



LOW-CARB

INSULIN LOWERING NUTRITION GUIDE



Plan Overview — ‘Keto Made Simple’

- **Eating window:** 12 pm (Lunch) + 6 pm (Dinner)
- **Cooking:** Boil it, bake it, grill it — that’s it.
- **Preparation:** Pre-cooking is likely required for this to work.
- **Flavour:** Salt, pepper, butter, olive oil — keep it simple.
- **Vegetables:** Whatever is easy to prep (steam, bake, or eat raw).
- **Protein:** Eggs, chicken, meat, fish, sausages (no fillers).
- **Drinks:** Water. Black coffee or tea OK.
- **Carbs:** Only from low-carb veg.
- **Repeat meals:** ☒ Encouraged (less thinking = more doing).

This is a guide—but ultimately, it is your choice, keeping in mind low-carb, keto-like principles.

PLEASE RECORD YOUR CHOICES ON THE TRACKER PAGE.

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.”

Here is a repeatable 7-Day Guide

(Note: we need 35 days of this eating regimen for it to work)

DAY 1 & 2 (Repeat-Friendly)

LUNCH: *Boiled Eggs & Avocado*

- **Ingredients:** 3 boiled eggs, 1 avocado, salt & pepper.
- **Prep:**
 1. Boil eggs 8–10 minutes.
 2. Halve avocado, season both.
 3. Eat with a fork.
- **Drink:** 500 ml water with lemon slice.

DINNER: *Grilled Chicken & Steamed Broccoli*

- **Ingredients:** 1 chicken breast or thigh, 1 cup broccoli, butter.
 - **Prep:**
 1. Season chicken, grill or pan-fry 6–8 min per side.
 2. Steam broccoli.
 3. Add a knob of butter on broccoli.
 - **Drink:** 500 ml water.
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DAY 3 & 4

LUNCH: *Tuna Bowl*

- **Ingredients:** 1 can tuna in springwater, 1 boiled egg, 1 cup salad greens, olive oil, salt.
- **Prep:**
 1. Drain tuna.
 2. Mix with salad and sliced boiled egg.
 3. Drizzle olive oil.
- **Drink:** 500 ml water.

DINNER: *Beef Patties & Zucchini*

- **Ingredients:** 2 beef patties (no fillers), 1 zucchini, olive oil or butter.
 - **Prep:**
 1. Pan-fry patties until cooked through.
 2. Slice zucchini and fry in same pan.
 - **Drink:** 500 ml water.
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DAY 5

LUNCH: *Bacon & Eggs*

- **Ingredients:** 2 rashers bacon, 2 eggs, salt & pepper.
- **Prep:**

1. Fry bacon in pan.
 2. Fry eggs in bacon fat or butter.
 3. Add small handful salad greens if desired.
- **Drink:** 500 ml water.

DINNER: *Sausages & Cauliflower* 🍔 🥬

- **Ingredients:** 2–3 sausages (low carb), 1 cup cauliflower, butter.
 - **Prep:**
 1. Pan-fry sausages.
 2. Steam cauliflower.
 3. Add butter on top.
 - **Drink:** 500 ml water.
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🍷 DAY 6

LUNCH: *Cold Meat Plate* 🍖 🍳

- **Ingredients:** Cold leftover chicken, 2 boiled eggs, cucumber sticks, cheese slice.
- **Prep:**
 1. Slice cold chicken.
 2. Serve with eggs, cucumber & cheese.
- **Drink:** 500 ml water.

DINNER: *Steak & Greens* 🍖 🥬

- **Ingredients:** 1 steak, 1 cup broccoli or beans, butter.
 - **Prep:**
 1. Season & pan-fry steak.
 2. Steam greens.
 3. Butter on veg.
 - **Drink:** 500 ml water.
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👶 DAY 7

LUNCH: *Simple Chicken Salad* 🍗 🥬

- **Ingredients:** Leftover chicken, 1 boiled egg, lettuce, tomato, olive oil.
- **Prep:**
 1. Slice chicken and egg.
 2. Toss with lettuce and drizzle oil.
- **Drink:** 500 ml water.

DINNER: *Pan-Fried Salmon & Zucchini* 🐟 🥒

- **Ingredients:** 1 salmon fillet, 1 zucchini, butter, lemon.
- **Prep:**
 1. Pan-fry salmon skin side down.
 2. Slice zucchini and fry in same pan.
 3. Squeeze lemon on top.
- **Drink:** 500 ml water.

Shopping List (1 Week)

Protein

- 2 dozen eggs
- 2 chicken breasts + 2 thighs
- 4 beef patties (no fillers)
- 1 salmon fillet
- 6 sausages (low carb)
- 1 small steak
- 1 tin tuna (per day x2)
- Bacon rashers
- Cheese slices

Vegetables

- Avocados (5–6)
- Broccoli (2 heads)
- Cauliflower (1)
- Zucchini (4–5)
- Green beans (1 bag)
- Lettuce / mixed greens
- Tomato & cucumber
- Lemon (3–4)

Fats & Extras

- Butter
- Olive oil
- Salt & pepper

Avoid These (Keep it black & white)

-  Sugar in any form (soft drink, juice, biscuits, cakes)
-  Bread, pasta, rice, wraps, cereals
-  Alcohol — especially beer
-  Sweet fruit (bananas, watermelon, apples, grapes)
-  Fruit juice (even “100% natural”)
-  Packaged sauces and snacks
-  Seed oils (canola, sunflower)

Hydration

- **1.5 – 2 L water per day** (spread throughout day)
- Add **slice of lemon** to make it taste better.
- Optional: pinch of **sea salt** in one glass if feeling flat in early keto stage.
- Black coffee or tea OK during fasting window.

💡 **Final Tips for Blokes Who “Don’t Cook”**

- Boil a dozen eggs on Sunday → store in fridge → grab 2–3 daily.
- Cook extra chicken or steak → cold leftovers = easy lunch.
- Keep it boring — this actually **works** better early on (less food drama, more habit).
- Eat slowly, stop when full.
- Don’t snack if you’re not truly hungry.

BE SURE TO USE THE TRACKER PAGE.