

Nutrition Guidelines at a Glance

1. Drink 3 liters of water per day
2. Always eat breakfast
3. Eat every 3-5 hours
4. Do not eat heavy carbohydrates at night
5. Eat carbs, protein and good fats with every meal
6. Avoid processed foods and refined sugar
7. Avoid coffee and soda
8. Limit intake of meat and dairy products



Daily Detoxification Nutrition Guide

Example times

6am:

Upon rising drink two tall glasses of water. **YOU MUST drink 16-20 ounces in the morning** before breakfast. This will ensure a great flush of the intestines and helps prepare the stomach for food and avoids constipation.



7:30-8am:

One serving of a **heavy carbohydrate** (grain/fiber) with a serving of **protein and fat**:



e.g. organic, steel cut oatmeal with almonds and pumpkin seeds and 2 eggs

This will maximize the protein to be shuttled into the muscles to increase metabolism, energy and immune system for the day.

10-11am – Snack window:

Option 1: One serving of **protein** or **combination carb**,
Option 2: One serving of fruit of your choice; drink another 2 glasses of water before lunch.



12-1pm: Lunch

One serving of **protein**. One serving of a **heavy carbohydrate** (grain/fiber/starch), and one serving of a **lite carbohydrate** (vegetable/salad). One serving of **essential fat**. A good example of this would be: Chicken breast (protein) with half a cup of brown/basmati rice (heavy carbohydrate) with mixed salad (lite carbohydrate) and serving of olive oil (essential fat) with any of your favorite low fat dressings. The best dressing is Balsamic Vinegar.



3-4pm – Snack window:

One serving of a **protein** or **combination carb** of your choice*. Drink another 2 tall glasses of water before dinner.

6-8pm:

Keep this meal similar to the lunch time meal except be sure to keep any heavy carbohydrates such as bread, rice, potatoes, pasta, sweet potato and **any sugar** out of the diet at this time of the day (6 pm onwards) till bed time (**THIS IS VERY IMPORTANT FOR FAT LOSS**). Instead, make sure you replace with omega 3 & 6 fats from Olive Oil or flaxseed oil.

The best example is a typical chicken stir fry or tuna salad with seeds/peppers. Use herbs and spices and chili peppers as they are all hot and stimulate the metabolism!

9-10pm:

Before bed if you are still hungry, **DO NOT** eat carbohydrates as this will raise blood glucose levels before you sleep, this will cause you to store fat cells over night.

Follow this guide as detailed as possible, a few variations I want you to follow if you feel hungry in the afternoon are as follows:

If you feel hungry mid afternoon/dinner time, I want you to add another snack at 9am e.g. **fruit or combination food***. Why? Because this means that your body isn't quite receiving the required amount of amino acids/blood sugar into the blood stream. This will recharge your metabolism to help your body to burn fat for the rest of the day.

Macronutrient Breakdown - Serving Sizes:

1. Protein: (muscle tone, immune system, metabolic function)

When: Breakfast, lunch, dinner.

How Much: Size of your palm and thickness of your thumb.

2. Carbohydrates: (energy)

HEAVY COMPLEX CARBOHYDRATES <i>STARCHES, GRAINS, FIBER</i> e.g. Potatoes, rice, sweet potatoes, corn, oatmeal, any natural high fiber cereals When: Breakfast, lunch, NOT dinner How Much: 1 loose fist	LITE CARBOHYDRATES Any Salad Any Vegetable excluding starches When: Anytime How Much: Unlimited
FRUIT When: Only consume at am/pm snack times How Much: 1 loose fist worth	COMBINATION e.g. Yoghurt, milk, most nuts etc. When: Only consume at am/pm snack times How Much: 1 loose fist worth

3. Essential Fats (Joint lubrication, hormone balance)

When: lunch, dinner, breakfast optional

How much: 2-3 tablespoons per serve (Olive Oil)

Remember if you can 'Pick the fruit', 'Skin the lean meat' or 'Pull the vegetables' – You can have it. If you can't Pick, Skin, Pull – You can't have it!

Five exceptions to this rule:	
1.	Protein Shake (natural)
2.	Cottage Cheese
3.	Yogurt
4.	Natural High Fiber Cereals
5.	Skim Milk

Macronutrient Breakdown: (best of the best foods)

PROTEIN:

BEST CHOICES:

Lentils, quinoa, sprouts, beans, legumes, hummus, seeds, nuts

Animal protein (Limit Intake)--Chicken Breast (boneless, skinless), Turkey Breast (boneless, skinless), white fish, egg whites, low fat cottage cheese, trout, salmon, lobster, cod, whole egg , 2 egg whites – omelet.

protein powder (naturally flavored)

CARBOHYDRATE:

BEST CHOICES:

HEAVY CARBOHYDRATES: (grains/fiber/starch/ Legumes) barley, oatmeal (slow cooking), grits, bread - whole wheat, rye, pumpernickel *, Lentils, millet, pita whole wheat, natural high fiber/wholegrain cereals, brown/basmati /wild rice, potato, sweet potato, pumpkin, whole wheat Pasta or noodles*, Quinoa, whole wheat tortillas*, whole wheat Waffles*, hummus, muffins whole wheat, Couscous, Whole wheat bagel*, Beans (kidney, black)

BEST CHOICES:

LITE CARBOHYDRATES: (vegetables/salad) asparagus, artichoke, beats, Brussels sprouts, sprouts, Cauliflower, Collard greens, broccoli, chic peas, peas, carrots, spinach, mushrooms, lentils, zucchini/courgette, Eggplant/aubergine, onions, Bok Choy, kale, cabbage, celery, cucumber, green/red peppers, vegetable soup, salsa, tomatoes, lettuce, tossed salad.

BEST CHOICES:

SNACK/FRUIT: apple, apricots, banana, black berries, blueberries, boysenberries cherries, grapefruit, grapes, lemon, lime, nectarine, orange, peach, pear, pineapple, plum, raspberries, raisins, strawberries, tangerine, watermelon, dried fruit, Nonfat frozen yogurt, v8 juice low sodium, mango, papaya.

BEST CHOICES:

SNACK/COMBINATION: (dairy foods, nuts, protein snack foods) Cheese low fat, yoghurt nonfat plain, skim milk, cottage cheese, peanuts, macadamia nuts, cashew nuts, Protein Bar*, Peanut butter with celery, Turkey jerky, goat cheese, skim milk.

CONDIMENTS: (BBQ and other low-fat sauces and marinades)

BEST CHOICES: Balsamic Vinegar, olive oil, Chopped garlic, fat free dressings*, mustard, honey*, pure fruit jams*

ESSENTIAL FATS:

BEST CHOICES:

olive oil, flaxseed oil, sesame oil, almonds (whole), vinegar, avocado, macadamia nuts, olives, peanut oil, peanuts, whole cashews, light dressings, canola oil.

Metabolism Summary:

1. Your Metabolism is your body's internal ability to burn 'energy' (in calories) over any given 24 hour period.
2. The Metabolism is based on the amount of muscle you have in your body.
3. Your metabolism is also your exact calorie requirement every 24-hour period. e.g. if your metabolism is 1500cal/day then you should be consuming 1500cal/day for your body to function properly.
4. There are 3 major energy sources your body will metabolize/utilize:
 - 1 Fat
 - 2 Blood Sugar (blood glucose)
 - 3 Muscle (protein)
5. Your muscles are 75% water; this is the reason why water is number one in increasing your metabolic rate.

What stops the metabolism from burning fat?

Toxins/chemicals enter the body over time and will clog the lymphatic system (spilling of toxic plasma) which slows your ability to metabolize fat.

Your body is 60% (female) and 65% (male) intra-cellular (active) water; if this reading doesn't match in your assessment reading, it will affect fat metabolism in your body and slow your ability to maximize results from correct nutrition and exercise.

Protein:

Any quality whey protein concentrate or whey protein isolate has a great combination of amino acids to boost your natural fat burning ability and increasing your metabolism. Always make sure the protein powder (for protein shakes) is naturally flavored to eliminate artificial sweeteners, these should be drip fed into the body evenly throughout the day to compliment your cleansing program.

As long as you don't consume over (20-25 grams protein – females, 30-35 grams – males) of protein per serve, your body will absorb and use these amino acids for repair, boosting metabolism, energy, and increasing [immune system](#).

Remember this:

If you can:

PICK – FRUIT

SKIN – MEAT

PULL – VEGETABLES

you can eat it/ if it's a man made food – stay away/it's bad.

Good nutrition is essential for maintaining health and providing the energy necessary for optimal physical and mental performance. Poor nutrition is a significant risk factor in many of the leading causes of death in the U.S. including coronary heart disease, cancer, stroke and diabetes.

Maintain good nutrition by eating a variety of unrefined foods, rich in fiber, low in fat, cholesterol and salt. Emphasize fresh fruits, whole grains and vegetables. Pay close attention to a regular eating pattern throughout the day (every 3 hours). If you can follow the foods guide I have above, you will see amazing success.

Meal Planner:

Eating a well balanced diet in combination with exercise is one of the most effective ways to improve your overall health. A healthful diet **will** decrease your risk for developing coronary heart disease, cancer; stroke and diabetes while at the same time increase your physical and mental energy levels. In addition, a healthy diet **will** significantly improve fitness performance levels. Remember, this is a long-term eating plan. It takes time to acquire new tastes and change eating preferences. Once you are accustomed to eating lower fat foods and making more nutritious choices, the high fat foods will lose their appeal.

Emotions & Food:

“Always remember that **food** is something we should **do** to look after our body and should never be crossed with an emotion or pleasure”

Switching Foods:

Switch From	Switch To
Hamburger, meatloaf, prime rib, etc.	Ground turkey breast
Poultry with skin	Skinless poultry
Oil fried chicken with skin	Broiled, grilled, or roasted chicken or fish
Whole fat milk	Skim milk

It's your Choice:

Think about food this way – Food is only a temporary pleasure, 30 minutes later you will never think about the meal you just had, you are only being selfish to yourself when you make a bad food choice as the long term pleasure of permanent weight loss is far more appealing and healthy for the body and mind as the short term pleasure of a bad food choice.

With internal detoxification of the lymphatic system, liver, kidneys and colon you will dramatically increase your fat burning ability due to your internals being cleansed and vitalized.

Water Consumption:

1. Drink enough to equal $\frac{1}{2}$ your body weight in ounces, daily. Thus, if you weigh 200lb's, drink 100 ounces.
2. Drink one half liter in the morning before breakfast. This will ensure a great flush of the intestines and helps prepare the stomach for food and avoids constipation. Next take another half liter before lunch, afternoon snack time and another before dinner. The last serving before bed time. Always drink before meals (15-20 minutes before) or 1-2 hours after meals. Too much water during a meal dilutes your digestive enzymes. Too much water on a full stomach flushes the stomach contents before digestion is complete.

Essential Reading:

- **The Hundred Year Lie – Fitzgerald**
- **The China Study—Thomas M. Campbell II**
- Fat Flush – Ann Louise Gittleman
- Ultimate Lifetime Diet – Dr Gary Null
- Prescription for Nutritional Therapy – Dr James Balch
- Natural Detoxification – Dr Jacqueline Krohne
- The Ph Miracle
- Fast Food Nation
- Super Size Me – Movie
- **Diet for a New America – John Robbins**
- The Whistle Blower: Confessions of a Healthcare Hitman—Peter Rost, MD

FAQ's / Guide to optimize weight loss and increase energy levels....

1. **Drink Water!!!** – The more water you drink the easier it is to flush the bad toxins through and optimize a healthy metabolism. Drink between 3-4 liters per day!!! Why, because your body is made of water and optimal health (high metabolism) is based on regular intake of H₂O!!!
2. **Develop a habit** – This should consist of Breakfast, lunch and dinner with a morning and afternoon snack. It takes between 8-10 weeks to develop a habit so work hard at the start and keep consistency high.
3. **Keep food as natural as possible** – If the food has been grown (i.e. – it is natural) it is ok! Stay away from processed man made food.
4. **When shopping for food always make a list** of what you need for that week. This will help to minimize impulse buying other foods that we were originally not going to buy. Remember the advertising in supermarkets is very high as they want you to buy as much as possible....
5. **Stick to foods with the least amount of preservatives/chemicals in them.** Go for foods with the least number of ingredients on the back. Extra ingredients equal more preservatives and artificial flavors which have been added to preserve and artificially make food taste better...
6. **Drink filtered water** – Invest in a filter for your tap at home. You will eliminate chemicals in the tap water and save money, as opposed to buying bottled water. This will also eliminate the risks involved in drinking from plastic containers. Plus, you're saving the environment by choosing not to contribute to plastic waste!
7. **Stop Sugar Cravings when Cell Cleansing** – If you are craving sugars any time during the day you can supplement with **Chromium Picolinate** which is a natural ionic mineral and will stabilize blood sugar levels and stop sugar cravings.

What to look for on labels

What to avoid to keep the body free of toxins

- **Caffeine** found in soda, coffee and caffeinated products.
- Limit intake of **sugars**. Beware of products with sucrose, dextrose, fructose, maltose, brown sugar, turinado, nutritive corn sweetener, corn syrup or any type of syrup.
- DO NOT consume products with **high fructose corn syrup** it decreases your bodies ability to burn fat!
- DO NOT eat artificial sweeteners! **Aspartame, sacchrin, Sucralose, Calcium silicate** etc.
- Chemical additives and preservatives, including **MSG, BHA, BHT, nitrates, nitrites**
- Cut down on alcohol consumption! (3 free days in a row each week, 1 free month each year)
- Avoid **Partially Hydrogenated Fats/Oils** ie. Partially Hydrogenated Vegetable Oil!
- Avoid **pork** it is a very dirty meat with loads of saturated fat and toxins.
- Avoid toppings and condiments like butter, margarine, cream, non-diary creamers, salad dressings, gravy and sauces.
- Avoid gluten, *wheat*, yeast and **white flours** these encourage yeast and other micro-organisms to grow in your body.
- Eliminate **salt** at the table and in cooking it is a known thyroid hormone blocker which reeks havoc on metabolism. Read your labels for sodium content.
- Avoid all **processed meats** which contain a plethora of chemicals and preservatives. Studies have shown that **80%** of processed meats have evidence of tumorous growth in the ground flesh.
- When reading labels if you come across the phrase "**to preserve freshness**" the ingredient before this will be a preservative.
- There are 300 chemical ingredients that fall under the banner of "**natural flavor**" that the FDA has decided do not need to be listed because they are considered 'inert'! but are they?

- DO NOT smoke! Enough said.

What to eat to keep the body at its peak

- Eat a well-balanced diet including plenty of roughage such as fresh fruit and vegetables.
- Drink plenty of water, half body weight in ounces each day to flush out any excess toxins and to maintain homeostasis.
- Drink low-fat milk, naturally decaffeinated coffee, herbal teas, unsweetened fruit and vegetable juices.
- Even better, remove dairy all together and replace with Almond, Soy or Hazelnut milks.
- Eat more non-meat protein sources (legumes, soy, lentils, beans and dark greens).
- ORGANIC fruits, Veg and Meats
- Sweeten with Stevia, Agave or Raw Honey/Sugar
- Have a small quality snack between meals, after workout and before bed
- Eat small amounts often throughout the day (every 3-4hrs).
- Eat slowly and chew food well (mouth is first location for digestion).
- If possible always eat raw foods! If cooking grill, steam, or boil food.
- For optimum absorption always eat fruit or consume water 20-30min prior to meals
- Eat the bulk of calories before 6 PM because metabolism slows in the afternoon and evening hours.
- Take a sauna or steam room every week (or even up to 2-3 times a week) to help improve circulation and eliminate toxins.
- **Body brush** the body to stimulate the release of toxins from the body and body scrub to exfoliate and eliminate toxins. (scientifically proven!)
- Try to implement once a week or month a fruit or vegetable juice day to maintain healthy digestive system.
- Keep stress levels down. Take ten minutes of relaxation every day (stretch routine).
- EAT marine veggies! Superfoods which have been proven to heal and energize the body!

- Exercise 3 times a week to speed up circulation, help flush stubborn toxins, burn fat, firm muscle and smooth the skin. Exercise should be pleasant and fun, never a hassle – always apart of life. There are many ways to exercise; remember it does have to suit your lifestyle
- Take an organic plant based vitamin like: Barley Green or Spirulina (in powder or capsule form)
- Keep your body moving!!!!

ACIDIFYING AND ALKALIZING FOODS

Food Category	High Alkaline	Alkaline	Low Alkaline	Low Acid	Acid	High Acid
Beans, Vegetables, Legumes	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley Grass	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Cauliflower, Turnip, Beetroot, Potato Skins, Olives, Soybeans, Tofu	Cooked Spinach, Kidney Beans, string beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	
Fruit	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados, Blueberries, Cranberries,	Plums,	Sour Cherries, Rhubarb, Canned Fruit	Prunes
Grains, Cereals			Amaranth, Millet, Lentils, Sweet corn, Wild Rice, Quinoa	Rye Bread, Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Bread, Pastries, Biscuits, Pasta
Meat				Liver, Oysters, Venison, Cold Water Fish	Turkey, Chicken, Lamb	Turkey, Chicken, Lamb Beef, Pork, Shellfish, Salami, Luncheon meat, Canned Liver, Sausage
Eggs & Dairy		Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey, Free Range Eggs	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese, Cream	Raw Milk	Parmesan cheese, Processed (soft) cheeses, Hard cheeses, Gouda cheese, Cottage cheese, Homogenized Milk, Ice Cream, Custard
Nuts & Seeds		Almonds	Chestnuts, Brazils, Hazelnuts, Coconut	Pumpkin, Sesame, Sunflower Seeds	Pecans, Cashews, Pistachios	
Oils	Olive Oil, Coconut Oil	Flax Seed Oil	Canola Oil	Corn Oil, Sunflower Oil, Margarine, Lard		
Beverages	Herb Teas, Lemon Water	Green Tea	Ginger Tea	Tea, Cocoa, Processed Fruit Juices	Coffee, Wine	Beer, Liquor, Soft Drinks, Sweetened Fruit Juice
Sweeteners, Condiments	Stevia, Agave	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	Processed Honey	White Sugar, Brown Sugar, Molasses, Jam, Ketchup, Mayonnaise, Mustard, Vinegar	Artificial Sweeteners, (e.g., NutraSweet, Equal, Aspartame, Sweet 'N Low), Chocolate