

Nana's Menu

This menu is designed to help chronic pain conditions and mitigate insulin resistance. Its ideas are only suggestions and can be modified to fit your needs and preferences.

Monday:

Breakfast:

1 egg scrambled with spinach, onion, and cheese
1 c of coffee or tea, black or with heavy cream/coconut milk

Lunch:

chicken breast with salt and pepper and garlic
1 c broccoli or cauliflower
unsweetened iced tea

Dinner:

1 pork chop
mixed vegetables
berries for dessert
unsweetened tea or water

Snacks:

1 c unsweetened yogurt with berries
1 apple with peanut butter (organic, unsweetened, must stir to mix)
1 c homemade stock made with bones, meat, and vegetables of your choice

Tuesday:

Breakfast:

smoothie with 1 scoop whey protein and/or SP Complete, 3/4 cup milk, 1c spinach, and berries to taste

Lunch:

salad with 1.5c field greens, 3 oz chicken, artichoke heart, onion, crushed pecans, olive oil and balsamic vinegar dressing
unsweetened iced tea or water

Dinner:

1 filet of frozen fish, baked or pan fried in olive oil
1 c spinach, sauteed or steamed
unsweetened tea or water

Snacks:

2 oz raw nuts of your choice, unsweetened and unsalted
1/2 c cottage cheese with berries of your choice, unsweetened

Wednesday:

Breakfast:

3 oz ham
1 egg
black coffee or tea

Lunch:

1-2 cups bone soup with vegetables of your choice (no rice, potatoes, or corn)
unsweetened tea or water

Dinner:

hamburger without bun (cheese, lettuce, condiments are all okay, just no bun)
green vegetable of your choice

Snacks:

1 apple with peanut butter (organic, unsweetened, must stir to mix)
1 c berries of your choice

Thursday:

Breakfast:

1 c yogurt or cottage cheese, unsweetened, with berries and nuts of your choice
coffee or tea, black

Lunch:

sandwich using canned tuna and "paleo bread"
small salad using 1 c field greens, onion, and tomato with oil and vinegar
dressing
unsweetened tea or water

Dinner:

sauteed shrimp with garlic and onion
steamed spaghetti squash with tomato sauce
broccoli or cauliflower

Snacks:

smoothie with 1c whole milk, 1/2 scoop whey and/or complete, 1/2 banana,
spinach, cocoa powder to taste
celery sticks with peanut butter (organic, unsweetened, must stir to mix)

Friday:

Breakfast:

1 egg scrambled with cheese
1 apple
coffee or tea, black

Lunch:

1 pork chop
steamed or sautéed brussels sprouts
unsweetened tea or water

Dinner:

3 oz sautéed salmon
1 c broccoli or cauliflower

Snacks:

2 oz raw nuts of your choice, unsweetened and unsalted
1 c berries or 1 apple

Saturday:

Breakfast:

1 soft boiled egg
1 piece of "paleo bread" toast
1/4 avocado
coffee or tea, black or with heavy cream/coconut milk

Lunch:

salad with 1c spinach or field greens, 1/4 avocado, bell pepper, onion, mushrooms, and 2-3 oz chicken breast, bleu cheese dressing
unsweetened tea or water

Dinner:

1-2 c bone soup with vegetables of your choice (no rice, potatoes, or corn)
unsweetened tea or water

Snacks:

1 c cottage cheese, unsweetened, with berries of your choice
celery sticks with peanut butter (organic, unsweetened, must stir to mix)
1/2 c olives with a cheese of your choice

Sunday:

Breakfast:

smoothie with 1 scoop whey, 1 c milk, apple, strawberry, spinach

Lunch:

1 filet of fish

side salad with spinach, strawberries, walnuts, onions, balsamic vinaigrette

unsweetened tea or water

Dinner:

chicken breast

sautéed greens with onions

spaghetti squash with tomato sauce (no sugar in sauce)

Snacks:

1/2 c cottage cheese, unsweetened, with berries of your choice

1 hard boiled egg

1 jar of artichokes in water or oil

Extra tidbits:

- Frozen vegetables and fruits are fine to use. Do not use fruit packaged in syrup or that has added sugar.
- If you add milk to your coffee or tea, use either heavy cream or full-fat coconut milk, sweeten with stevia (although it is better not to sweeten if you can avoid it because sweet tastes can spike insulin regardless of their caloric content.)
- Substitute protein or fat (brisket, bacon, heavy cream, coconut milk) for sugar cravings. They often hit the same endorphin receptors as sugar (thus minimizing the cravings) and do not spike insulin levels.
- Watermelon, chia pudding, and paleo cookies (available at People's Pharmacy) are good substitutes for traditional desserts or sweets
- For a shake base, I recommend SP Complete and SP Whey Pro Complete by Standard Process. They are available at People's Pharmacy or you can buy them from me. These products have very high quality nutrients and will provide you with all the essential vitamins, minerals, and macronutrients you need for the day.
- Great Lakes Hydrolyzed Gelatin (green container, available on Amazon.com), is a good source of protein for smoothies. You can also put it in coffee or soups as it has no taste and doesn't thicken liquids. The gelatin is the best thing I have used for joint lubrication/arthritis pain, and it also helps heal the gut. I recommend at least 1 serving per day. You can also make stock from bones and eat one serving per day for arthritis pain, which works particularly well when combined with the gelatin.
- The app/website MyFitnessPal(.com) is a great resource for tracking calories, carbs, sugars, fat, and exercise. Tracking what you eat can encourage you to stick to your plan and make healthier choices.
- **The rule of fruit:** Eat 3 servings of vegetables for every 1 serving of fruit. This will prevent you from eating too much naturally occurring sugar.

FOODS TO AVOID:

- **Grains of any kind including:**
 - Rice
 - Corn
 - Pasta or noodles
 - Baked goods
- **White potato (sweet potato is okay)**
- **Processed foods**
- **Candy, sodas, cane sugar, honey, maple syrup**
- **Bread of any kind that is not "paleo bread" or another bread made from nut flour ("Paleo bread" is available at Whole Foods and Wheatsville Co-op. There are recipes for other nut flour breads**
- **Minimize tropical fruits (mango, pineapple, melons, peaches). They're okay in small quantities a 2-3 times per week if eaten alone. They can be added to smoothies in small quantities (no more than ¼ cup/smoothie)**