

Basic Food Plan

1. Straight from the source

If you can't pick it from a tree, pluck it from the ground or carve it out of an animal, then don't eat it. Try and eat everything in its original form. The more processing the food has the greater the chances that it will interact the wrong way with your body. There are very few exceptions to this.

2. There is only one drink made for humans

H₂O or water as it is otherwise known. This is the clear thing that you pour over your ground up coffee beans. What we want you to do now, is to just not add the coffee in!! Seriously though, most human beings are dehydrated so drink plenty of water. Filtered and distilled are best.

3. Give yourself a hand

Use the picture to judge your required serving sizes.

2 fingers of good fats- Olive oil, avocado, coconut oil, nuts and seeds

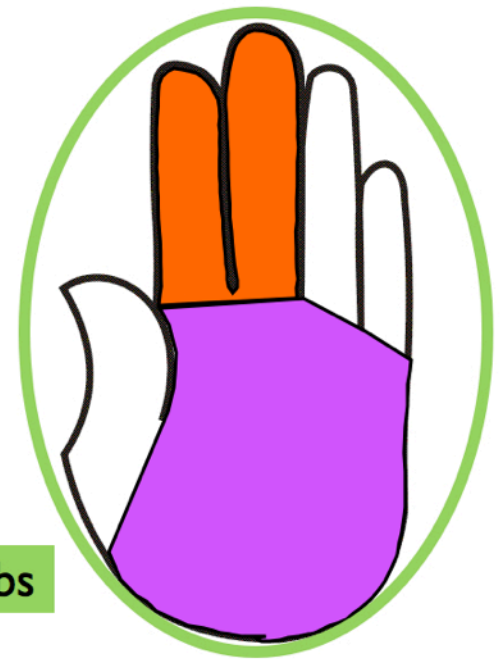
Palm sized protein- Lean meat, fish, chicken, nuts, seeds, legumes, eggs

Hand Full of Carbs- Fruit and Vegetables mainly, some whole grains also. This is the one that people have the most trouble with. Cereals, bread, white rice, biscuits, cakes etc are all a no-no.

Good Fats

Protein

Good Carbs



4. Keep some close

It is important to keep some healthy snacks close for those late afternoon munchies. Nuts and seeds are the easiest option here, or cut up celery and carrot with some almond spread to dip into.

5. The 80/20 rule

Simple- 80% of the time follow exactly what it says above
20% of the time some minor bending of the rules (e.g. pasta, cake, coffee)
0% of the time foods are soft drinks, lollies, processed meat etc

6. Food is not a chore

Food is an essential part of life so you need to learn to love all aspects of a healthy eating pattern. Instead of fitting food in around your schedule, invest time in sourcing quality ingredients, preparing them the right way and share the experience with friends and family as often as you can.