

EATING PLAN

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Large glass of filtered water on rising or warm water with lemon/ginger

Breakfast options

- Make a smoothie in a blender consisting of the following ingredients: Papaya/frozen berries, 1/2 banana, 2 teaspoons ground mixed seeds, rice milk/plain yoghurt/apple juice. Plus 1 scoop of greens powder
- Stewed apple/pear with seeds, honey, cinnamon and yoghurt
- Puffed rice or millet flakes with rice milk
- Slice of rye bread with boiled egg/fish/1/4 avocado/baked beans
- Porridge made of raw oats/quinoa flakes (cooked in water only) with plain yoghurt, seeds, cinnamon, raisins/honey/1/2 banana

Snack

- Freshly squeezed vegetable juice e.g. carrot, celery, beetroot, cucumber, apple, ginger, spinach
- Pear/apple or other fruit with 10 almonds
- Snack mix consisting of almonds, walnuts, raisins, sunflower seeds, pumpkin seeds and dates/goji berries.

Lunch

- Large dark leafy green organic salad of your choice tossed with e.g. cucumber, celery, carrots, sprouts, tomatoes, red peppers. Additional extras include: hummus, mixed beans/lentils, cottage cheese/feta, 1/2 avocado, olives, egg/ fish. Use only olive oil with lemon/apple cider vinegar.
- Vegetable soup with leafy greens such as spinach and chickpeas/lentils
- Rye bread sandwich/rice cakes/oat cakes with filling of choice e.g. cottage cheese/fish/hummus/avocado and salad.
- Sashimi or seaweed roll with miso soup and/or salad
- Baked potato with cottage cheese/baked beans

Snack

- Same as mid morning snack
- Toasted pumpkin and sunflower seeds with Himalayan crystal salts
- Crudités (chopped raw celery/carrot/cucumber/baby tomato) with hummus/cottage cheese
- Handful of sprouts

- Olives and cut cucumber and tomato

Dinner (eaten before 7pm)

- Grilled or baked fish in olive oil with large side salad or steamed vegetables.
- Homemade soup with chicken/beans/lentils and plenty green vegetables e.g. spinach and herbs.
- Small portion brown rice with vegetable stew or stir-fry including broccoli, green beans, peas, mushrooms, cashews or toasted seeds
- Sweet potato/butternut roasted with large avocado, chickpea/lentil and feta salad.
- Quinoa (a high protein grain) with roasted beetroot and sunflower seeds or use as salad with chopped cucumber, peppers, parsley, tomato and slivered almonds.

After dinner

- Cup of rooibos/herbal tea with rice milk and honey if required
- Plain yoghurt
- Oat milk or rice milk (cold/slightly warmed)

Word of caution:

Hoodia should not be taken when pregnant or breast feeding. Consult with health-care practitioner if taking any prescribed medication. Please be aware that Hoodia will suppress appetite. It does not improve diet or address overeating problems. It is important that dietary changes take place or weight loss will not be sustained in the long term. Hoodia also does not burn fat or build muscle. Your metabolism plays the key role to burning fat. The only way to speed up the metabolism and build muscle is to exercise. Studies point out a precautionary note in ensuring that adequate amounts of good quality water is consumed when taking Hoodia.

Tips:

- Ensure optimal digestion and elimination by including a good form of soluble fibre such as the addition of 1 tablespoon of soaked linseed to your smoothie or grate beetroot and eat as salad at lunch or dinner with olive oil, salt and lemon.
- Eat 5 small frequent meals to help maintain blood sugar levels – each meal should contain some form of digestible protein such as cottage cheese/feta/fish/egg/seeds/raw nuts (not peanuts)/

- Chew food well. Take a digestive enzyme supplement with every meal to ensure complete digestion.
- Do not consume regular table salt – Himalayan crystal salts must be used as a substitute to prevent water retention and pick up metabolism.
- Do not consume sugar/artificial sweeteners (this will only increase appetite) – xylitol or honey can be used instead.
- Do not consume any convenience/package foods. Learn to read labels and avoid all preservatives, sugar, salt, hydrogenated oils.
- Stick to fish and occasional chicken – try to limit red meat as much as possible due to its saturated fat content.
- Make sure you are exercising regularly – gradually build up to be doing at least 1/2 hour of cardiovascular exercise daily.
- Limit alcohol to the occasional glass of wine or whiskey.
- Eat as much raw fruit and vegetables as possible
- No refined/processed foods
- Drink plenty good quality water
- Cut all stimulants such as coffee, tea and cigarettes. Green tea is a wonderful natural mild form of caffeine which works on detoxifying the liver and speeding up the metabolism.

Foods to eat in abundance (organic wherever possible)

- Raw fruit and vegetables (or lightly steamed)
- Large amounts of leafy greens e.g. spinach, watercress, rocket, parsley, bitter lettuce, broccoli
- Raw nuts (especially almonds – no peanuts)
- Raw seeds
- Good quality Fish
- Good quality oils e.g. hemp seed oil, flax seed oil, avocado, coconut butter
- Raw cacao, goji berries
- Lentils, beans and peas (preferably sprouted)
- Green grasses e.g. wheatgrass, barley grass
- Seaweeds e.g. nori
- Apple cider vinegar
- Herbal teas e.g. green tea, peppermint
- Fresh fruit/vegetable juices
- Grains such as spelt, brown rice, quinoa, buckwheat, millet
- Himalayan crystal salts

Foods to eat in moderation only

- Honey

- Potatoes
- un sulphured dried fruit
- cottage cheese/goats cheese e.g. feta
- plain yoghurt
- free range chicken/turkey
- free range eggs
- plain non genetically modified tofu

Foods to avoid

- table salt
- wheat products
- yeast
- fructose, artificial sweeteners
- sulphured dried fruit
- peanuts
- soy products (e.g. burgers, milk)
- roasted nuts
- all dairy milk products
- fizzy drinks and other cartoned drinks
- all dark cheeses
- sweetened yoghurts
- convenience foods
- microwaves
- stimulants
- low fat/fat free meals
- cigarettes
- alcohol
- red meats
- poor quality or heated oils
- prepared dressings, sauces etc
- tinned foods
- takeaways