

The Nutrition Basics

WHAT TO EAT AND WHAT TO DRINK

HERE'S WHAT'S ON THE LIST OF FOODS YOU'RE ENCOURAGED TO EAT:

Now it's time to get started on your nutrition plan and you may be wondering what to eat and drink over the next 10 weeks. The drinking part is pretty simple. You want to consume ½ your body weight in ounces of water to ensure you're meeting your daily water requirements. In addition, you'll start each day with a glass of warm water with ¼ lemon. This will wake up your liver for the day ahead and kickstart digestion. You're encouraged to drink **plenty of herbal teas per day**, in addition to water. Avoid high sugary drinks (even natural ones).

I'm committed to helping you create a new relationship with nutritious foods that are absolutely delicious! Nutritious foods are natural, high in vitamins and minerals, and life-giving. Nutritious foods are not the kind that have labels like low fat or sugar-free. Aim to consume a diet that is high in fibre, lean protein, vegetables, and healthy fats.

Sounds pretty simple and it is!

In fact, eating clean has never been easier and aside from monitoring your food selection, you can **EAT AS MUCH AS YOU LIKE!**

You heard correctly.

There are absolutely no limitations in terms of how much you can eat! You are encouraged to eat a variety of foods from the list until you're 70% full. If that means going back for seconds, then please help yourself.

The eating plan is not intended to deprive you of the foods you love. It's designed to fill your body with nutrients, boost your energy levels, and help you achieve your health and fitness goals.

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NUTS N' SEEDS

ALMONDS
BRAZIL NUTS
CASHEWS
CHIA SEEDS
FLAX SEEDS
HAZELNUTS
HEMP SEEDS
MACADAMIA NUTS
PECANS
PINE NUTS
POPPY SEEDS
PUMPKIN SEEDS
SALBA SEEDS
SESAME SEEDS
SUNFLOWER SEEDS
TAHINI
WALNUTS

You may use unsweetened milks, butters, and oils made from these

LEAN PROTEIN

CHICKEN
EGGS
SEAFOOD
HEMP HEARTS
LAMB/WILD GAME
TURKEY

LEGUMES/GRAINS

(if low carb, 100 grams per day)

BLACK BEANS
CHICKPEAS
MUNG BEANS
GREEN BEANS
PEAS
KIDNEY BEANS
LENTILS
LIMA BEANS
NAVY BEANS
AMARANTH
BROWN RICE
BUCKWHEAT
MILET
QUINOA
TAPIOCA
TEFF

You may use breads, cereals, unsweetened milks, crackers, and pastas made from these

OILS N' FLAVORS

ALL HERBS & NATURAL SPICES
APPLE CIDER VINEGAR
BRAGG'S SOY SAUCE
AVOCADO OIL/COCONUT OIL
OLIVE OIL/OLIVES
SEA SALT, NUTRITIONAL YEAST
STEVIA - NATURAL SWEETENER/HONEY

FRUITS

(2 servings per day)

ACAI
APPLE
APRICOT
AVOCADO
BERRIES
CHERRIES
COCONUT
CRANBERRIES
DATES
FIGS
GOJI BERRIES
GRAPEFRUIT
GRAPES
GUAVA
KIWI
LEMON
LIME
LYCHEE
MANGO
NECTARINE
PAPAYA
PEACH
PEAR
PINEAPPLE
PLUM
POMEGRANATE
PRUNE
TOMATOES
WATERMELON

VEGETABLES

ALFALFA
ARTICHOKE
ASPARAGUS
BEETS
BOK CHOY
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
CHICORY
CHILI PEPPER
CUCUMBER
EGGPLANT
FENNEL
GARLIC
KALE
LEAFY GREENS
OKRA
ONIONS
PUMPKIN
RADISH
RED PEPPER
SEA VEGETABLES
SPROUTS
SQUASH
SWEET POTATO
TURNIP
YAM
ZUCCHINI