The following foods are allowed in your program without question. Any questions just comment below and we will answer back to you straight away! Limit your food intake to any of the following on the shopping list for the first 7 days of the program and see remarkable changes to your body.

**Beverages** - Water, Green Tea, Peppermint Tea, Herbal teas

**Cooking Oils** - Coconut Butter/Oil, Extra Virgin Olive Oil

(No sprays or low fat oils or sunflower oil etc. only those I have mentioned above)

**Herbs sauces and condiments** - Cinnamon, Chilli, Oregano, Coriander, Tumeric, Celtic Sea Salt, Balsamic Vinegar, Lemon Juice, Stevia (sugar replace­ment), Apple Cider Vinegar

**Cooking methods** - Protein/Meats – George Foreman grilled, BBQ, Boiled (chicken), Baked (fish), Poached/Scrambled (eggs), Vegetables – Lightly boiled, Lightly steamed, grilled, Carbohydrates – Boiled, Baked (sweet po­ tato/pumpkin/brown rice), grilled

**Meat/poultry/Eggs**

Do not buy this from supermarkets. They must be bought from butchers or organic shops. All meats must be grass fed, free range and organic when possible. If you decide to buy wild meats (unbeleiveably healthy by the way) then I recommend www.osgrow.com

****Wild Game meat (Bison, Kangaroo, Ostrich, Crocodile etc), Beef, Rump Steak, Rabbit, Venison, Lamb, Chicken breast, Duck, Pheasant, Turkey leg or breast (skinless), Free Range Eggs, Duck Eggs, Goose Eggs

**Fish**

Mackerel, Salmon, Sardine, Anchovy, Bass, Cod, Halibut, Herring, Snapper, Trout, Crab, Lobster, Shark, Squid, Sword Fish, Octopus, fresh tuna. All fish must be from wild sources.

**Nuts/seeds**

Almonds, Brazil Nuts, Cashews, Macadamias, Pecans, Pine Nuts, Pistachios, Poppy Seeds, Pumpkin Seeds, Sesame Seeds, Seeds, Walnuts, Flax Seeds (NO PEANUTS – their not even a nut anyway)

**Vegetables**

All vegetables must be oragnic when possible.

Kale, Lettuce, Rocket, Spinach, Sprouts, Bean Sprouts, Water Cress, Aspara­gus, Onion, Radish, Artichoke, Olives, Leek, Peas, Broccoli, Cabbage, Celery, Cucumber,, Shallot, Fennel, Garlic

**Frozen recommendation**

All frozen Vegetables, Mccain’s winter veggies, Birds Eye Sliced green beans, Birds eye Country Harvest (without potato),

Do not buy Superstore’s Home Brand packs.

**Fruit**

For the Sugar Detoxs you must minimize/keep clear of fruits as much a spos­sible. If you are however going to eat fruits then berries are your options as they have the highest antioxidant density and low glycaemic so don’t raise INSULIN much. They must be Organic!!!

Organic Blueberries, Rasberries, Blackberries, Strawberries (organic only). No other fruits for the Suagr Detox.

You can squeze Lemon or lime in your water. Limit your fruit intake to just fruits in your detox shakes. Apart from that there are to be no fruits in your diet as they are loaded with fructose and not as healthy for fat loss as people may think.

**Miscellaneous**

Coconut Oil (this is essential and i want you to moisturise with it everyday). This may sound strange but it is actually phenomenal for fat loss, for moisturi­sation, skin care, hair care, and a host of other things

Liquid egg whites (sai

Kalamata Olives

Frozen Spinach, chopped

Apple Cider Vinegar

Jalapenos