



BEVERAGES

WATER Filtered or pure spring water, herbal tea, seltzer or mineral water.



SPICES AND CONDIMENTS

All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar.



SWEETENERS

Stevia

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food

HEALTH CARE PROFESSIONAL NOTES:

BLOOD SUGAR



SUPPORT GUIDE

Created by



NUTRITIONAL FRONTIERS

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THE SUPPLEMENTS

BLOOD SUGAR

Begin following the food guide and start with nutraceuticals as listed below.

SUPER SHAKE OR BEST WHEY PROTEIN

Mix 1 scoop with 8 oz. of water, almond, rice, or coconut milk and ice.

PRO ORANGES

Mix 1 rounded scoop (10 g) in 6-8 ounces of cold water or juice, 1 to 2 times daily

GLUCOLYZE

Take one to two capsules with food, 1-2 times daily

THE FOOD

MEAT AND FISH

Organic or Free Range, All canned (water-packed), frozen, or fresh fish; chicken; turkey; wild game; lamb, beef.

FRUIT

All fresh, frozen, water-packed, or canned, limited to 1-2 per day.



VEGETABLES

All fresh raw, steamed, sautéed, juiced, or roasted.



STARCH

Brown rice, sweet potatoes, yams, gluten free oats.



BREAD AND CEREAL

Limit 1-2 slices per day- Ezekiel bread, 100% whole grain bread, minimum of 3 grams of fiber per slice.



LEGUMES

All beans, peas, and lentils



NUTS AND SEEDS

Almonds, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds.



MILK AND DAIRY SUBSTITUTES

Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks.



FATS

Cold pressed olive, flax, coconut, safflower, sunflower, sesame, walnut, pumpkin, almond oils, omega 3 fish oils.