



# The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, and Prevent Prediabetes

By Tara Spencer

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**The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, and Prevent Prediabetes** By Tara Spencer

**Nutritionist Tara Spencer knows firsthand the struggle of coping with insulin resistance and PCOS. Now she combines her experience and expertise to help you overcome the physical and emotional effects of your condition with a holistic 4-week meal plan and cookbook.**

Millions of people are diagnosed with insulin resistance?yet too often feel alone. If you're looking for a natural approach, Tara's practical insulin resistance diet and meal plan and compassionate, up-to-date advice will guide you toward reversing your insulin resistance?naturally.

Lose weight, take control of your PCOS, rebuild your confidence, and embrace a healthier way of living, with:

- 100 easy-to-prepare recipes using clean, wholesome ingredients
- A sensible and affordable 4-week meal plan
- Self-compassion techniques for coping with stress
- Bodyweight exercises to boost your metabolism

With *The Insulin Resistance Diet Plan & Cookbook*, you'll take the first crucial step in reclaiming your health for the rest of your life.

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### **Editorial Review**

#### **About the Author**

Tara Spencer is a qualified nutritionist and personal trainer who guides individuals of all ages and stages on the path toward better health. In addition to her work in eating disorder recovery and athlete coaching, Tara counsels clients to modify their diets as a natural treatment for a number of illnesses. She is the author of *The Migraine Relief Diet*.

Jennifer Koslo, PhD, RD, CSSD, is a registered dietitian, a board certified specialist in sports dietetics, and a nationally recognized nutrition expert. She is the author of the *Diabetic Cookbook for Two* and the *Healthy Smoothie Recipe Book*.

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##### **Corrina Sutton:**

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##### **Jimmy Robertson:**

Are you kind of hectic person, only have 10 or even 15 minute in your morning to upgrading your mind

expertise or thinking skill actually analytical thinking? Then you are having problem with the book compared to can satisfy your limited time to read it because all this time you only find guide that need more time to be read. The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, and Prevent Prediabetes can be your answer because it can be read by an individual who have those short spare time problems.

**Jeremy Gable:**

Many people spending their period by playing outside along with friends, fun activity along with family or just watching TV all day every day. You can have new activity to pay your whole day by examining a book. Ugh, you think reading a book can definitely hard because you have to take the book everywhere? It okay you can have the e-book, having everywhere you want in your Touch screen phone. Like The Insulin Resistance Diet Plan & Cookbook: Lose Weight, Manage PCOS, and Prevent Prediabetes which is obtaining the e-book version. So , why not try out this book? Let's find.

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