

Here's a practical **Insulin Resistance Diet shopping list** you can take to the store. It's organized by food group, focuses on low-glycemic, high-fiber choices, and includes easy quantity targets for a 1-week shop.

Proteins (lean & plant)

- Skinless chicken breast or thighs (1.5–2 lb)
- Salmon or white fish (1 lb) or shrimp (1 lb, frozen ok)
- Canned tuna/salmon (2–4 cans, in water)
- Eggs (1 dozen)
- Greek yogurt, plain 2% (32 oz) or cottage cheese (16–24 oz)
- Tofu or tempeh (14–16 oz)
- Lentils, chickpeas, black beans (4–6 cans or 2 lb dry)
- Edamame (frozen, 1 bag)
- Optional: unsweetened protein powder (whey or plant)

Smart carbs (high-fiber, lower GI)

- Steel-cut/old-fashioned oats (1 canister)
- Quinoa, farro, or barley (1–2 cups dry total)
- Brown or wild rice (1–2 cups dry)
- 100% whole-grain or sprouted bread (1 loaf)
- Whole-grain pasta (1 box) or chickpea/lentil pasta (1 box)
- Sweet potatoes (4–6 medium)
- Beans/legumes (see above) count here too

Non-starchy vegetables (unlimited—fill half your plate)

- Leafy greens (2 big tubs: spinach, arugula, mixed greens)
- Crucifers: broccoli, cauliflower, Brussels sprouts
- Peppers, cucumbers, tomatoes, zucchini, eggplant, mushrooms
- Onions, garlic, carrots, green beans, asparagus
- Frozen mixed veg for busy nights (2 bags)

Fruit (lower-glycemic first)

- Berries (fresh/frozen, 2–3 cups)
- Apples or pears (4–6)
- Citrus or kiwi (4–6)
- Cherries or peaches (seasonal; portion 1 cup)

Healthy fats & flavor

- Extra-virgin olive oil (1 bottle)
- Avocados (2–3) and olives (1 jar)
- Nuts: almonds/walnuts/pistachios (8–12 oz)
- Seeds: chia, flax, pumpkin (choose 1–2)
- Natural nut butter (no added sugar, 1 jar)
- Tahini (optional)

Dairy & alternatives

- Unsweetened almond/soy milk (1–2 cartons)
- Kefir, plain and unsweetened (optional)

Pantry boosters (no added sugar where possible)

- Canned tomatoes/tomato paste, low-sodium broth
- Vinegars (red wine, balsamic), lemon/lime juice, salsa
- Mustard, capers, pickles (check sugar/sodium)
- Herbs & spices: cinnamon, cumin, turmeric, oregano, chili flakes, garlic powder, Italian blend
- Cocoa powder (unsweetened), stevia/monk fruit (optional)

Snackables (protein + fiber = steady energy)

- Hummus cups, baby carrots, snap peas
- String cheese or yogurt cups (unsweetened)
- Tuna pouches, hard-boiled eggs
- Roasted chickpeas or 100-calorie nut packs
- Berries or an apple + peanut butter

Drinks

- Water/sparkling water
- Coffee/tea (unsweetened)

One-week quantity snapshot (1 adult)

- **Protein:** 1.5–2 lb poultry + 1 lb fish/shrimp + 12 eggs + 32 oz Greek yogurt + 3–4 cans beans/tuna + 14 oz tofu/tempeh
- **Smart carbs:** 2 cups dry grains total (mix of oats/quinoa/rice) + 1 loaf sprouted bread + 4–6 sweet potatoes

- **Veg & fruit:** 10–14 cups non-starchy veg + 10–12 pieces fruit or 6–8 pieces + 2–3 cups berries
 - **Fats:** 1 bottle EVOO + 8–12 oz nuts/seeds + 2–3 avocados
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Label quick rules (fast aisle check)

- **Added sugar:** ≤5 g per serving (ideally 0 g for staples like yogurt, milk, bread).
 - **Fiber:** ≥3 g per serving for breads/cereals; beans and oats will be higher.
 - **Protein:** aim **20–30 g** at main meals, **10–20 g** snacks.
 - **Ingredients:** short lists, whole foods first, minimal refined oils/sugars.
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Plate method (no counting needed)

- **½ plate** non-starchy vegetables
- **¼ plate** lean protein (3–5 oz)
- **¼ plate** smart carb (½–1 cup cooked grains or 1 slice bread or ½–1 medium potato)
- **1–2 tsp** olive oil or a small handful of nuts/seeds

Use this list to stock once, batch-cook a grain, a protein, and a sheet pan of veggies, and you'll have insulin-friendly meals ready all week.