



Dietary guidelines. Meal plan

Upon waking:

Drink a glass of warm water with the juice of ½ lemon. Make sure your water is not contaminated and that you have a water purifier or a supply of clean alkaline water. (This supports the liver to complete the night's job of detoxifying. This drink is also very hydrating after the night. Leave at least ¼ hour after your drink till you eat breakfast).

Breakfast Options:

- Smoothie: 1 scoop protein powder, 1 cup berries, 2 Tbsp flaxseeds, 1 tsp cinnamon, 1.5 cups liquid (water or milk alternative). Additional extras: 1 Tbsp raw cacao powder, 1 tsp green powder, 1 handful of greens (spinach), 1 tsp nut/seed butter.
- Porridge: Amaranth, rice porridge or 1/2 cup oats, 1 cup water or milk (coconut milk, unsweetened almond), 1/2 tsp cinnamon, 1 tbsp protein powder (soak together overnight). In the morning bring to boil for 5 minutes. Top with 1-2 tbsp ground flaxseeds (or seed/nut mix), and 1 fruit (berries, pear, apple, kiwi fruit).
- Eggs: any style, steamed or fresh spinach, ¼-1/2 avocado, 1-2 pieces of sourdough.

Lunch/Dinner:

- 2/3 plate: Non starchy veggie (salad, steamed, stir-fried, baked or soup).
- Fats: ¼ avocado, 1-2 tablespoon olive oil (as dressing), hummus, 1-2 tbsp nuts/seeds.
- Protein: 100-150g meat-chicken, lamb, beef, fish, salmon, prawns, eggs, legumes.
- Carbs: ½ cup wholegrains – quinoa, millet, amaranth, kumara, red potato

Condiments: sauerkraut, fresh herbs, spices, garlic, ginger, wasabi, seaweed, fresh herbs, apple cider vinegar, lemon, lime.

Lunch/dinner examples:

- Quinoa salad – ½ cup cooked quinoa, 2 handfuls leafy greens, 1 grated carrot, 1 grated beetroot + protein choice (1/2 can chickpeas, black beans OR ¼ cup seeds + 3 tbsp hummus OR 1 small can tuna).
- Curry – lots of veggies (onion, garlic, carrot, green beans, peas) + fish/lamb/chicken + full fat coconut milk + 1tbsp curry powder, 1tbsp turmeric.
- Soup (protein)– chicken/meat + veges + broth (any you like/same as above).
- Veggies and protein – Big stir-fry/steamed veggies or salad + chicken/fish/lamb/prawns + pumpkin = ¼ avocado.
- Roast - ¼ chicken or roast lamb + roasted/steamed veges (non-starch i.e. broccoli, carrots, beetroots, peas, courgettes) + 1 handful of leafy green).



Dietary guidelines. Meal plan - continued

Lunch/dinner examples:

- Fish – salmon/white fish (on tray in the oven with olive oil, salt + pepper), + roasted vegetables (kumara, pumpkin, courgettes) OR with steamed greens (broccoli, green beans) + 1 handful of green.
- Brown rice + beans – ½ cup brown rice + ½ cup beans (chickpeas, black beans), + steamed or stir fried veggies (carrot, beans, courgette, onion, garlic) OR salad with leafy greens and grated veggies + ½ avocado.
- Lamb stir-fry - beef + green beans, onion, garlic, broccoli, carrots, kale/spinach (optional-could add ½ cup quinoa).

Snacks:

- Veggie sticks + 1 tablespoon hummus or 1 tbsp tahini butter (carrots/celery/cucumber).
- 1 piece of fruit + 1 tablespoon tahini butter.
- ½ cup berries with a handful of mixed nuts.
- 2 homemade bliss balls.
- Protein shake - you can just have it plain with 1 scoop of protein in water or milk. Mix clean lean protein powder with a handful of berries, seeds, tsp cinnamon, milk alternative (coconut, almond).
- 1/4 cup seeds.
- 1/2 avocado drizzle lemon or olive oil and season salt, pepper, chili.
- Quest Bar (high protein, low sugar).
- Nori roll-roll up sliced veggies sticks and hummus in nori wraps.
- Rice cakes + 2 tablespoons hummus + tomato

Sweet Cravings:

- Hot cocoa: 1 tsp cocoa/cacao plus hot water + stevia drops to taste + 1-2Tbsp coconut cream + (1 tsp chia seeds optional).
- Turmeric / Beetroot latte with milk of your choice.
- Chai tea or Red Bush tea plus stevia drops to taste + 1-2 Tbsp coconut cream.
- Chocolate protein powder + 1 Tbsp cacao + 1 cup milk alternative + stevia to taste.

Sweet options to enjoy a 2-3x each week if you get cravings:

- 2-3 pieces of 70-90+% dark chocolate (to suck on slowly)