

## 6-WEEK MEAL PLAN

### DAY ONE

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime.



**Breakfast:** A 3 egg mushroom and chopped pepper omelette cooked in Coconut Oil or with a knob of kerrygold butter with steamed spinach or spinach leaves and chopped red onion

**Lunch:** Mackerel with spinach and watercress salad with chopped strawberries & raspberries with a drizzle of extra virgin olive oil and balsamic vinegar or apple cider vinegar.

**Dinner:** Steamed cod fillet and steamed vegetables with a knob of butter over vegetables (broccoli, kale, cauliflower), A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Hydration:** 2-3 litres of still and where possible filtered water.

### DAY TWO

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Steak & Eggs with spinach, chopped strawberries, blueberries and red pepper salad with a drizzle of extra virgin olive oil.

**Lunch:** 2 chicken thighs (add paprika and sea salt to the skin) with spinach, watercress, chopped peppers with a drizzle of extra virgin olive oil

**Dinner:** Haddock with steamed green vegetables with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THREE

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Boiled Eggs with spinach leaves, cucumber, watercress, red onion, chopped apple, chopped peppers with a drizzle of extra virgin olive oil and balsamic vinegar or apple cider vinegar.

**Lunch:** 1 Chicken Breast (with skin on preferably) with steamed greens (including broccoli and kale) Add knob of butter to vegetables

**Dinner:** Steak (sirloin,rump,rib eye) and steamed Brussels, broccoli and Kale with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime



**Hydration:** 2-3 litres of still and where possible filtered water

## DAY FOUR

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** A 3 egg vegetable omelette cooked in coconut oil

**Lunch:** Prawns and Calamari rings with lettuce, rocket, cucumber, tomatoes, chopped peppers, berries and a drizzle of extra virgin olive oil and balsamic vinegar or apple cider vinegar

**Dinner:** Steamed Salmon fillet with stir fry cooked in coconut oil. A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY FIVE

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Chicken breast wrapped in bacon and steamed green vegetables with a knob of butter

**Lunch:** Tuna with steamed broccoli, kale and cauliflower or spinach leaves, watercress, rocket, chopped peppers, tomatoes, raw beetroot and cucumber

**Dinner:** Turkey thigh and steamed green vegetables with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY SIX

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** 2 eggs, 2 bacon, mushrooms, tomatoes, 97%+ pork sausage

**Lunch:** Turkey thigh, spinach, watercress, rocket, red onion, peppers, berries and a drizzle of extra virgin olive oil and balsamic vinegar or apple cider vinegar

**Dinner:** Salmon and steamed green vegetables with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Hydration:** 2-3 litres of still and where possible filtered water



## DAY SEVEN

**Breakfast – Meal in a Bowl** (Gluten Free Porridge made with full fat organic milk, dollop of full fat thick cream, 1 tsp flax seeds, 1 tsp milled chia seeds, topped with crushed nut, blueberries & sprinkle of cinnamon). A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Lunch:** Egg (cooked in coconut oil or butter), Bacon, 97% pork sausages, mushrooms and fried tomatoes (cooked in coconut oil or butter).

**Evening:** [Open](#) (Enjoy a meal of your liking)

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY EIGHT

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Scrambled egg with mushrooms and tomatoes cooked in coconut oil

**Lunch:** Mackerel or Tuna with spinach. Watercress and crushed walnut salad with drizzle of extra virgin olive oil

**Dinner:** Cod fillet and steamed/boiled green vegetables with a knob of Kerrygold butter (broccoli, kale), a mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY NINE

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Turkey thigh (use herbs and spices on meat for more flavour) with spinach and red pepper salad with a drizzle of extra virgin olive oil

**Lunch:** 2 chicken thighs (use herbs and spices on meat for more flavour) with tomatoes, strawberries, chopped onion, rocket, watercress drizzle of extra virgin olive oil and balsamic. Handful of brazil nuts

**Dinner:** Steamed haddock with large portion steamed green vegetables with a knob of Kerrygold butter, a mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TEN

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Scrambled egg made with butter and full fat cream with salmon

**Lunch:** Chicken breast (use herbs and spices on meat for more flavour) with large portion steamed greens (including broccoli and kale)

**Dinner:** Pork Chop (use herbs and spices on meat for more flavour) and large portion steamed Brussels, broccoli and Kale with a knob of Kerrygold butter, a mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY ELEVEN

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** 3 eggs and chopped haddock omelette cooked in coconut oil.

**Lunch:** Salmon steak topped with chopped dill, with a large portion of green vegetables

**Dinner:** Steak (use herbs and spices on meat for more flavour), mushrooms with salad of rocket, spinach, onions, blueberries, raspberries and tomatoes with a drizzle of extra virgin olive oil and balsamic. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TWELVE

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Turkey thigh (use herbs and spices on meat for more flavour) and steamed green vegetables with a knob of kerrygold butter

**Lunch:** Tuna steak with steamed broccoli or spinach leaves, chopped red onion, mango, tomatoes, cucumber and red pepper.

**Dinner:** stir fry made with prawns and scallops and mixed vegetables cooked in coconut oil. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THIRTEEN

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Egg, bacon, tomatoes and chopped mushrooms

**Lunch:** Chicken breast or thighs (use herbs and spices on meat for more flavour) with a huge green salad, chopped berries, chopped red onion and a drizzle of balsamic and extra virgin oil topped with crushed walnuts

**Dinner:** Congratulations you have consistently eaten real food for 13 days, you may enjoy a meal of your liking. (Don't binge, you are back on the plan in the morning).

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY FOURTEEN

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Scrambled egg cooked in coconut oil, bacon, sausage, fried tomato (coconut oil) and mushrooms (in coconut oil)

**Lunch:** pan fried prawns cooked with a little butter, chopped coriander and squeeze of lemon (add chilli flakes if you like) with a green salad and tomatoes, drizzled with extra virgin olive oil. Berries.

**Evening:** Duck breast (use herbs and spices on meat for more flavour) with broccoli, cauliflower, spinach, parsnip.

A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY FIFTEEN

**Breakfast:** Meal in a Bowl (Gluten free oats, full fat milk, full fat thick cream, teaspoon ground flax, teaspoon milled chia seeds, sliced banana, strawberries, blueberries and crushed walnuts with sprinkle of cinnamon) . Herbal Tea OR a mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Lunch: Open**

**Dinner:** Steak (Use herbs and spices for more flavour) with broccoli, cauliflower & Kale (unlimited amount) A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY SIXTEEN

**Breakfast:** Chicken Breast (use herbs and spices for more flavour) with a handful of Kale – either steam or lightly stir fry in Kerrygold butter. Herbal Tea OR a mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Lunch:** Haddock Fillet (either grill or bake) with a mixed green salad drizzled with added chopped strawberries, raw beetroot, blueberries and walnut oil. Handful of almonds

**Dinner:** Homemade beef burger (organic mince, 1 egg to bind, chopped onion and any spices you may want to add like chilli flakes) with lettuce leaf bun, Slice of bacon, red onion rings, organic cheese or a good cheddar. Serve with huge portion of green vegetables. Mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY SEVENTEEN

**Breakfast:** 4 – 6 scallops cooked in real butter with optional crushed garlic (pan fry them quickly, 2 minutes each side ) or another white fish on a bed of spinach, rocket and watercress . Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime

**Lunch:** Grilled chicken breast or thighs (use herbs and spices for more flavour) with garden salad including, chopped peppers, berries, drizzled with extra virgin olive oil/walnut nut oil. Handful of cashews

**Dinner: Recipe**

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY EIGHTEEN

**Breakfast:** 3 scrambled eggs cooked in coconut oil with grilled tomatoes, mixed with 1 portion of green beans. Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime

**Lunch: Recipe**

**Dinner: Open**

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY NINETEEN

**Breakfast:** Fruit and Nut bowl (strawberries, blueberries, raspberries, cherries, chopped walnuts and cashews with full fat natural yoghurt. Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime.

**Lunch:** Grilled Prawns with rocket, watercress, chopped red onion, cucumber, chopped strawberries, blueberries, mango, tomatoes drizzled with extra virgin olive oil, chilli flakes and squeeze of lemon

**Dinner:** Chicken breast (use herbs and spices to add flavour) with a large portion of broccoli and Kale with a knob of butter. A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TWENTY

**Breakfast:** Egg, mushrooms, tomatoes cooked in coconut oil, bacon and sausage (as near to 100% pork as possible) Tuck in and enjoy!!!! Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime.

**Lunch:** Chicken thighs, veggies and sweet potato chips

**Dinner: Open**

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TWENTY-ONE

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Breakfast:** A 3 egg mushroom and chopped pepper omelette cooked in Coconut Oil or with a knob of kerrygold butter with steamed spinach or spinach leaves and chopped red onion

**Lunch:** Chicken Breast (with skin on preferably) with steamed greens (including broccoli and kale) Sweet Potato Wedges - Add knob of butter to vegetables

**Dinner: Recipe**

**Additional meal:** Add in extra meal around training

**Hydration:** 2-3 litres of still and where possible filtered water



## DAY TWENTY-TWO

**Breakfast:** Smoked Salmon and Scrambled egg cooked in coconut oil. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Lunch:** Sliced steak salad. Herbal Tea

**Dinner: Open**

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TWENTY-THREE

**Breakfast:** Fruit and nut bowl (chopped strawberries, banana, blueberries, raspberries, crushed walnuts and almonds with full fat unsweetened yoghurt, pinch of cinnamon plus poached eggs (optional). Cup of hot water with slice of lemon/lime

**Lunch:** Tuna Salad with a drizzle of balsamic vinegar. Handful of almonds. Herbal tea

**Dinner:** Tossed Green Salad, Grilled Halibut Steak with lemon juice and dill Steamed Asparagus, Sliced Kiwi Fruit and tangerine wedges

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TWENTY-FOUR

**Breakfast: Open**

**Lunch:** Sliced chicken salad, Apple, Mineral Water

**Dinner:** Salmon steak topped with dill, broccoli and cauliflower. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

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## DAY TWENTY-FIVE

**Breakfast:** Gluten Free Porridge, full fat milk, 1 tablespoon of full fat cream, 1 teaspoon of ground flaxseeds (once cooked add crushed nuts) A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Lunch: Open**

**Dinner:** Chicken Stir Fry cooked in coconut oil. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TWENTY-SIX

**Breakfast:** 3-4 egg omelette, chopped pepper and mushrooms cooked in coconut oil. Herbal tea

**Lunch:** Spinach Salad with prawns and calamari. Apple slices with lemon juice

**Dinner: Recipe**

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TWENTY-SEVEN

**Breakfast: Open**

**Lunch:** Salmon Flakes and Prawns on a bed of spinach leaves, rocket, watercress tomatoes, cucumber and avocado with a squeeze of lemon juice and drizzle of extra virgin olive oil. Cold water with slice of lemon

**Dinner:** Beef Casserole. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TWENTY-EIGHT

**Breakfast:** Gluten Free Porridge made with whole milk and a dollop of full fat cream, tea spoon of ground flax seeds. Herbal Tea

**Lunch:** Enjoy a meal of your liking

**Dinner:** Homemade beef burgers (organic mince, free range egg to bind and chopped onion, Himalayan salt and pepper to taste) and sweet potato chips with paprika.

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY TWENTY-NINE

**As soon as you wake up:** Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime.

**Breakfast:** Fruit and Nut bowl (strawberries, blueberries, raspberries, cherries, chopped walnuts and cashews with full fat natural yoghurt.

**Lunch:** Grilled Prawns with rocket, watercress, chopped red onion, cucumber, chopped strawberries, blueberries, mango, tomatoes drizzled with extra virgin olive oil, chilli flakes and squeeze of lemon

**Dinner:** Chicken breast (use herbs and spices to add flavour) with a large portion of broccoli and Kale with a knob of butter. A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THIRTY

**As soon as you wake up:** A mug of slightly cooled boiled water with slice of lemon or lime.

**Breakfast:** Egg, mushrooms, tomatoes cooked in coconut oil, bacon and sausage (as near to 100% pork as possible) Tuck in and enjoy!!!! Herbal Tea

**Lunch:** Cookbook recipe

**Dinner:** Enjoy a meal of your liking

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THIRTY-ONE

**As soon as you wake up:** A mug of slightly cooled boiled water with slice of lemon or lime.

**Breakfast: Breakfast:** Egg, mushrooms, tomatoes cooked in coconut oil, bacon and sausage (as near to 100% pork as possible) Tuck in and enjoy!!!! Herbal Tea

**Lunch:** Chicken Breast (with skin on preferably) with steamed greens (including broccoli and kale) Sweet Potato Wedges - Add knob of butter to vegetables

**Dinner:** Steak (sirloin,rump,rib eye) and steamed Brussels, broccoli and Kale with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THIRTY-TWO

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Breakfast:** A 3 egg mushroom and chopped pepper omelette cooked in Coconut Oil or with a knob of kerrygold butter with steamed spinach or spinach leaves and chopped red onion

**Lunch:** Mackerel with spinach and watercress salad with chopped strawberries & raspberries with a drizzle of extra virgin olive oil and balsamic vinegar or apple cider vinegar.

**Dinner:** Steamed cod fillet and steamed vegetables with a knob of butter over vegetables (broccoli, kale, cauliflower), A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Hydration:** 2-3 litres of still and where possible filtered water.

## DAY THIRTY-THREE

**As soon as you wake up:** A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Breakfast:** Steak & Eggs with spinach, chopped strawberries, blueberries and red pepper salad with a drizzle of extra virgin olive oil.

**Lunch:** enjoy a meal of your liking

**Dinner:** Haddock with steamed green vegetables with a knob of butter, A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THIRTY-FOUR

**As soon as you wake up:** A mug of slightly cooled boiled water with slice of lemon or lime

**Breakfast:** Turkey thigh (use herbs and spices on meat for more flavour) with spinach and red pepper salad with a drizzle of extra virgin olive oil

**Lunch:** Chicken Drumsticks (use herbs and spices on meat for more flavour) with tomatoes, strawberries, chopped onion, rocket, watercress drizzle of extra virgin olive oil and balsamic. Handful of brazil nuts

**Dinner:** Steamed haddock with large portion steamed green vegetables with a knob of Kerrygold butter, a mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THIRTY-FIVE

**As soon as you wake up:** A mug of slightly cooled boiled water with slice of lemon or lime

**Breakfast:** Cookbook Recipe

**Lunch:** Chicken breast (use herbs and spices on meat for more flavour) with large portion steamed greens (including broccoli and kale)

**Dinner:** Pork Chop (use herbs and spices on meat for more flavour) and large portion steamed Brussels, broccoli and Kale with a knob of Kerrygold butter, a mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THIRTY-SIX

**Breakfast:** Fruit and Nut bowl (strawberries, blueberries, raspberries, cherries, chopped walnuts and cashews with full fat natural yoghurt. Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime.

**Lunch:** Grilled Prawns with rocket, watercress, chopped red onion, cucumber, chopped strawberries, blueberries, mango, tomatoes drizzled with extra virgin olive oil, chilli flakes and squeeze of lemon

**Dinner:** Chicken breast (use herbs and spices to add flavour) with a large portion of broccoli and Kale with a knob of butter. A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THIRTY-SEVEN

**As soon as you wake up:** A mug of slightly cooled boiled water with slice of lemon or lime.

**Breakfast:** Egg, mushrooms, tomatoes cooked in coconut oil, bacon and sausage (as near to 100% pork as possible) Tuck in and enjoy!!!! Herbal Tea OR mug of slightly cooled boiled water with a squeeze of lemon or lime.

**Lunch:** Enjoy a meal of your liking

**Dinner:** Cookbook recipe

**Hydration:** 2-3 litres of still and where possible filtered water

## DAY THIRTY-EIGHT

**Morning – Meal in a Bowl** (Gluten Free Porridge made with full fat organic milk, dollop of full fat thick cream, 1 tsp flax seeds, 1 tsp milled chia seeds, topped with crushed nut, blueberries & sprinkle of cinnamon). A mug of slightly cooled boiled water with freshly squeezed lemon or lime.

**Lunch:** Egg (cooked in coconut oil or butter), Bacon, 97% pork sausages, mushrooms and fried tomatoes (cooked in coconut oil or butter).

**Evening:** Cookbook Recipe

**Hydration:** 2-3 litres of still and where possible filtered water

### **DAY THIRTY-NINE**

**Breakfast:** Smoked salmon and scrambled egg cooked in coconut oil. Herbal Tea

**Lunch:** Chicken breast with a portion of roasted peppers and courgettes. Herbal Tea

**Dinner:** Grilled duck breast served with steamed broccoli. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

### **DAY FORTY**

**Breakfast:** Turkey breast ½ green pepper and ¼ avocado. Hot water with fresh slice of lemon

**Lunch:** Baked Sea Bass with a mixed green salad (including spinach and watercress)

**Dinner:** Sirloin steak with spinach leaves, chopped red onion, chopped strawberries, blueberries, chopped mango and a drizzle of olive oil and squeeze of lemon. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

### **DAY FORTY-ONE**

**Breakfast:** 3 scrambled eggs cooked in coconut oil served with grilled asparagus. Herbal Tea

**Lunch:** Prawns with a green salad and tomatoes drizzled with ½ tablespoon Extra virgin olive oil

**Dinner:** Grilled haddock fillet with roasted peppers, courgettes and kale with a knob of butter. A mug of slightly cooled boiled water with freshly squeezed lemon or lime

**Hydration:** 2-3 litres of still and where possible filtered water

### **DAY FORTY-TWO**

**Breakfast:** Open

**Lunch:** Recipe

**Dinner:** Recipe

## FOOD TABLE & NUTRITION GUIDELINES (use to create tasty meals)

MEAT	POULTRY	FISH		
Beef	Chicken	Mackerel	Grouper	Trout
Buffalo	Duck	Salmon	Halibut	Whitefish
Elk	Goose	Sardine	Mahi-Mahi	Clams
Heart	Pheasant	Anchovy	Octopus	Crab
Kidney	Quail	Bass (Freshwater)	Oysters	Lobster
Lamb	Turkey	Sea Bass	Perch	Mussels
Liver	Ostrich	Catfish	Rockfish	Shark
Rabbit		Caviar	Roughy	Squid
Venison		Cod	Shrimps/prawns	Swordfish
		Crayfish	Scallops	Tuna
			Snapper	Cockles

LEGUMES	NUTS & SEEDS	BEVERAGES	DAIRY & EGGS
Azuki Beans	Almonds	Goats Milk	Duck Eggs
Black Beans	Brazil Nuts	Tea (Herbal)	Chicken Eggs
Black-Eyed Peas	Cashews	Vegetable Juices	Feta
Fava Beans	Chestnuts	(not concentrate)	Halloumi
Garbanzo Beans	Macadamia	Water	Goats Cheese
Green Beans	Pecans	Coconut Milk	Cottage Cheese
Green Peas	Pine Nuts	Almond Milk	Full Fat Cream
Lentils	Pistachios	Rice Milk	Full Fat Greek Yoghurt
Lima Beans	Poppy Seeds	Coconut Water	(Unsweetened)
Mung Beans	Pumpkin Seeds	Organic Coffee	
Navy Beans	Sesame Seeds	(Caffeinated)	
	Walnuts	Organic Green Tea	
	Sunflower Seeds		

GRAINS	GREENS	VEGETABLES		
Amaranth	Beet Greens	Artichoke	Leek	Sweet Potato
Buckwheat	Dandelion Greens	Asparagus	Olives	Turnip
Kamut	Endive	Bamboo Shoots	Onion	Mushrooms
Millet	Kale	Beet	Radishes	
Quinoa	Lettuce	Bok Choy	Aubergine	
Rice (Basmati)	Mustard Greens	Broccoli	Jicama	
Rice (Brown)	Rocket	Brussel Sprouts	Kohirabi	
Spelt	Spinach	Cabbage	Okra	
Wild Rice	Sprouts (Alfafa)	Carrot	Parsnip	
	Sprouts (Bean)	Cauliflower	Peppers	
	Swiss Chard	Celery	Rutabanga	
	Turnip Greens	Cucumber	Shallots	
	Watercress	Corn	Water Chestnuts	
	Pea Shoots	Fennel	Courgette	
		Garlic	Potato	
		Ginger	Pumpkin	
		Ginger root	Squash	



FRUITS			HERBS, SPICES & SEASONING		
Apples*	Grapes	Plums	Anise	Dill	Peppermint
Avocado	Guava	Pomegranate	Celtic Sea Salt	Fennel Seed	Rosemary
Banana	Figs	Prunes	Basil	Fenugreek	Saffron
Blackberries*	Honeydew Melon	Raspberries*	Bay Leaf	Ginger	Sage
Blueberries*	Kiwifruit	Rhubarb	Caraway	Honey (manuka)	Salt (unrefined)
Boysenberries*	Kumquat	Strawberries*	Cardamon	Horseradish	Spearmint
Cantaloupe	Lemons*	Tangerines	Carob	Himalayan Salt	Tarragon
Casaba Melon	Limes*	Tomatoes	Cayenne	90% Org Choc	Thyme
Cherries*	Loganberries	Watermelon	Chervil	Marjoram	Turmeric
Coconut*	Mango		Chilli Powder	Mint	Wasabi
Cranberries*	Nectarines	* indicates fruits	Chive	Mustard	
Currents	Oranges	ideal for those	Cinnamon	Nutmeg	
Dates	Papaya	seeking weight	Cloves	Oregano	
Elderberries*	Pears*	loss	Coriander	Paprika	
Gooseberries*	Persimmon		Cumin	Parsley	
Grapefruit	Pineapple		Curry Powder	Pepper (Ground)	

FATS & OILS
Almond oil
Blackcurrant Oil
Coconut Oil
Evening Primrose
Fish Oil
Flax Seed Oil
Hemp Oil
Walnut Oil
Avocado Oil
Almond Butter
Brazil Nut Butter
Beef Dripping
Lard
Cashew Nut Butter
Butter (Kerrygold)
Extra Virgin Olive Oil
Duck/Bacon Fat
Goose/Chicken Fat

Please use this food table to help you to plan your meals with more variety.

For example, when you see on the following nutrition plans, "Fish Choice", simply look at the food table and you will see that there are multiple choices of fish.

You simply select one and then, next time, when you see "Fish Choice" again, choose another one.

This plan gives you so much flexibility in preparing nutritious meals and allows you to have a wide variety of food in your nutrition plan.

**Legumes** Consume food from this group only if you digest Legumes well

KEY POINTS:

**(1) Always consult a health care professional before starting any nutrition program**

(2) Use the food table to get all the choices you need and ROTATE foods regularly

(3) The grains provided in the food table are Gluten Free

(4) For your fluid intake, drink inbetween meals

(5) **PLEASE NOTE:** Carbohydrate intake depends on exercise intensity & duration. Little exercise requires little to no starchy carbs, the more exercise you do = more carbs

**Starchy Vegetables\*** (Including but not limited to): Parsnip, Pumpkin, Sweet Potato White Potato.

\*Consume starchy vegetables in small amounts. They are best eaten after exercise.

(6) Cheat Meal is your choice but try not to go overboard

(7) Portion Size (as much vegetables as you want but limit root vegetables). Fruit (small bowl eg: berries or 1 piece of fruit (ALWAYS TRY AND BUY ORGANIC)

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