Build Your Blood Sugar Muscle

1. Eat protein breakfast/never eat a carbohydrate loaded breakfast.
   Examples below:
   A. Eggs
   B. Turkey Sausage
   C. Coconut Yogurt
   D. Veggie Protein Mix

2. Avoid foods that cause a spike in blood sugar:
   Junk food, some fruits, grains - even organic whole grain are hard on blood sugar

3. Never eat a carbohydrate without a protein:
   If you have an apple also have a handful of pecans.

4. Eat 3 meals a day with a protein snack in between.

5. Eat a light protein snack just before bed

6. Identify food sensitivities.

7. Identify any other reasons for blood sugar dys-regulation through laboratory testing.