

3 Mistakes Keeping Your Insulin High

And How to Fix Them Using the IRP Method

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If you've been eating healthy but still can't lose weight, or your blood sugar won't cooperate no matter what you try — these three mistakes are probably why.

These aren't about willpower. They're about insulin. High insulin blocks fat burning, drives cravings, and keeps your energy crashing. The good news is each one has a simple fix.

1

Eating Carbs by Themselves

"Naked Carbs"

Common examples:

- Toast for breakfast
- Chips as a snack
- Fruit alone

When you eat carbs alone they digest fast — glucose spikes, then insulin spikes hard. Your body floods with insulin trying to manage the sugar load. Fat burning stops completely.

Protein and fat slow digestion, create a smaller glucose rise, and trigger GLP-1 — your body's natural fullness and blood sugar hormone.

THE FIX

- ✓ Apple → add peanut butter
- ✓ Toast → add eggs
- ✓ Chips → replace with nuts or cheese
- ✓ Rule: Never eat carbs alone

2**Snacking All Day**

Constant eating keeps insulin elevated

Common examples:

- Grazing every 2-3 hours
- "Healthy" granola bars or crackers
- Multiple small meals throughout the day

Every time you eat, insulin goes up. If you eat all day, insulin never comes down. Your body never gets the chance to switch into fat burning mode.

Spacing meals and allowing insulin to drop between them is one of the most powerful things you can do for your metabolism.

THE FIX

- ✓ Eat 2-3 solid meals per day
- ✓ If you need a snack: protein or fat only (eggs, nuts, cheese)
- ✓ Give your insulin time to come down between meals

Starting the Day with Sugar or High Carbs

3

Your morning sets your insulin for the whole day

Common examples:

- Cereal or oatmeal with honey
- Pancakes with syrup
- Coffee loaded with sugar or flavored creamer

A high-carb breakfast spikes blood sugar first thing in the morning. That spike triggers a crash, which triggers cravings, which leads to more insulin spikes — all day long.

Start with protein and fat and your blood sugar stays stable. Stable blood sugar means stable insulin means your body can actually burn fat.

THE FIX

- ✓ Eggs + avocado
- ✓ Greek yogurt (unsweetened) + nuts
- ✓ Protein shake with healthy fat
- ✓ Rule: Protein and fat first, every morning

The IRP Bottom Line

High insulin blocks fat burning.

Lower insulin = better energy, fat loss, and health.

These three mistakes all come back to the same root issue:

Too many carbs. Too frequent eating. Not enough protein and fat.

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