



INSULIN FRIENDLY LIVING EATING PLAN

"EXECUTIVE SUMMARY"

GETTING STARTED



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THE INSULIN FRIENDLY EATING PLAN EXECUTIVE SUMMARY 2021

This summary outlines the basic starting concepts of the Insulin Friendly Eating Plan.

Included are a series of info "Posters" and a calorie chart with food options to help provide a portion guide for designing your meals.



Insulin Friendly Living

Insulin Resistance is the number one health problem worldwide and leads to diabetes, heart disease, obesity, cancer, and what they now call type 3 diabetes; Alzheimer's Dementia.

The Insulin Friendly Living program is a multifaceted approach to enhancing every aspect of a healthy, healing, lifestyle and offset the root cause of Insulin Resistance.

Lifestyle Program

Our metabolic health program leverages our innate genetic healing responses through:

- What we eat
- When we eat
- Stress Resilience
- How we move
- Functional Fasting
- Visceral & body fat reduction

Results

- Has reversed Insulin Resistance & Pre Diabetes, Type 2 Diabetes, Metabolic Syndrome, & fatty liver
- Sustained Weight Loss
- Metabolic Fitness & Fat Adaption
- Reduced Pain & Inflammation
- Increased Energy & Mental Clarity
- Verified improvements in cholesterol, triglycerides, blood sugar, and inflammation

WHAT

WHEN

RESILIENCE

MOVE

CONTROL

HEALING

Fasting

DR DON CLUM

For more information: Dr. Don Clum



This is your Insulin Friendly eating plan

Guiding principles:

Meal Frequency: 3 meals a day.

- When starting out, your focus is on eating 3 meals a day with no snacking in between, before or after meals. Once you have your rhythm of eating 3 meals a day you can start designing your meals to include healthy fats as an ingredient and not just what you cook in. Then eliminating as much of the high insulin producing foods that you can, one category at a time starting with powder based foods made from any sort of flour like bread and baked goods.

Servings:

- There are fatty and low-fat protein sources. You don't have to use one or the other, you can only use either one in your diet. When you are using just fatty protein, then raise your servings amount and decrease extra fat servings. When using low-fat protein, then beware of going over your protein limit which can increase insulin levels, stop ketosis and fat loss. In that case, add fat separately to fill up your meal intake needs.

Sources of Fat:

- There are different kinds of fats. If you want maximal health benefit from your diet you should aim to get at least 50% of your overall fats from natural sources with as much omega-3:s as possible while avoiding conventional oils at all costs.
(See the Good vs Bad Fats Poster)

Vegetables:

- You can include up to 500 grams or 18 oz of low insulin producing vegetables per day if you choose, or about two open hand-fulls.
(See the IFL-Plate Poster)

INSULIN FRIENDLY EATING PLAN

*What's
on your
plate?*

**VEGGIES
(2 HANDFULS)**

**HEALTHY
FATS
(2 THUMBS)**

**1 PALM SIZE
PROTEIN**

Sea SALT



Portion Size from Insulin Friendly Living

How to use the Insulin Friendly Living eating plan:

Welcome! I am happy you're here. Let's get right to it.

The Insulin Friendly Living eating plan is designed to have a minimal insulin stimulating effect and is based on your hormonal response, not calories. The calorie model is very inconsistent and inherently has a 20-25% error margin. We do make energy from food, or calories, but they are far from accurate enough to build an eating plan around, IMO. I use the 1800 calorie example to help with portion estimates and as a reference point.

You can find the Insulin Friendly Living Insulin Index, Glycemic Index, and food Satiation chart in the Facebook group "Insulin Friendly Fasting Secrets," to show the insulin impact from food compared to the glycemic impact (they are not the same) and how well they satisfy hunger.

(I am offering you a FREE "Meet & Greet" call if you would like to see if my 6-month Insulin Friendly Living advanced metabolic lifestyle program is a good option and fit for you. Just click [here](#) or on the link provided on the last page.)

The servings in your plan consist of fat, fatty protein, low-fat protein, vegetables, and "others." Every single (1) serving has 75 kcal.

Similar to the "Ketogenic Diet," the majority of the food choices and calories come from fat (anywhere from 50-70% & Keto is 65-80%).

Proteins is not a percentage of your food intake but rather about 60-70 grams for a woman and 75-90 for a man (+/- 15%).

Carbohydrates from green vegetables vary because they are very insulin friendly. I use them for meal volume more than anything.

I am not a fan of eating fiber for fibers sake, and question how many nutrients in vegetables humans actually absorb. So, there are no vegetable requirements in my program, you eat them as you choose and feel appropriate. I do suggest that you eat no more than 18 oz gross weight a day and keep the insoluble fiber to a minimum.

INSULIN FRIENDLY EATING PLAN PLATE DESIGN

Good Fats & Bad Oils

Risks of Rancid Oils

Heart disease
Cancer
Type 2 diabetes
Obesity
Metabolic syndrome
pre-diabetes
I. B. S.
Rheumatoid arthritis
Asthma
Psychiatric disorders
Autoimmune disease



Rancid Oils

Canola
Corn
Soybean
"Vegetable"
Peanut
Sunflower
Safflower
Cottonseed
Grapeseed
Margarine
Shortening
Fake Butter

Healthy Fat/Oils

(All/High Temperatures)
Coconut
Avocado
Medium temp
Olive
& for low temps
Butter



**Healthy Animals Provide
Healthy Natural Fats**

Fructose, the sugar from fruit can be problematic in Insulin Resistance and add to the metabolic conditions caused by Insulin Resistance like fatty liver, metabolic syndrome, type 2 diabetes, heart disease, Alzheimer's, weight gain, weight loss resistance, obesity, and cancer.

I suggest if you are going to eat fruit, make sure you do within your 3 meals and swap the equivalent 75 kcal portion with 1 serving of veggies. Do not exceed 2 servings a day.

Sugar is eliminated as much as possible and is deceptively hidden behind around 60 different names found in processed food ingredient lists. See the list of hidden sugars included.

For every serving pick a food from the servings list and use as many servings of it as you like as long as you stay within the total calorie amount for the day. 1800 calories is just an example. You would change the servings to meet your personal caloric goals, or use the Insulin Friendly Living "Handy Portion Guide" poster included in this summary to design your meals and plates.

Foods within the same category can be swapped with others replacing carbs with fats or protein servings as long as you keep within your daily total, or according to the "Handy Portion Guide," not exceeding your protein limits.

There's no caloric limit for your meals, as long as the daily food intake stays in line with your total and you consume all your food in just 3 meals each day. I have provided a snack category, although snacks aren't considered part of the plan and something we try to avoid. They are included as an option for a smaller meal when issues arise with eating all three separate meals. If you are going to have a small snack sized meal, it's most advantageous to make it your 3rd meal if possible. Again, the goal is 3 meals a day, AND, not plus, 1 snack a day to replace a full meal if needed, adjusting to meet your daily calorie goal.

IS SUGAR REALLY TOXIC?

The Hidden Names for Sugar



Granulated Sugars:

1. Golden sugar
2. Glucose syrup solids
3. Grape sugar
4. Icing sugar
5. Maltodextrin
6. Muscovado sugar
7. Panela sugar
8. Raw sugar
9. Table Sugar
10. Sucanat
11. Turbinado sugar
12. Yellow sugar

Simple Sugars:

1. Dextrose
2. Fructose
3. Galactose
4. Glucose
5. Lactose
6. Maltose
7. Sucrose

More Granulated: Liquid Sugars:

1. Beet sugar
2. Brown sugar
3. Cane juice crystals
4. Cane sugar
5. Castor sugar
6. Coconut sugar
7. Confectioner's sugar
8. Corn syrup solids
9. Crystalline fructose
10. Date sugar
11. Demerara sugar
12. Dextrin
13. Diastatic malt
14. Ethyl maltol
15. Florida crystals
1. Agave Nectar/Syrup
2. Barley malt
3. Blackstrap molasses
4. Brown rice syrup
5. Buttered sugar/buttercream
6. Caramel
7. Carob syrup
8. Corn syrup
9. Evaporated cane juice
10. Fruit juice
11. Fruit juice concentrate
12. Golden syrup
13. High-Fructose Corn Syrup
14. Honey
15. Invert sugar
16. Malt syrup
17. Maple syrup
18. Molasses
19. Rice syrup
20. Refiner's syrup
21. Sorghum syrup
22. Treacle

**Think
Not?**

*Then Why Would
They Hide It?*

The "Other" category has items marked with an "x" that you can usually eat quite freely without counting them, since they affect the calories/macros very little and have a negligible impact on insulin. They are still to be consumed with your meals.

Ideally your eating plan should be made from whole foods and using as many organic, grass fed products as possible. We all do the best we can according to our values and budget. If you can only make one type of food organic it should be your animal products that contain fat. Fat builds up with the bioaccumulated pesticides and antibiotics the animals consume and take.

I have included a poster showing what fats are considered healthy and which to avoid as strictly as possible. Starches made from grains or found in starchy vegetables all produce a hyper-insulin response and are not included in this program. If you choose to include starches in your eating plan, the "Starch Hierarchy" poster shows the insulin impact from each kind so you can make the best insulin friendly choice possible.

The Insulin Friendly eating plan executive summary is a general overview of the "What You Eat" in Dr. Don's Advanced Metabolic Health Program and is just one piece of the metabolic health puzzle.

"When You Eat" is just as important and taught using a progressive fasting rotation calendar incorporating 6 different fasting models through all 4 phases of the complete fasting cycle over 25 weeks.

The program also teaches and introduces metabolic exercise, stress resilience practices, sleep enhancement, stress relief cardio, and metabolic health magnifiers to produce the optimal healing, weight loss, and reversing insulin resistance.

INSULIN FRIENDLY EATING PLAN

Whole grains are healthy – really?

(All per 100g)	Liver	Sardines	Sunfl. Seeds	Whole wheat flour	Brown rice	Oats
Calories	116	208	584	339	370	379
Protein Quality	149	148	88	54	75	95
A (ret) (900mcg)	3,290	32	0	0	0	0
B1 (1.2mg)	0.3	0.1	1.5	0.4	0.4	0.5
B2 (1.3mg)	1.8	0.2	0.4	0.2	0.1	0.2
B3 (16mg)	9.7	5.2	8.3	6.4	5.1	1.1
B5 (5mg)	6.2	0.6	1.1	1	1.5	1.1
B6 (1.7mg)	0.9	0.2	1.3	0.3	0.5	0.1
Folate (400mcg)	588	12	227	44	20	32
B12 (2.4mcg)	16.6	8.9	0	0	0	0
C (90mg)	17.9	0	1.4	0	0	0
D (400IU)	0	272	0	0	0	0
E (15mg)	0.7	2	33.2	0.8	1.2	0.4
K (120mcg)	0	2.6	0	1.9	1.9	2

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Not Really

WHEAT CAUSES INFLAMMATION, LEAKY GUT & DEPLETES VITAMINS & MINERALS

The Insulin Friendly Living

STARCH HIERARCHY

If you must have a starch, choose wisely!

FIRST CHOICE: PASTA - HOME-MADE IS BETTER

SECOND CHOICE: RICE - JUST NOT WHITE

THIRD CHOICE: POTATO - SWEET & YAMS

LAST CHOICE: PUFFED GRAINS - RICE CRACKERS & POPCORN

ALL STARCH SIGNIFICANTLY RAISES INSULIN AND ARE NOT CONSIDERED INSULIN FRIENDLY

Coming Soon!

New Programs brought to you by:



1800 KCAL

	Food	1 SERVING 75 kcal in grams	FAT g/ serving	CARBS g/ serving	PROTEIN g/ serving	IN REAL LIFE
Fat	Mayonnaise	15	7.5	1.5	0.2	2 teaspoon
	Oils (olive, coconut, MCT)	8	8.3	0.0	0.0	1 teaspoon
	Seeds, nuts (including almond flour)	13	6.9	1.0	2.5	1 teaspoon
	Whipping cream	23	8.0	0.5	0.7	3 teaspoon
	Avocado	38	7.5	0.4	0.8	half, pitted, peeled
	Olives	56	7.8	0.0	0.6	14 pcs
	Butter	10	8.1	0.0	0.0	1 teaspoon
	Margarine 60%	14	8.4	0.0	0.0	1-2 teaspoon
	Sour cream 20%	37	7.4	1.1	1.1	2-3 tablespoon
	Bacon	23	7.0	0.0	2.8	1 slice
	Coconut cream	30	7.5	0.4	1.4	2 tablespoon
	Soy cream	44	7.6	0.8	0.8	0.5 dl
Fatty Protein	Minced meat 10%	44	4.4	0.0	8.8	0.5 dl
	salami, chorizo	22	6.2	0.2	4.7	3 slices
	Greasy ham	23	7.0	0.2	2.8	1 slice
	Fatty fish (salmon, mackerel)	38	5.3	0.0	7.1	0.5 dl
	Cheese (fat = protein)	21	5.8	0.0	5.6	1 slice
	Eggs	56	5.0	0.0	6.7	1 pc
Chicken bacon	43	7.3	0.3	4.7	1 slice	
Low fat protein	Lean poultry, pork, beef	63	2.5	0.0	12.5	0.5 dl
	Cottage cheese, low fat	112	0.2	1.9	16.8	1 dl
	Tuna, in water	75	0.8	0.0	16.5	1 jar (120 g)
	Egg whites	170	0.0	0.0	18.8	2 dl
	Beef jerky	30	0.9	3.0	15.0	half a bag
	Crustaceans	114	0.9	0.0	16.4	1 dl
	Tofu (less than 2 carbs)	49	3.8	1.0	8.4	0.5 dl
	Quorn (less than 2 carbs)	76	2.0	1.3	10.5	1 dl
	Tempeh (less than 2 carbs)	41	4.0	0.8	7.7	0.5 dl
	Soy yogurt (less than 2 carbs)	174	4.0	0.0	7.0	2 dl
Anamma (less than 2 carbs)	48	4.6	0.9	4.6	0.5 dl	
Vegetables	Low carb vegetables	250	0.8	5.5	4.5	2.5 dl
Other	Cocoa powder	20	4.4	2.2	3.7	3 teaspoon
	Almond / soy milk	200	2.2	0.2	0.8	2 dl
	Sauerkraut (less than 2 carbs)	200	1.0	2.6	2.2	2 dl
	Russian pickles (3 small cucumbers from a jar)	150	0.0	2.1	1.5	3-4 cucumbers
	Mushrooms	200	0.8	1.2	4.4	2 dl

1800 KCAL

Fat 152 Carbs 25 Protein 72 Fatty protein 4 Low fat protein 3 Vegetables 2 Fat 14

NOTE: if 1+ servings, you can choose the same serving many times

1800 KCAL INSULIN FRIENDLY EATNG SWITCH MENU

MEAL 1	Servings	MEAL 2	Servings	MEAL 3	Servings	SNACKS	Servings
Fatty protein	1	Fatty protein	1	Fatty protein	1	Fatty protein	1
Low fat protein	1	Low fat protein	1	Low fat protein	1	Low fat protein	0
Fat	4	Fat	4	Fat	4	Fat	2
Vegetables	1	Vegetables	0	Vegetables	1	Vegetables	0
Others	x	Others	x	Others	x	Others	x

NOTE: if there are more than 1 serving, you can take multiple servings of the same food.



Insulin Friendly Living

With  DR DON CLUM

Dr. Don's 6-Month Advanced Metabolic Health Program



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More Information is Available on
the Next Page: 



For Much More Information:

**To Join the Free Facebook Group
"Insulin Friendly Fasting Secrets"**

The "Insulin Friendly Fasting Secrets" FB Group:
<https://www.facebook.com/groups/insulinfriendly>

**To Schedule a FREE Meet & Greet Call
With Dr. Don Clum:**

FREE Meet & Greet Call Calendar:
<https://calendly.com/insulinfriendly/introduction-discovery-session-dr-don-clum>

Thank you for reading!
Dr. Don Clum