



Talia Marcheggiani, ND
naturopathic doctor

www.taliand.com
connect@taliand.com
647.708.8565

Diet Plan for Inflammation and Blood Sugar

Breakfast:

20-30 g of protein within an hour of waking

- 3 eggs with spinach and avocado
- oatmeal bowl: ½ cup large flake oats, 2 tbs flaxseed, 1 tbs nut butter or coconut oil, 3 tbs gelatin, berries or other fruit
- yogurt bowl: coconut yogurt/kefir or greek yogurt, 2 tbs gelatin, 2 tbs flaxseed or chia, 3 tbs large flake oats
- smoothie: 1 cup leafy greens, 1 cup berries or banana, 3 tbs gelatin or 1 scoop protein powder (20 g), 2 tbs flaxseed or ½ avocado

*More than 50% of anxiety and blood-sugar imbalance cases resolve simply by having a big, protein-rich breakfast.

Lunch/Dinner:

- 3 cups cooked veggies, try for 1 cup of those to be from green leafy vegetables or crucifates
- 3-4 ounces of chicken, beef, fish, or 1 cup lentils, tofu or black beans (caution because of higher carb content and in autoimmune conditions)
- healthy fats: avocado, olive oil, coconut oil, fish oil, nuts and seeds
- starches/carbs ½-1 cup of rice, quinoa, legumes, sweet potato, squashes, beets or 1 cup of fruit
- example: salads with chicken or fish, stir-fries with cabbage, ground meat and salsa, cooked veggies and fish.

Google “Paleo recipes” or “Paleo meal plans” for meal ideas and recipe ideas, and just add starches or legumes to these, if needed.

Snacks:

- aim for at least 5-10 g of protein and some fat.
- Handful of pumpkin seeds/nuts with some dried fruit
- Carrots and hummus
- Can of sardines (in olive oil or water)
- Fruit and nut butter
- Protein bar, or protein powder in some water

For most people, avoiding snacking and consuming 3 large meals every 5 hours and then fasting for 12 hours (from 7pm to 7am, for example) is the best way to control blood sugar. If you're hungry between meals, have a protein-rich snack and then increase the size of your meals.