



KICK START FAT LOSS BOOTCAMP

PREPARATION

1	Clear out the fridge, freezer and kitchen of anything likely to ruin your plan!
2	Do not eat processed food, packaged, micro waved dinners, frozen foods, ready meals – anything packaged or containing 'E' numbers.
3	We are not going to eat any bread, biscuits, cakes or breakfast cereals. Wheat and gluten for many people are simply indigestible or they place a large amount of stress on the digestive system.
4	Stay away from dairy – milk, butter and cheese. If you have to have milk in your drink, make it skimmed milk.
5	Alcohol <u>THIS IS A NO NO!!!</u> – This includes wine and spritzers. Alcohol is a toxin your body has to work hard to detoxify your system, placing stress on the liver, kidneys and adrenal glands.
6	Sugar – All forms, as it creates an insulin response. The simpler the make up of sugar, the more rapid and aggressive the insulin response.
7	No chocolate, sweeties or confectionery (sorry!!)
8	Caffeine – tea, coffee and fizzy drinks! As mentioned on the food list, in an ideal world it is better to give up coffee completely however 1-2 cups (maximum) per day is acceptable and more sustainable.

BE STRONG! Don't allow friends and family to sabotage your efforts!!