**Healthy Food Guide List**

**Great things to stock your food cupboard up with;**

Unlimited Low glycemic fruit (Grapefruit/ Watermelon/ Berries) – these are better than any other fruits for weight loss – (stack the freezer with frozen berries for convenience to use in smoothies etc).

Pineapple/ Apples/ Lemons/ Pomegranate seeds

Banana (not too many a week – full of sugar)

Unlimited Non-starch Veg – Greens and crunchy Veg (anything Dark green/ Purple/ Red are all very good for the system and weight loss)

Nuts and seeds (but moderate amounts)

Fish/ Prawns/ Shell food

Porridge oats

Weetabix

Hummus (make your own with chickpeas)

Chickpeas

Dark chocolate (90%) or organic (check out the health food shops)

Organic grass fed Meat and eggs

Grains – Black or brown rice, Quinoa, Buckwheat, Basmati rice

Green juices (but make sure not too much fruit, more Veg based as there’s lots of sugar in fruit too)

Spinach/ Butternut squash/ Sweet potatoes/ Asparagus/ Celery/ Aubergines/ Mushrooms (look for lots of different varieties)

Feta Cheese – best cheese alternative

 Halloumi cheese – another great alternative

Full fat yoghurt (Greek) – no low fat stuff!! Steer clear

Avocados

Olive Oil

Rapeseed Oil

Coconut Oil

Maple Syrup (use to sweeten things instead of sugar – I have on weetabix, pancakes, fish, etc etc)

Coffee or Tea (only 2 a day and use soya or almond milk or have it black)

Unlimited herbal teas

Beetroot/ Tomatoes/ celery

Great cold and sore throat remedy - Ginger/ lemons/ Honey/ Cinnamon (boil up together and drink)

Chai Seeds/ Flax seeds/ Sesame seeds (sprinkle on salads/ meals)

Spelt pasta

Peanut butter or Almond butter (tastes like a real treat on rye or pumpernickel bread or Rye bread or make your own from nuts, there are lots of recipes on the web for this)

Almond or Soya milk (they do so many verities now, but read the labels for the purist)

Poppy Seeds

Pulses

All Salad

Rye Bread/ Pumpernickel bread/ Sourdough bread

Dried figs/ prunes/ apricots

Kale (for a tasty snack put Kale on a baking tray and drizzle over coconut oil and Himalayan salt and some nuts of your choice – tastes just like crispy seaweed - YUM)

Buttermilk (A great alternative to bake with for cakes etc)

Eggs (keep hard boiled ones in the fridge for a quick eat when on the go – lovely with spinach and organic mayo)

Olives

Any food you buy should have a small amount of ingredients in it – READ LABELS - (ideally 7 ingredients and under the better the product and more pure – labels with masses of ingredients in mean more rubbish in them – READ LABELS)

80% of your diet should be vegetables/ Salad

**Supplements** – All you need as extra should be - Omega 3, a good multivitamin and also Vitamin D in the winter.

Drinking Aloe Vera gel each day is great for you.

Try looking in the gluten free section at supermarkets it has really good whole products

**Avoid**

Normal bread is full of sugar even wholemeal and seeded!! – try pumpernickel bread or rye bread as alternative

All low fat products are no good (generally they are low fat, but then are full of chemicals to make it taste the same – so you think you are having the good alternative because it says low fat - but actually full fat is better for you!!) - Get Organic and full fat

Avoid Wine or reduce intake – choose Organic wine or non-alcoholic (spirits have less calories but be careful what you mix it with it!!)

Limited amount of potatoes (preferably sweet potato if any)

Pastas - pasta raises insulin resistance like sugar... So pasta unless whole meal spelt pasta is a no go. And even the spelt stuff only occasionally.

**Try to stear clear of as much as possible from FRUCTOSE, use ONLY ORGANIC AND FREE RANGE foods**

 A Perfect day’s food would be – Chai seed breakfast – Homemade Veg Soup lunch – Fish with Veg/Salad – nuts and raisins snack or pumpernickel bread with peanut butter on