

FOOD:

IDEAS OF WHAT TO INCLUDE AND WHAT'S BEST LEFT OUT

	Avoid	Include	Minimise/occasional
Vegetables		<ul style="list-style-type: none"> • Fresh or frozen vegetables, raw or cooked—include a variety of colours • Sprouts • Fresh herbs • Fermented vegetables—e.g. sauerkraut 	<ul style="list-style-type: none"> • Tinned products
Protein-rich foods	<ul style="list-style-type: none"> • Processed meats (e.g. deli meats, sausages, bacon, etc) • Processed faux meat products • Takeaways • Battered/deep fried foods 	<ul style="list-style-type: none"> • Lentils, chickpeas, beans • Free-range eggs (organic if possible) • Good quality grass-fed meat, and poultry (organic if possible) • Low mercury fish and seafood (up to 3 serves per week) e.g. oysters, wild salmon, anchovies, mackerel, herring, sardines, rainbow trout, bream 	<ul style="list-style-type: none"> • Soy products (e.g. organic tofu, tempeh) • Tinned products • Higher mercury fish (e.g. flake, swordfish, broadbill, marlin, catfish, orange roughy)

	Avoid	Include	Minimise/occasional
Grains & starches	<ul style="list-style-type: none"> • White bread • White pasta • White flours • Pastries • Commercial muesli bars • Biscuits • Crackers made from refined grains 	<ul style="list-style-type: none"> • Starchy vegetables • Whole grains and pseudograins—e.g. brown rice, basmati white rice, black rice, red rice, wild rice, buckwheat, quinoa, millet, amaranth, teff, polenta • Good quality gluten free bread (no more than 2 slices per day) 	<ul style="list-style-type: none"> • Wholegrain pasta and noodles • Brown rice crackers
Fats & oils	<ul style="list-style-type: none"> • Other vegetable oils • Margarine • Shortening • Nut butters that have added oils and sugar 	<ul style="list-style-type: none"> • Avocado • Olives • Nuts and nut butters (e.g. peanut butter, almond butter) • Seeds and seed butters (e.g. tahini) • Fresh or dried coconut • Coconut milk/cream • Extra virgin olive oil • Macadamia oil • Avocado oil • Virgin coconut oil • Flaxseed oil (cold use only) 	

	Avoid	Include	Minimise/occasional
Condiments	<ul style="list-style-type: none"> • Premade sauces (e.g. tomato sauce, BBQ sauce, sweet chili sauce, stir fry sauces, etc) • Premade dips that contain preservatives • Premade salad dressings • Spreads 	<ul style="list-style-type: none"> • Herbs and spices • Good quality salt (e.g. Himalayan salt or Celtic sea salt) • Pepper • Vinegars (e.g. apple cider vinegar, balsamic vinegar) • Tamari • Miso • Dijon mustard • Hot mustard • Savoury yeast flakes/ nutritional yeast • Homemade dressings, dips and sauces based on whole food ingredients 	<ul style="list-style-type: none"> • Wholegrain pasta and noodles • Brown rice crackers
Drinks	<ul style="list-style-type: none"> • Alcohol • Coffee • Black tea • Soft drinks • Fruit juices • Cordials 	<ul style="list-style-type: none"> • Water, ideally filtered • Herbal teas • Green tea • Coconut water • Kombucha • Vegetable juices and smoothies • Unsweetened non-dairy milks (e.g. rice milk, almond milk, macadamia milk, etc) 	<ul style="list-style-type: none"> • Soy milk; if you choose to include this, opt for one made from whole organic soybeans

	Avoid	Include	Minimise/occasional
Sweet foods	<ul style="list-style-type: none"> • Regular chocolate • Biscuits and cookies • Artificial sweeteners • Tinned fruits in syrup 	<ul style="list-style-type: none"> • Fresh or frozen fruit (up to 2 medium pieces per day, or 2 cups chopped per day) • Cacao nibs, cacao/pure cocoa powder, carob powder • 1-2 squares good quality dark chocolate (70% or higher cacao content) 	<ul style="list-style-type: none"> • Honey, used sparingly • Maple syrup, used sparingly • Pure stevia from the plant • Dried fruits (ensure no preservatives added)



A ROUGH GUIDE TO PORTION SIZES

The amount of food people need to eat is highly individual. Here is a rough guide.

Main meals: Two clenched fist sizes of concentrated food (concentrated as it has a low water content) such as proteins, fats, starchy carbohydrates) with as many low concentrated foods as you like (low concentrated foods have a high water content). These are predominantly water-based vegetables.

Snacks: One fist size maximum

How often to eat?

Some people have great energy and don't overeat at main meals if they snack. For others, they snack because they are bored or for emotional reasons.

Some people have great energy and sleep well eating three or two hearty, satisfying main meals. This doesn't mean large meals. For most people it means meals that contain protein, fats and carbohydrates from whole real foods that leaves you fulfilled (not full to brim!). So please eat as often (two to five times a day) as serves your health and energy.





Breakfast ideas:

- Omelette filled with vegetables and herbs
- Boiled, scrambled or poached eggs with vegetables (e.g. spinach, mushrooms, avocado) and good quality gluten-free toast (if this appeals)
- Porridge made from quinoa/quinoa flakes, millet or rice
- Buckwheat pudding/porridge
- Chia seed pudding (you can make this the night before so that it's ready in the morning)
- Gluten-free muesli (please be mindful of avoiding added sugars, additives, preservatives) with non-dairy milk or non-dairy yoghurt
- Green smoothie
- Good quality gluten-free toast topped with avocado or nut butter (with no sugar or oil added)

Snack ideas:

- Handful of nuts
- Vegie sticks with nut butter (e.g. peanut butter with celery sticks) or guacamole or hummus
- Piece of fresh fruit
- Smoothie
- Vegetable juice
- Bliss balls (homemade or check ingredients)
- Chia seed pudding
- Hard-boiled egg
- Mini frittata muffin
- Kale chips
- Homemade popcorn
- Avocado or nut butter on corn thins or brown rice cakes



Lunch/dinner ideas:

- Soups and dhal
- Stews
- Casseroles
- Stir-fries and curries
- Fish or animal protein (e.g. grass-fed beef, chicken) with vegetables or salad
- Nourish bowl e.g. brown rice, plenty of veg and leftover roast meat with half an avocado and a drizzle of olive oil
- Frittata with plenty of vegetables added

Sugar cravings? Try:

- Liquorice tea
- A piece of fresh fruit
- A Medjool date with an almond or two pressed into it, or with a dollop of nut butter
- 1-2 good quality or homemade bliss balls
- 2 squares good quality dark chocolate

If you frequently experience sugar cravings, try increasing your intake of bitter leafy greens to help shift your taste preferences away from very sweet foods. It may also help to add some more whole food fat to the meal prior to the time you usually experience the cravings, to help keep you satiated (for example, if you often experience sugar cravings around 3pm, try adding some fat to your lunch meal to see if this helps).

