



FOOD LIST

Many people when beginning a plan like this will eliminate all processed carbohydrates from their diet, which is great, but then neglect to replace those calories with proteins, fats and vegetables.

Basic Shopping List

Choose from the following foods

Proteins – you must eat one every meal

Beef	Chicken	Duck	Turkey
Lamb	Liver	Kidney	Pork Chop
Veal	Bacon	Shellfish/shrimp	Crab
Lobster	Salmon	Cod	Tuna
Plaice	Halibut/Turbot	Swordfish	Hake
Bream	Prawns	Eggs	Haddock
Mackerel	Sea Bass		

For your information red meat can be very high in saturated fat, so if you can try and eat lean white meat and if you want to eat red meat, try and have it at lunchtime, to allow your body time to digest it.

Vegetable Proteins

Chick peas	Hummus	Soya	Lentil
Tofu	Quorn		

Vegetables (Carbohydrates)

Spinich	Courgette	Cucumber	Broccoli
Rocket	Aubergine	Squash	All leafy greens
Tomatoes	Onion	Kale	Cabbage
Celery	Mushrooms	Peas	Peppers
Green beans	Broad beans	Cauliflower	Parsnips
Carrotts			



Fats Use freely to cook with

Olive oil	Almond oil	Flax oil	Peanut oil
Walnut oil	Coconut oil		

Fruits

Apples	Oranges	Avocados	Lemon
Limes	Grapefruit	Melon	Mango
Blueberries	strawberries		

Try and limit your intake to 3 pieces of fruit per day

Drinks

Water	Green tea	Red bush tea	Fruit tea

In an ideal world, it would be recommended to give up coffee both regular and decaffeinated, however 1-2 cups per days is acceptable and is more sustainable. Please do not think of this as a diet. It is a lifestyle change and we are just Kick starting it!!

Ensure vegetables are washed and peeled before you eat. Steam, grill, poach and lightly fry fish and meat. Feel free to add spices to your cooking.



Important Additions

- Drink** A minimum of 2-4 litres of water per day. Tap water is fine.
- Eat Protein** Eat protein with every meal. This will help your body create lean tissue and increase metabolism and offset insulin fluctuations created by carbohydrate only meals.
- Eat regularly** No sooner than 2 hours but no longer than 3-4 hours is ideal. This will ensure a steady supply of calories and nutrients are supplied to your body to aid weight reduction and prevent energy fluctuations.
- Eat Freely** Food not on the toxic list.
- Vary your foods** Vary your foods everyday. i.e one day eat chicken and the next eat fish. Rotate your foods and don't eat the same things every day. This will prevent you getting fed up and bored.
- Pay Attention** Pay attention when you eat, enjoy the taste, texture and quality of the foods. Give eating your full attention and take your time, chew and enjoy your food.
- Oils** Use the oils on the list for cooking. No vegetable oils should be consumed as they are highly processed.
- Toxic List** This is all the food detailed in the sheet labelled "preparation". As a rough guide and for those of you that want an idiots guide. Do not eat:
Alcohol (big no no!!)
Bread (any kind) , pasta, pastry, biscuits, cakes, breakfast cereals
Dairy –no cheese or butter
Sweets – no chocolates, sweets (sorry!!)
Sugar – all forms

