.

First-Time Shopping Trip Essentials

If you're starting from scratch and only buying essentials this week:

Must-buy:

- Eggs
- Butter
- Ground beef
- Chicken thighs
- Bacon
- Cheese
- Spinach
- Broccoli
- Olive oil
- Salt and pepper
- Apple cider vinegar
- Your supplements

That's enough to make every recipe in the cookbook.

Your Action Steps

1. **Clean out your pantry first** (you read this in an earlier chapter - do it if you haven't)
2. **Print this list** or save it on your phone

3. **Check off what you need**
4. **Go shopping** (don't go hungry - you'll make bad decisions)
5. **Restock weekly** - make this a Sunday ritual

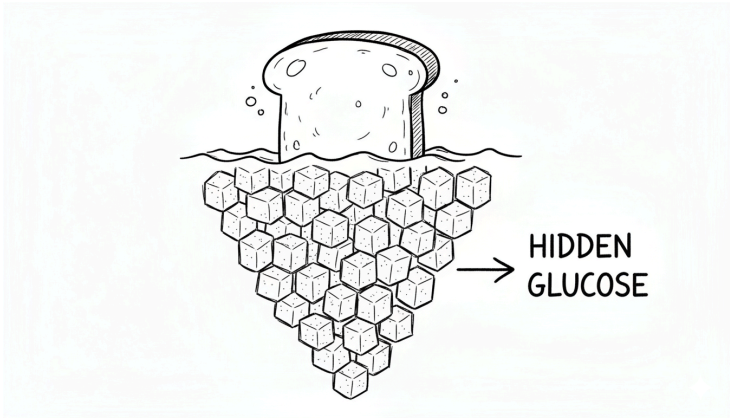
After a few weeks, you'll know what you go through fast and what lasts. Adjust accordingly.

Bonus #3: Carb Counting Cheat Sheet

Why This Matters

You don't need to count carbs forever. But you need to know what you're eating for at least a few weeks.

Most people vastly underestimate how many carbs they eat. They think a "small" serving of pasta is fine. Then they measure it and realize they've been eating 4-5 servings.



This section gives you the numbers. Use it until you can eyeball portions correctly.

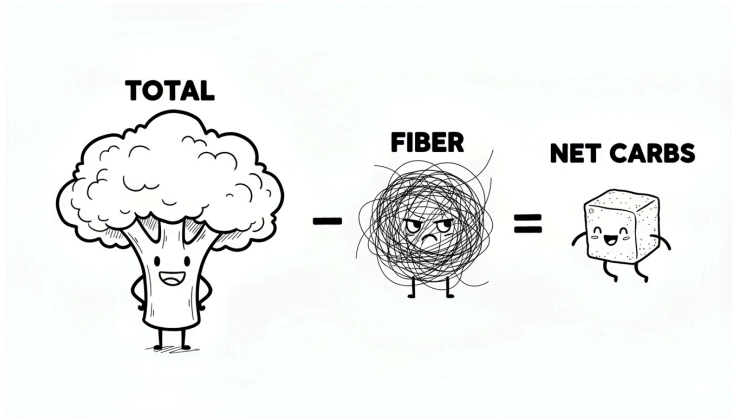
The Basic Rule

To reverse diabetes, most people need to eat under 50g of carbs per day. Some people do better at 20-30g. A few people can handle up to 75g and still see improvement.

Start at 50g or less. If your blood sugar isn't improving after two weeks, drop to 30g.

How to Count

Total Carbs - Fiber = Net Carbs



Net carbs are what matter. Fiber doesn't raise blood sugar, so you subtract it.

Example:

- Broccoli has 6g total carbs and 2g fiber per cup
- Net carbs = 4g

Always look at net carbs, not total carbs.

Vegetables (per cup, cooked)

Very Low (0-3g net carbs):

- Spinach: 1g
- Lettuce: 1g
- Cucumber: 2g

- Celery: 2g
- Radishes: 2g
- Mushrooms: 2g
- Zucchini: 3g
- Asparagus: 3g

Low (4-6g net carbs):

- Broccoli: 4g
- Cauliflower: 4g
- Green beans: 5g
- Brussels sprouts: 5g
- Cabbage: 5g
- Bell peppers: 6g
- Tomato (1 medium): 4g

Moderate (7-10g net carbs):

- Onion (1 medium): 9g
- Carrots: 8g
- Eggplant: 6g
- Spaghetti squash: 7g

High (avoid for now):

- Potato (1 medium): 35g
- Sweet potato (1 medium): 27g
- Corn (1 cup): 27g
- Peas (1 cup): 16g

Fruits (per serving)

Low (5-8g net carbs):

- Strawberries (1/2 cup): 5g
- Raspberries (1/2 cup): 3g
- Blackberries (1/2 cup): 4g
- Blueberries (1/2 cup): 8g

High (avoid for now):

- Apple (1 medium): 21g
- Banana (1 medium): 24g
- Orange (1 medium): 15g
- Grapes (1 cup): 26g
- Mango (1 cup): 22g
- Pineapple (1 cup): 19g

Never:

- Fruit juice (any amount)
- Dried fruit (any amount)

Nuts and Seeds (per 1 oz / small handful)

Best Choices:

- Pecans: 1g
- Macadamia nuts: 2g

- Brazil nuts: 1g
- Walnuts: 2g
- Almonds: 3g
- Pumpkin seeds: 3g
- Sunflower seeds: 4g
- Flax seeds (2 tablespoons): 0g

Limit These:

- Cashews: 8g (easy to overeat)
- Pistachios: 5g (easy to overeat)

Avoid:

- Peanuts: 4g (but also inflammatory for many people)

Dairy (per serving)

Low Carb:

- Butter (1 tablespoon): 0g
- Heavy cream (1 tablespoon): 0g
- Cream cheese (1 oz): 1g
- Cheddar cheese (1 oz): 0g
- Most hard cheeses: 0-1g
- Full-fat Greek yogurt (1/2 cup): 4-5g (check label)

Higher Carb (avoid):

- Milk (1 cup): 12g
- Low-fat yogurt (1 cup): 15-20g
- Fat-free yogurt (1 cup): 20-30g

Meat, Fish, and Eggs

Zero Carbs:

- All meat
- All fish
- All seafood
- Eggs

If there are carbs listed on meat, it's from added ingredients (breading, marinades, fillers). Buy plain meat.

Condiments and Sauces (per tablespoon)

Low:

- Mayo: 0g (check ingredients)
- Mustard: 0g
- Hot sauce: 0g
- Ranch dressing: 1-2g (check label)
- Blue cheese dressing: 1-2g (check label)
- Olive oil: 0g

- Butter: 0g
- Soy sauce: 1g

Moderate:

- Ketchup (regular): 4g
- BBQ sauce: 6-8g
- Salsa: 2-3g

High (avoid):

- Honey (1 tablespoon): 17g
- Maple syrup (1 tablespoon): 13g
- Teriyaki sauce: 5-8g

Common Foods to AVOID (carbs per serving)

These are blood sugar bombs. Don't eat them.

Grains:

- White rice (1 cup): 45g
- Brown rice (1 cup): 42g
- Pasta (1 cup): 43g
- Oatmeal (1 cup): 27g
- Quinoa (1 cup): 34g
- Bread (1 slice): 12-15g

Breakfast Foods:

- Cereal (1 cup): 30-50g
- Pancakes (2): 30g
- Bagel (1): 50g
- English muffin (1): 26g
- Toast (1 slice): 12-15g

Snacks:

- Crackers (10): 12-15g
- Chips (1 oz): 15g
- Pretzels (1 oz): 23g
- Granola bar (1): 20-30g
- Trail mix (1/4 cup): 16g

Drinks:

- Soda (12 oz): 39g
- Orange juice (8 oz): 26g
- Apple juice (8 oz): 28g
- Sweet tea (8 oz): 22g
- Gatorade (12 oz): 21g

Quick Reference: What 20g of Carbs Looks Like

Option 1:

- 2 cups spinach: 2g
- 1 cup broccoli: 4g
- 1/2 cup strawberries: 5g
- 1/2 avocado: 3g
- 1 oz almonds: 3g
- 2 tablespoons ranch dressing: 2g
- **Total: 19g**

Option 2:

- Huge salad with greens: 2g
- 1/2 cup tomatoes: 4g
- 1/2 avocado: 3g
- 1 oz cheese: 1g
- 2 tablespoons olive oil dressing: 0g
- Side of Brussels sprouts (1 cup): 5g
- **Total: 15g**

Option 3:

- 2 eggs: 1g
- 3 strips bacon: 0g
- 1 cup sautéed spinach: 1g
- Coffee with 2 tablespoons heavy cream: 1g
- Later: 1/2 cup berries with whipped cream: 5g
- Dinner: Steak with asparagus (1 cup): 3g
- **Total: 11g**

See how much food you can eat when it's the right food?

Sample Day: 30g Carbs

Breakfast:

- 3 eggs scrambled: 2g
- 2 oz cheese: 1g
- 1 cup spinach: 1g
- Coffee with cream: 1g
- **Subtotal: 5g**

Lunch:

- Big salad with chicken: 3g
- 1/2 avocado: 3g
- 2 tablespoons dressing: 2g
- **Subtotal: 8g**

Dinner:

- 6 oz salmon: 0g
- 2 cups broccoli: 8g
- Side salad: 2g
- **Subtotal: 10g**

Snack:

- 1 oz almonds: 3g
- 2 oz cheese: 1g
- **Subtotal: 4g**

Daily Total: 27g

Sample Day: 50g Carbs

Same as above, but add:

- 1 cup berries: 12g
- 1 extra serving of vegetables: 5g
- Dessert of berries and whipped cream: 8g

Daily Total: 52g

How to Track (Three Options)

Option 1: Write it down

Get a small notebook. Write what you eat and look up the carbs. Add them up at the end of the day.

Option 2: Use an app

MyFitnessPal, Carb Manager, or Cronometer all track carbs. Just scan barcodes or search for foods.

Takes 2 minutes per meal once you get used to it.

Option 3: Eyeball it (after a few weeks)

Once you know what foods have what carbs, you can estimate:

- Protein and fat: Don't worry about these
- Non-starchy vegetables: About 5g per cup
- Berries: About 5g per 1/2 cup
- Nuts: About 3g per small handful

Common Mistakes

Mistake 1: Not measuring

"A handful of nuts" could be 1 oz or 4 oz. Big difference.

Measure for the first week. Then you'll know what a real portion looks like.

Mistake 2: Forgetting about drinks

That "healthy" smoothie has 40g of carbs. That Frappuccino has 60g.

Drink water, coffee, or tea.

Mistake 3: Trusting restaurant claims

"Low carb" at a restaurant might mean 30g. That's not low.

Ask for substitutions. Skip the bun, the rice, the tortilla. Add extra vegetables instead.

Mistake 4: Not counting vegetables

Vegetables have carbs. They're good carbs with fiber, but they still count.

A huge salad can have 10-15g net carbs. Still fine, but know it.

Mistake 5: Eating "keto" treats

Keto cookies, keto brownies, keto ice cream - these are still treats. They still have carbs (usually 10-15g per serving). And they keep sugar cravings alive.

Eat real food instead.

Restaurant Quick Reference

Mexican:

- Fajita vegetables: 8g per serving
- Guacamole (2 tablespoons): 2g
- Sour cream (2 tablespoons): 1g
- Cheese: 0g

- Salsa: 2g
- Beans: 20g (skip these)
- Rice: 45g (skip this)
- Tortilla (1): 12-15g (skip this)

Italian:

- Marinara sauce (1/2 cup): 10g
- Alfredo sauce (1/2 cup): 4g
- Meatball (1): 3g
- Pasta (1 cup): 43g (skip this)
- Bread (1 slice): 15g (skip this)

Chinese:

- Egg drop soup (1 cup): 3g
- Beef and broccoli (hold the sauce): 5g
- Broccoli (1 cup): 4g
- Sauce (1/4 cup): 10-15g (ask for sauce on the side, use sparingly)
- Rice (1 cup): 45g (skip this)

American:

- Hamburger patty: 0g
- Bun (1): 22g (skip this)
- French fries (small): 30g (skip these)
- Side salad: 3g
- Ranch dressing (2 tablespoons): 2g

Your Action Steps

1. **Buy a food scale** (get a cheap digital one for \$15)
2. **Track everything you eat for one week** - write it down or use an app
3. **Look at your numbers** at the end of each day
4. **Adjust** if you're over 50g
5. **After one week**, you'll know what foods to eat more of and which to avoid

After a few weeks, you won't need to track anymore. You'll know what works.

Bonus #4: Diabetes Reversal Resource Guide

Blood Sugar Testing

What to Buy:

You need a glucometer (blood sugar meter) and test strips.

Basic Option:

- Walmart ReliOn Meter: \$9
- ReliOn Test Strips: \$18 for 50 strips
- ReliOn Lancets: \$4 for 100

Works fine. Accurate enough. Cheap.

Fancier Option:

- Continuous Glucose Monitor (CGM)
 - Freestyle Libre: About \$75 per sensor (lasts 14 days)
 - Dexcom G6: About \$300 per month with insurance

CGMs are amazing if you can afford them. You see your blood sugar in real-time on your phone. You learn exactly what foods do to your body.

But the basic meter works. Don't let cost stop you from testing.

When to Test:

Week 1-2:

- Fasting (first thing in morning)
- Before each meal
- 2 hours after each meal

That's 7 tests per day. Seems like a lot, but you need the data.

Week 3-4:

- Fasting every day
- 2 hours after biggest meal
- Random tests if you feel off

That's 2-3 tests per day.

After Week 4:

- Fasting every day
- 2 hours after new foods
- Whenever something feels weird

What the Numbers Mean:

Fasting (first thing in morning):

- Under 100: Excellent
- 100-110: Good
- 110-125: Pre-diabetic, but improving
- 126+: Diabetic

2 Hours After Eating:

- Under 120: Excellent
- 120-140: Good

- 140-170: Not great, but improving
- 170+: Still problematic

Your goal: Fasting under 100, post-meal under 120.



You might not get there immediately. But you should see steady improvement week by week.

Tracking Progress

What to Track:

1. **Blood sugar** (see above)
2. **Weight** (once per week, same day, same time)
3. **Measurements** (waist, hips - once per week)
4. **How you feel** (energy, sleep, mood)

5. **Medications** (dosage changes with your doctor)

Simple Tracking Sheet:

Week of: _____

Monday:

Fasting BS: ___ Weight: ___

Breakfast: ___ → 2hr BS: ___

Lunch: ___ → 2hr BS: ___

Dinner: ___ → 2hr BS: ___

Energy (1-10): ___

Notes: ___

(Repeat for each day)

Weekly Summary:

Average fasting BS: ___

Average post-meal BS: ___

Weight change: ___

How I felt: ___

Medication changes: ___

Do this for 4 weeks. You'll see patterns.

Finding a Supportive Doctor

Not all doctors support reversing diabetes through diet. Some will tell you it's impossible. Some will insist you need medication even as your numbers improve.

What to look for:

- Listens to you
- Willing to reduce medications as your blood sugar improves
- Doesn't immediately push insulin
- Understands low-carb diets (or is willing to learn)
- Orders insulin tests (not just glucose)

Questions to ask:

"Do you have patients who have reversed their type 2 diabetes?"

"Are you open to reducing my medications if my blood sugar improves?"

"Can we test my fasting insulin along with my glucose?"

If they say "diabetes is a progressive disease" or "you'll always need medication," find a different doctor.

How to find one:

- Search for "functional medicine doctor" in your area
- Look for doctors who specialize in metabolic health
- Ask in low-carb or diabetes reversal Facebook groups for recommendations
- Some doctors now do telehealth consultations

Medication Management

IMPORTANT: Do not stop medications without medical supervision.

As your blood sugar improves, you'll need to reduce medication dosages. If you don't, you risk going too low (hypoglycemia).

Signs your medication dose is too high:

- Blood sugar dropping below 70
- Feeling shaky, sweaty, or dizzy
- Extreme hunger
- Confusion or trouble thinking
- Rapid heartbeat

If this happens:

1. Eat something with fast-acting carbs (glucose tablets, juice)
2. Test blood sugar in 15 minutes
3. Call your doctor

Common medications and what to expect:

Metformin:

- Usually safe to continue while eating low-carb
- Helps with insulin sensitivity
- Might cause stomach upset (take with food)
- Your doctor might reduce dose as blood sugar improves

Sulfonylureas (Glipizide, Glyburide):

- Force your pancreas to make more insulin
- HIGH risk of hypoglycemia when combined with low-carb diet
- Your doctor should reduce or eliminate these early

Insulin:

- Must be reduced as blood sugar improves
- Check blood sugar before each injection
- Your doctor will give you a sliding scale

- Many people eliminate insulin entirely within 2-3 months

GLP-1 agonists (Ozempic, Trulicity):

- These can work well with low-carb eating
- Reduce appetite even more
- Your doctor might continue these for a while

SGLT2 inhibitors (Jardiance, Farxiga):

- Make you pee out extra glucose
- Can work with low-carb diet
- Watch for dehydration

Track your medications:

Date: ____

Medication: ____

Dose: ____

Blood sugar range this week: ____

Doctor notes: ____

(Update whenever dose changes)

Lab Tests to Request

When you visit your doctor, ask for these tests:

Basic (Get these every 3 months):

- Fasting glucose
- HbA1c (3-month average blood sugar)
- Fasting insulin (most important - many doctors don't test this)
- Lipid panel (cholesterol)

Advanced (Get these every 6 months):

- Vitamin D
- Thyroid panel (TSH, Free T3, Free T4)
- Liver function
- Kidney function
- hsCRP (inflammation marker)
- Uric acid

What you want to see:

- Fasting glucose: Under 100
- HbA1c: Under 5.7%
- Fasting insulin: Under 6
- Triglycerides: Under 100
- HDL cholesterol: Over 50 (women), over 40 (men)
- Triglyceride to HDL ratio: Under 2 (under 1 is better)

These numbers prove you're reversing insulin resistance, not just controlling blood sugar.

Online Resources

Websites:

- dietdoctor.com (comprehensive low-carb resources)
- ruled.me (recipes and guides)
- marksdailyapple.com (primal/paleo approach)
- virtahealth.com (medical program for diabetes reversal)

YouTube Channels:

- Dr. Eric Berg (educational, though sells supplements)
- Thomas DeLauer (metabolic health info)
- Dr. Ken Berry (straightforward low-carb advice)

Facebook Groups:

- "Type 2 Diabetes Support Group - Low Carb"
- "Reversing Type 2 Diabetes"
- "Keto for Diabetics"

(Search for these - they have thousands of members)

Apps:

- Carb Manager (track carbs)
- MyFitnessPal (track food)
- Glucose Buddy (track blood sugar)
- Heads Up Health (combine all your data)

Books Worth Reading

If you want to dig deeper into the science:

"The Diabetes Code" by Dr. Jason Fung

- Explains insulin resistance
- Details fasting protocols
- Case studies

"Why We Get Sick" by Dr. Ben Bikman

- Deep dive into insulin
- Easy to understand
- Covers more than just diabetes

"The Case Against Sugar" by Gary Taubes

- History of how we got here
- Not a how-to guide, but explains the problem

- Might make you angry

"Keto Clarity" by Jimmy Moore

- Practical keto guide
- Lots of doctor interviews
- Includes recipes

You don't need to read these to reverse your diabetes. But they'll help you understand why this works.

Dealing with Pushback

From Family:

"This diet is too extreme." → "Diabetes is extreme. Amputations are extreme. This is just eating real food."

"You need carbs for energy." → "My energy is better than it's been in years."

"Let me make you [insert carb-heavy food]." → "I appreciate it, but I feel so much better eating this way."

From Friends:

"One bite won't hurt." → "I'm finally feeling good. I don't want to mess that up."

"You're no fun anymore." → "I'm having fun. I'm just having it without bread."

"That food is so boring." → "Steak, eggs, and bacon are boring? Since when?"

From Doctors:

"Diabetes can't be reversed." → "Can we test my HbA1c in 3 months and see?"

"You need more whole grains." → "My blood sugar is better without them. Why would I add them back?"

"This diet is dangerous." → "What specific health markers are you concerned about? Let's test them."

Stand firm. You're doing this for your health, not their comfort.

Warning Signs to Watch For

Stop and call your doctor if:

- Blood sugar drops below 70 repeatedly

- Blood sugar stays above 200 for more than 2 days
- You have chest pain
- You have severe abdominal pain
- You're vomiting and can't keep food down
- You're urinating much more than normal
- You have signs of diabetic ketoacidosis (confusion, rapid breathing, fruity breath smell)

Normal temporary effects (don't panic):

- Headaches in week 1
- Fatigue in week 1
- Bad breath (ketones - it goes away)
- More frequent urination
- Weight loss (this is good)
- Looser clothes
- Less hunger
- Better sleep
- More energy (after week 1)

What Success Looks Like

After 2 weeks:

- Blood sugar starting to drop
- Less hungry between meals

- Losing some weight (mostly water at first)
- More energy (after initial adjustment)

After 1 month:

- Fasting blood sugar down 20-40 points
- HbA1c starting to improve
- Medication reduced (if you were on any)
- Noticeably more energy
- Clothes fitting better

After 3 months:

- Fasting blood sugar under 110 (possibly under 100)
- HbA1c under 6.5% (possibly under 6%)
- Off some or all medications
- Lost 15-30 pounds
- Feel better than you have in years

After 6 months:

- Fasting blood sugar consistently under 100
- HbA1c under 5.7% (no longer diabetic)
- Off all diabetes medications
- Lost 30-50 pounds
- This is your new normal

Building Your Support System

You need:

1. **A doctor who supports you** (or at least doesn't actively sabotage you)
2. **At least one person who gets it** (spouse, friend, family member who understands what you're doing)
3. **An online community** (Facebook group, forum, etc. - people who've done this before)
4. **This book** (keep it. Refer back when you need reminding)

You don't need:

- Permission from people who don't understand
- Everyone to change with you
- Fancy equipment or expensive supplements
- A perfect plan

Troubleshooting Common Problems

"My blood sugar isn't improving."

Check:

- Are you actually under 50g carbs per day? (Track everything for 3 days)
- Are you eating hidden carbs? (Sauces, dressings, "low-carb" treats)
- Are you sleeping enough? (Poor sleep raises blood sugar)
- Are you stressed? (Chronic stress raises blood sugar)
- Are you on medication that raises blood sugar? (Prednisone, antipsychotics)

"I'm not losing weight."

Check:

- Are you eating when you're not hungry? (Stop snacking)
- Are you eating too much fat? (Don't drink oil. Just use it for cooking)
- Are you eating enough protein? (Aim for 0.8-1g per pound of target body weight)
- Are you eating too much period? (Calories still matter somewhat)
- How long have you been doing this? (Give it 4 weeks minimum)

"I feel terrible."

Check:

- Are you drinking enough water? (Aim for 8 glasses)
- Are you getting enough salt? (Add more - you need it)
- Are you getting enough magnesium? (Take 400mg before bed)
- How long have you been doing this? (Week 1 is rough. It gets better)

"I'm constipated."

Fix:

- Eat more green vegetables
- Add magnesium
- Drink more water
- Add a tablespoon of olive oil or coconut oil to meals

"I'm hungry all the time."

Fix:

- Eat more fat with each meal
- Eat more protein

- Stop eating low-fat versions of things
- Make sure you're actually hungry, not just bored/stressed

Your 90-Day Plan

Days 1-7:

- Clean out kitchen
- Buy supplements
- Follow meal plan exactly
- Test blood sugar 7 times per day
- Walk after dinner

Days 8-14:

- Keep following meal plan
- Test blood sugar 5 times per day
- Add strength training twice this week
- Track how you feel

Days 15-30:

- Branch out into other recipes
- Test blood sugar 3 times per day
- Continue exercise
- See your doctor, show them your numbers
- Reduce medications if needed

Days 31-60:

- You know what you're doing now
- Test blood sugar 2 times per day
- Continue exercise
- Try intermittent fasting (skip breakfast)
- See doctor again, more medication reductions

Days 61-90:

- This is your lifestyle now
- Test blood sugar once per day (fasting)
- Exercise is a habit
- Get labs done, see your progress
- Celebrate

After 90 days:

- Test blood sugar 3-4 times per week
- Continue eating and exercising the same way
- Get labs every 3-6 months
- Maintain your success

Final Thoughts

You have everything you need.

This book. These supplements. Real food. Your body's natural healing ability.

Diabetes isn't a life sentence. It's a wake-up call.

You ignored the call for years. Maybe decades. That's okay. You're answering it now.

The next 90 days will change your life. But only if you actually do this.

Not "try" it. Not "see how it goes." Not "start on Monday."

Do it.

Start today. Right now. This minute.

Clean out your kitchen. Make your shopping list. Take your first dose of supplements. Test your blood sugar. Write down your starting numbers.

Then follow the plan. Trust the process. Track your results.

In three months, you'll be a different person.

Your doctor will be amazed. Your family will be shocked. You'll wonder why you didn't do this sooner.

But don't wait three months to feel good about this. Feel good now. You're taking control. You're fighting back. You're doing what 90% of people with diabetes never do.

That makes you part of the 10%. The ones who make it. The ones who reverse this thing.

Welcome to the other side.

Now go prove everyone wrong.

Disclaimer: *This book provides educational information about natural approaches to managing blood sugar and insulin resistance. It is not intended to replace medical advice. Always work with your healthcare provider when making changes to your diet or medications, especially if you have diabetes. Results may vary. Blood sugar improvements depend on individual factors including the severity of insulin resistance, medication use, adherence to recommendations, and other health conditions. Some individuals may see results in as little as two weeks, while others may require several months. The testimonials referenced represent individual results and are not a guarantee of your specific outcomes.*