

before you begin

WELCOME BEAUTIFUL,

I am so excited you have chosen my program to kick start your journey to the best, healthiest version of yourself! Before you begin, there are a few things you need to know to help you over the course of the next 4 weeks and don't forget, you can always email me directly if you get stuck or have any specific questions along the way.

SO HOW DOES IT WORK?

Over the course of the 4 weeks, I aim to inspire, educate and motivate you to make healthy changes that are sustainable and long lasting. I encourage you to really commit each week by following the recommended meal program, reciting the weekly affirmation, complete the mini self-love project and read through all the education worksheets provided, implementing any changes suggested. This will ensure you give yourself the best possible chance to see results at the end of the program – body, mind and soul.

EACH WEEK CONTAINS THE FOLLOWING;

- A brief video to help motivate and guide you through the weekly agenda
- Your weekly meal program including all recipes
- Shopping List
- Affirmation for you to recite daily during the week
- 3 x Educational lessons for you to read, absorb and implement where necessary and
- Mini self-love project for you to complete during the week

When you click into each week, you will find all of the above material. To begin each week, I would advise you to listen to the video first. You can then view the affirmation and print or write it down somewhere so you can easily recite this daily. Next, check out the mini self-love project so you can make plans to factor in the exercise recommended during the week. Following this, check out your meal program and shopping list to start preparing. The educational lessons are there for you to read through at your leisure each week but make sure you implement the strategies suggested asap. Before you begin I would also encourage you to check out the Additional Resources section, where you can find extra support material to help you along your journey.

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WHAT YOU CAN EXPECT ON THE MEAL PROGRAM?

As you can probably tell, I don't like the word diet, so instead I've chosen to use "meal" program. Over the next 4 weeks the meal program does not contain any gluten, wheat, dairy or sugars. This will allow your digestive system to breath, have a well-earned break, allowing your body to restore its natural energy levels and inner balance. All the foods contained in this program are wholefoods which are natural, in its most pure form without chemicals, antibiotics, added preservatives or anything artificial. This will ensure you are getting maximum nutrients from the foods you eat to energise yourself without the use of "false-energy givers" such as caffeine, sugar, soda or white processed carbohydrates. These foods cause stress and inflammation in the body and inflammation is the number one cause of most diseases!

As there is no gluten, sugar, caffeine, other processed foods or false energy givers in the meal program, you might experience a small detoxing period when you start in the first few days. This should be minimal as you are still eating wholefoods and substantial meals. Mild detoxing symptoms may be in the form of a headache, upset tummy or fatigue. To help you through this, give your body extra water with a dash of lemon and most importantly a lot of extra love, rest and relaxation during this time. Although, don't worry.....This will pass and you will come out the other end feeling better than ever with more mental clarity and energy to live the life you truly want!.

COOKING & PREPARATION

The maximum amount of 'kitchen time' is 30 minutes. I have tried to alter this as much as possible including days where there is no kitchen time, just a quick prep! All meals are organised with serving sizes to include one person and any left-overs are to be stored in the fridge or freezer and eaten at a later time when recommended in the program. For dinners specifically, you might find that there are more left-over portions than suggested. I would recommend you store the extras in the freezer and eat at a later date or feel free to play around with quantities to suit you or your family's needs. If a meal size is too small for you, eat a slightly larger portion to begin with until your body adjusts...I don't want you to go hungry! Each meal is designed to be really simple, easy to cook and tasty, although don't be afraid to make alterations and be creative as you go along! Falling in love with cooking and nourishing your body is all part of the process. Cooking beautiful foods for yourself is a form of self-love and a big part of your transformation.

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WHEN & HOW YOU EAT IS JUST AS IMPORTANT!

WHEN and HOW you eat is just as important as what you eat. The digestion process starts from the time food enters your mouth and you start chewing. Your saliva contains digestive enzymes and it is extremely important to chew your food well so you break it down properly, ready for the next stage in the digestion process. So often you can be preoccupied when you eat your meals, you might eat on the run or in a rushed manner, swallowing your food. I would advise you to slow it down at meal time, sit in a relaxed environment, away from your desk or TV and focus on the look of your food, the smell, the taste, chewing your food for at least 20 times before swallowing.

WHEN you eat is also important as it ensures your blood sugar is stable and you have a nice slow release of energy throughout your day. I would advise you to eat breakfast between 6am to 9am, lunch between 12pm to 2pm and dinner between 5pm to 7pm. After 7pm your digestive system starts to slow, so if you eat a big meal late at night, you will wake feeling unrefreshed, full in the belly with some bloating or you might have a restless sleep. I would advise that if you feel hungry after 7pm to have a small snack (use the ones suggested in the program). Another good time to have a small snack is between 2pm – 4pm, when your cortisol levels are at its lowest. You have probably already noticed that around this time you are tired and crave something sugary or a caffeine pick me up. Eating the snacks recommended in this program will ensure you have a boost of energy to carry you through to dinner. Please note that it is really important to listen to your body and if you are not hungry, do not overeat and do not snack. Three meals a day is enough if you feel full with good energy.

WHAT SHOULD YOU DRINK?

It is important that you also are drinking adequate liquids during the program. Alcohol, soft drinks, normal fruit juices and caffeine are all off the list. Simple good old water with lemon and freshly made green vegetable juices are the must haves! If you are struggling giving up anything such as caffeine or sugar, just make small changes and take small steps to push it out. For example, instead of 2 coffees, try 1 coffee and 1 decaf. The next day try both decafs. Then try herbal tea without the milk. Most importantly drink between 2 to 3 litres of water per day depending on your activity levels and your body type. Herbal teas are great to sip on during the day such as; dandelion (great for liver cleansing), fennel tea & peppermint tea (brilliant for digestion and calming the nervous system.) You might be fearful about totally eliminating alcohol and coffee but you owe it to yourself to really commit to

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these 4 weeks whole heartedly to see how good you really can feel! You are here because you want to be your best self! This means kicking these things out of your life for a while so you can give yourself a chance to really thrive and see how good you can be!

WHAT ABOUT EATING OUT?

Eating out sometimes cannot be avoided, but it can still be enjoyed! Therefore the best advice I can give you when eating out is be conscious and always choose the better option. We are so lucky now days that places cater to certain food intolerances and there are dozens of options out there when choosing a place to eat! I am giving you permission to be a pain in the ass where your meal choices are concerned! In restaurants, cafes and pubs ensure that you ask for something that is gluten, refined sugar and dairy free. These options are usually chicken / steak / fish + veggies or a side salad but ask them to leave off the sauces or dressings and add fresh lemon and olive oil to it. When you order a breakfast of eggs + sides, ask them to leave the bread off and add avocado or vegetables to make it a more filling option. (I would also stay away from the gluten free breads and other gluten free products as these often can contain a lot of hidden sugars and starches.)

Get creative and ask for what you want...in the end, you are the one who will be rewarded for it!

To make it easier for you, I have placed a "TA" (take away) next to the meals in which you can also buy out, so you can choose to eat these meals in a social setting if you feel like you need a break from cooking. Just make sure you try and order exactly what is recommended.

EMERGENCY MEALS

When you are really short of time, some great go-to snacks you can navigate towards are; brown rice cakes with avocado + tomato, scrambled eggs or an omelette, a handful of nuts, a protein shake, coconut yoghurt with nuts or a green juice for an injection of minerals and nutrients. Feel free to give yourself the flexibility to have some of the emergency snacks as meals if you run out of time, as long as you are eating something for breakfast, lunch, dinner. It is far better to eat something small to stabilise your blood sugar than not eat anything at all.

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ALLERGIES, VEGAN & VEGETARIAN OPTIONS

If you are allergic to any of the foods listed, simply swap them for another option. For example; swap the nut snacks for the rice cakes with avocado, protein shake, juice or chia pudding. You can swap the eggs for more vegetables in the morning with a side of bacon or simply choose another breakfast option. If you are vegetarian or vegan, you might want to swap the meats for tofu, tempeh, beans or lentils in the dishes. If you do not eat eggs, you can use tofu and make a tofu scramble to have with avocado or spinach in the morning or you can also choose another breakfast option as previously mentioned, there are plenty to choose from, all you have to do is jump ahead and choose from the breakfast options outlined throughout the program. Use your discretion and knowledge to substitute!

MOST IMPORTANTLY.....

Be kind to yourself and have fun! This is about exploring and transforming into the best version of yourself, educating yourself with knowledge that you can draw upon for life, trying new recipes, falling in love with cooking and food again, implementing new lifestyle tools that will serve you well, learning to self-love, finding the fun in life and ultimately finding...“your best self”!

Because when you are your best self, you are much happier, healthier and you have a strong foundation to create the life you really want to live!

Good luck beautiful!

Deziree X