



A LOW-CARB INSULIN LOWERING NUTRITION GUIDE

The structure reflects:

- **18:6 fasting** (Lunch at 12 pm, Dinner at 6 pm)
- **Protein-first** approach (quality meat, fish, eggs)
- Healthy fats (avocado, olive oil, butter, eggs, nuts)
- **Vegetables at every meal** (low carb, fibrous, nutrient-dense)
- Family practicality (kids can still have carbs on the side)
- Natural flavouring (herbs, spices, butter, vinaigrettes)
- Compliance support (simple prep, no calorie tracking)

Why this works!

Top 5 Health Benefits of a Low-Carb (Keto-Lean) Diet

(especially for someone with high HbA1c, elevated uric acid, and insulin resistance)

1.  **Stabilises Blood Sugar & Insulin**
 - Cutting refined carbs and sugar dramatically lowers blood glucose swings.
 - Less insulin surging means the body can start using stored fat for fuel.
 - Over time, this can **reverse insulin resistance** — one of his biggest risks.
2.  **Promotes Steady, Sustainable Weight Loss**
 - With lower insulin levels, fat stores become “available” again.
 - Less hunger, fewer cravings, and a natural drop in daily calorie intake.
 - Particularly effective at reducing **belly fat and visceral fat**.
3.  **Reduces Inflammation & Uric Acid**
 - A cleaner, unprocessed food plan helps reduce uric acid flare-ups.
 - Less sugar and processed carbs = lower risk of gout & metabolic inflammation.
4.  **Improves Blood Pressure & Triglycerides**
 - Low-carb diets often lead to **lower BP** (ideal since he’s on ACE inhibitors).
 - Triglycerides typically fall fast when sugar is cut out — improving heart health.
5.  **More Stable Energy & Focus**
 - No more post-lunch crashes or foggy mornings.
 - Energy is released slowly from fats and protein, giving a **calmer, more stable feel** throughout the day.

Top 5 Health Benefits of an 18:6 Restricted Eating Window

(also called time-restricted eating or intermittent fasting)

1.  **Enhances Fat Burning & Metabolic Flexibility**
 - When insulin drops during the fasting window, the body switches from sugar to fat burning.
 - This **accelerates weight loss** and improves insulin sensitivity.
2.  **Gives the Pancreas & Liver a Rest**
 - Constant eating = constant insulin. Fasting gives the pancreas a break.
 - This helps lower HbA1c over time and reduces strain on the liver.
3.  **Naturally Reduces Appetite & Cravings**
 - The longer gaps between meals teach the body to run steady on stored energy.
 - Over time, hunger signals flatten out and **“food noise” decreases**.
4.  **Improves Cellular Repair & Inflammation**
 - Fasting periods trigger autophagy (cellular “clean-up mode”).
 - Can help reduce systemic inflammation — often elevated in metabolic dysfunction.
5.  **Simplifies Life & Builds Routine**
 - Fewer meals = less decision fatigue.
 - Easy daily rhythm makes it **much easier to stay consistent** for weeks at a time.

In plain English:

“This combo gets your blood sugar steady, burns off your stored fat, takes pressure off your heart and liver, and makes eating dead simple. It’s not a diet in the fancy sense — it’s a reset for your body’s engine.”

Overview

- **Goal:** Reduce insulin resistance, lower HbA1c & uric acid, encourage natural appetite control, and improve hydration.
- **Feeding window:** 12 pm–6 pm
- **Hydration:** 1.5–2 L water daily with fresh lemon slice (aids absorption, improves taste, encourages compliance).
- **Fats:** Moderate, from natural sources (no seed oils).
- **Carbs:** Minimal. Small allowance for sweet potato, beetroot, leafy greens, cruciferous veg.
- **Alcohol:** Strictly none.
- **Snacks:** If needed, only whole-food protein/fat (e.g. boiled eggs, handful of macadamias).



DAY 1

LUNCH: *Butter-Garlic Chicken with Broccoli & Salad*

Ingredients:

- 200 g chicken breast
- 1 tbsp butter
- 1 clove garlic (minced)
- 1 cup broccoli florets
- Mixed salad leaves, tomato, cucumber
- Olive oil, apple cider vinegar, Dijon mustard, salt & pepper

Prep:

1. Season chicken with salt & pepper.
2. Pan-sear in butter 4–5 min each side. Add garlic near end.
3. Steam or blanch broccoli.
4. Toss salad with vinaigrette (3:1 oil:vinegar + Dijon).
5. Plate chicken, broccoli, salad.

DINNER: *Pan-Seared Salmon with Roasted Zucchini & Capsicum*

Ingredients:

- 1 salmon fillet (~180 g)
- 1 zucchini, 1 capsicum
- 1 tbsp butter or olive oil
- Lemon wedge, dill, salt & pepper

Prep:

1. Roast zucchini & capsicum at 180 °C for 20 min.
2. Pan-sear salmon skin side down 4–5 min, flip for 2–3 min.
3. Top with dill butter & squeeze lemon.



DAY 2

LUNCH: *Lamb Cutlets with Sautéed Spinach & Feta Salad*

Ingredients:

- 2–3 lamb cutlets
- 2 cups baby spinach
- 50 g feta cheese
- Olive oil, garlic, lemon

Prep:

1. Grill or pan-fry lamb to desired doneness.
2. Sauté spinach with garlic & oil.
3. Crumble feta over spinach.
4. Finish with lemon juice.

DINNER: *Pork Chops with Cauliflower Mash & Brussels Sprouts*

Ingredients:

- 1 pork chop
- 1 cup cauliflower florets
- 6 Brussels sprouts
- Butter, cream (optional), salt & pepper

Prep:

1. Pan-fry pork chop with butter & seasoning.
 2. Steam cauliflower, mash with butter (and splash cream).
 3. Halve & roast sprouts 20 min.
 4. Serve with pan juices over top.
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 DAY 3

LUNCH: *Beef Burger Stack (No Bun)*

Ingredients:

- 2 beef patties
- 1 slice cheddar cheese
- Tomato, lettuce, pickle, onion
- Aioli or homemade mayo

Prep:

1. Pan-fry patties, melt cheese on top.
2. Layer lettuce, tomato, pickle.
3. Drizzle aioli.

DINNER: *Chicken Thigh with Roasted Beetroot & Green Beans*

Ingredients:

- 1 chicken thigh fillet
- 1 beetroot (cubed)
- 1 cup green beans

- Olive oil, rosemary

Prep:

1. Roast beetroot 30 min at 180 °C.
 2. Grill chicken with rosemary & oil.
 3. Steam beans.
 4. Serve with pan juices.
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DAY 4

LUNCH: *Bacon & Mushroom Omelette*

Ingredients:

- 3 eggs
- 2 rashers bacon
- ½ cup mushrooms
- Butter, salt & pepper

Prep:

1. Sauté bacon & mushrooms in butter.
2. Whisk eggs, pour over.
3. Cook slowly, fold and serve.

DINNER: *Steak with Buttered Broccolini & Sweet Potato*

Ingredients:

- 200 g rump or sirloin steak
- 1 cup broccolini
- ½ small sweet potato (roasted)
- Butter, salt, pepper

Prep:

1. Roast sweet potato wedges 30 min.
 2. Pan-sear steak to liking.
 3. Steam broccolini, toss in butter.
 4. Rest steak, slice, serve.
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DAY 5

LUNCH: *Grilled Barramundi with Lemon Dill Sauce*

Ingredients:

- 1 barramundi fillet
- 1 tbsp butter
- Lemon, dill, cucumber, tomato salad

Prep:

1. Grill fish 4–5 min each side.
2. Melt butter with dill & lemon juice.
3. Drizzle over fish, serve with salad.

DINNER: *Roast Chicken with Cauliflower Pilaf*

Ingredients:

- 1 chicken leg or breast
- 1 cup riced cauliflower
- Olive oil, onion, parsley, garlic

Prep:

1. Roast chicken 40 min.
2. Sauté cauliflower rice with onion, garlic & parsley.
3. Serve with pan juices.

DAY 6

LUNCH: *BBQ Sausages & Coleslaw*

Ingredients:

- 2 low-filler sausages (beef or pork)
- Cabbage, carrot, mayo, apple cider vinegar

Prep:

1. Grill sausages.
2. Mix shredded cabbage & carrot with mayo & vinegar.
3. Season to taste.

DINNER: *Pulled Pork with Sautéed Greens*

Ingredients:

- Pork shoulder (slow cooked)
- Kale/spinach mix
- Olive oil, garlic

Prep:

1. Slow cook pork shoulder with salt & herbs for 6–8 hrs.
 2. Shred and crisp slightly in pan.
 3. Sauté greens with garlic.
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 DAY 7

LUNCH: *Leftover Protein Bowl*

Ingredients:

- Mix of leftover meats (chicken, lamb, pork)
- Boiled egg
- Avocado
- Mixed salad greens, vinaigrette

Prep:

1. Slice proteins, egg, avocado.
2. Assemble on salad greens.
3. Drizzle vinaigrette.

DINNER: *Slow-Cooked Lamb Shoulder with Roasted Veg*

Ingredients:

- 1 lamb shoulder (boneless or bone-in)
- Zucchini, capsicum, onion, beetroot
- Olive oil, rosemary, garlic

Prep:

1. Slow cook lamb with garlic & rosemary 6–8 hrs.
 2. Roast veg 30 min at 180 °C.
 3. Shred lamb, serve with roast veg.
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Daily Hydration & Support

- **1.5–2 L of water per day**
 - Add a **slice of lemon** to aid compliance & flavour.
 - Pinch of **sea salt** in 1 glass per day if needed for electrolytes.
 - No soft drinks, fruit juice, energy drinks or flavoured waters.
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FOODS TO AVOID

- **Sugar:** Soft drinks, juices, cakes, biscuits, lollies
 - **Grains:** Bread, pasta, rice, cereals
 - **Fruits (for now):** Bananas, watermelon, apples, grapes
 - **Starches:** White potatoes, corn
 - **Alcohol:** Especially beer & spirits
 - **Oils:** Canola, sunflower, blended vegetable oils
 - **Processed foods:** Packaged sauces, chips, frozen meals
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Shopping List (1 Week)

Protein

- 2 chicken breasts + 2 thighs
 - 1 salmon fillet
 - 2–3 lamb cutlets
 - 1 pork chop
 - 2 beef patties (no fillers)
 - 1 rump or sirloin steak
 - 1 barramundi fillet
 - 2 low-filler sausages
 - 1 pork shoulder (1 kg)
 - 1 lamb shoulder (1–1.5 kg)
 - 2 dozen eggs
 - Bacon rashers
 - Feta cheese (100 g)
 - Cheddar cheese (block or slices)
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Vegetables & Salad

- Broccoli florets (2 cups)
- Zucchini (3)
- Capsicum (2)

- Mixed salad leaves (2 bags)
 - Tomato (4–5)
 - Cucumber (2)
 - Garlic (1 bulb)
 - Spinach (1 bag)
 - Cauliflower (1 large)
 - Brussels sprouts (1 punnet)
 - Beetroot (2)
 - Green beans (1 bag)
 - Mushrooms (1 punnet)
 - Broccolini (1 bunch)
 - Sweet potato (1 small)
 - Lemon (4)
 - Dill (small bunch)
 - Onion (2)
 - Cabbage (½ head)
 - Carrot (1)
 - Kale or extra spinach (1 bag)
 - Avocado (2–3)
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Fats & Oils

- Butter (250 g)
 - Olive oil (1 bottle)
 - Aioli or mayo (1 jar)
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Condiments & Extras

- Apple cider vinegar (1 bottle)
 - Dijon mustard (1 jar)
 - Cream (optional, small)
 - Salt & pepper
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Herbs & Seasoning

- Rosemary
 - Dill
 - Parsley
 - Sea salt or Himalayan salt (optional)
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Hydration

- 1.5–2 L water per day (per person)
- Lemons (already above)
- Optional pinch of sea salt

Notes: