

Stabilize Glucose Levels

1. Do not skip breakfast
2. Eat a high quality protein based breakfast.
3. Eat every 2-3 hours. Do not wait until you are hungry.
4. Snack with low glycemic foods such as nuts, seeds, hard boiled eggs, jerky, vegetables.
5. Avoid all fruit juice and carrot juice.
6. Avoid all adrenal stimulants
7. Eat a well balanced diet consisting of mostly vegetables, quality grains and lean meats.

Avoiding Adrenal Stimulants

- Concentrated sugars
- Caffeine (decaf is not acceptable)
- Nicotine
- Alcohol
- Allergic Foods
- Partially Hydrogenated Fats
- Artificial Sweeteners
- Overtraining
- Inadequate Sleeping