Programme - Dietary Do's & Don'ts

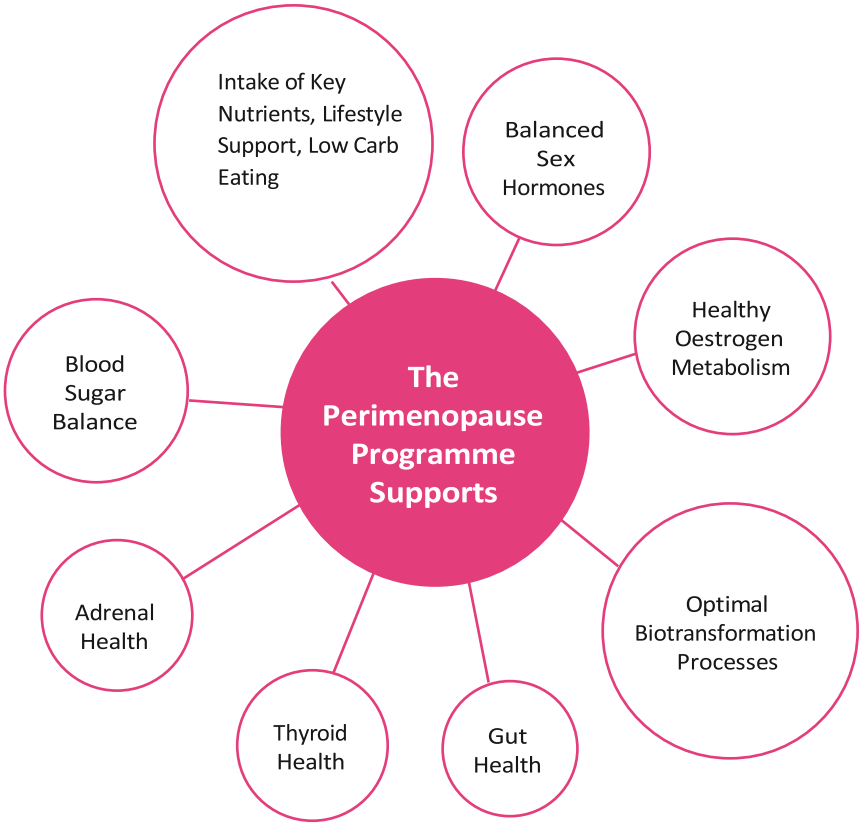
Do eat:

Organic food (where possible)
Fresh filtered water
Fresh food cooked from scratch
Large variety of brightly coloured vegetables, salads and herbs.
Limit fruit to mainly berries (strawberries, raspberries, blackberries, blueberries, mulberries, lingonberries)
Prioritise plant foods
Cruciferous vegetables every day - broccoli, cauliflower, kale, watercress, dark leafy greens, Brussels sprouts, cabbage, bok choy, rocket, radish
Starchy vegetables (carrots, beetroot, parsnips, turnips, butternut squash, sweet potatoes) in moderation. Try to include lower carbohydrate alternatives (celeriac, cauliflower, cabbage, courgette, broccoli, greens)
Sulphur-containing foods (onions, spring onions, shallots, garlic, leeks, chives)
Mushrooms
Sea vegetables (kombu / kelp, wakame, arame) you don't need a lot - 1 tsp daily (MUST be certified organic)
Fermented vegetables (kimchi, sauerkraut)
Fermented drinks (coconut water kefir, kombucha)
Prebiotic fibres (Jerusalem artichoke, onions, garlic, leeks, chicory root, limited beans & lentils)
Nuts (walnuts, Brazil nuts, hazelnuts, cashew nuts, almonds)
Seeds (chia, sunflower, pumpkin, sesame, flaxseeds)
Extra Virgin Olive oil
Flaxseed oil
Coconut oil
Sprouted seeds (especially broccoli sprouts)
Legumes (beans, chickpeas, lentils) observe daily limit
Fresh & dried herbs (especially sage, fennel, hives)
Fresh & dried spices (especially turmeric, ginger)
Herbal teas (particularly sage, fennel, chamomile, cinnamon)
Soya foods (tempeh, firm silken tofu, edamame)
Organic free range poultry
Organic free range egg (chicken, duck)
Fish, preferably wild
Oily fish (sardines, mackerel, anchovies, salmon, herring, tuna)
Maca powder
Dark chocolate (minimum 90% cocoa content)
Wild game
Liver (MUST be organic liver)
Gluten-free grains (amaranth, buckwheat, rice (GABA), millet, quinoa, sorghum, teff, gluten-free oats, gluten-free oatbran)
Bone broth

Don't eat:

Non-organic food (where possible)
Gluten
Non-organic dairy
Tropical fruits, grapes, dried fruits
Fruit juice
Refined sugar (sweets, cakes, biscuits, sugary drinks & snacks)
Processed carbohydrates (eg commercial cereal, oven chips etc.)
Processed foods (ready meals, fast food, convenience food)
Processed vegetable oils
Margarine
Artificial sweeteners
Alcohol
Wheat products
Crisps, chips, fried snack foods
Excess caffeine (max 2 cups coffee or black tea a day)

A 360 Degree Approach



Blood Sugar Balance

Eat within an 8-10 hour daily window (this is to facilitate a 14-16 hour overnight fast. For example, if you start your breakfast at 10am you need to finish your evening meal by 6pm to achieve an 8 hour eating window.

Always finish your evening meal by 7pm

Eat 3 distinct meals daily (if weight loss is a goal this may be reduced to 2 meals daily)

Avoid snacks between meals

Include good quality protein (eg. poultry, fish, tempeh, legumes, eggs), **fat** (eg. nuts, seeds and their oils, Avocados, olives) **and plenty of vegetables with every meal: aim for a minimum of 50% of your plate as non-starchy vegetables.**

Reduce or eliminate sugar and starchy carbohydrate foods (refined sugar, bread, pasta, white potatoes, rice, couscous, crackers, breakfast cereals, cakes, biscuits, sweets, milk chocolate, fizzy drinks, fruit juices and cordials).

Reduce starchy carbohydrate vegetables (such as sweet potatoes, carrots, parsnips, turnips, beetroot). **Include lower carbohydrate alternatives** (such as celeriac, cauliflower, cabbage, courgette, broccoli, greens).

Choose complex gluten-free grains such as quinoa, gluten-free oats, buckwheat, millet and amaranth. Keep your **portion size** of complex carbohydrate grains equivalent to a **small handful** with each meal.

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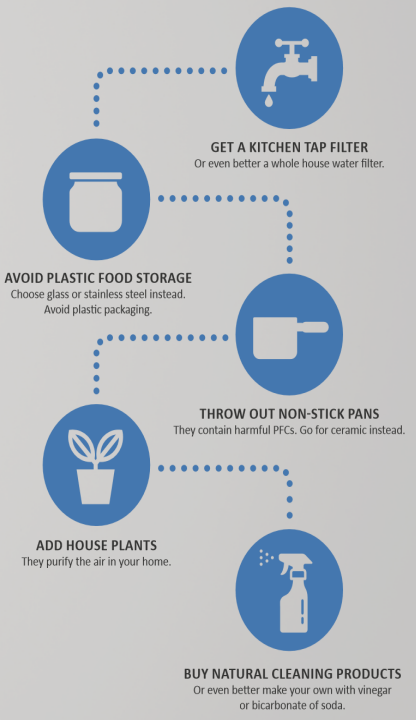
HOW TO DETOX YOUR LIFE

LIFESTYLE

FOOD & DRINK

KEY NUTRIENTS

HOME