

## HEALTHY DIET GUIDELINES

Dietary Changes	
<b>Increase Daily Water Intake</b>	
Filtered Water	Aim for 100 - 200ml before meals.
<b>Include raw veggies and fruit</b>	
Organic Lettuce, Red Capsicum, Cucumber, Carrot, Celery, Coriander, Parsley etc.	Eat at least one bowl per day
Low GI Fruits: cherries, prunes, apples, pears, strawberries, peaches, oranges	Eat raw veggies and low GI fruits as snacks throughout the day; snow peas, celery, carrots, cucumber etc.
<b>Add healthy fats and proteins to every meal</b>	
Sol Organic Ghee <a href="http://www.shopnaturally.com.au/sol-ghee.html">http://www.shopnaturally.com.au/sol-ghee.html</a>	1 teaspoon 3 x daily with meals
OR	
Hemp Seed Oil, <b>Coconut Oil</b> , Olive Oil	1 tablespoon 3 x daily with meal
AND	
<b>Organic Meat, Chicken and Eco-farmed fish</b>	Organic Meat/ chicken or fish slow cooked so they are easy to eat. Avoid fried and bbq'd meat
AND	
<b>Beans, Chickpeas, lentils, nuts and seeds</b>	must be soaked for 12 hours before cooking or consuming
<b>Gluten/ Dairy Free Diet</b>	
Dairy Free Milk Alternatives: Organic Hemp/ Coconut Milk	Some dairy milk alternatives. Try to avoid Milk with added sugar like rice bran syrup, maltose, or preservatives.
AND	
Gluten Free Alternatives: Organic Quinoa/ Buckwheat/ Millet/ Pumpkin/ Carrots/ Beetroot/ short grain white rice	
<b>Starches: sweet potato, potato and bananas</b>	Limit the amount of these foods while on the detox as they feed the gut bacteria
<b>Parsley + Coriander</b>	
Organic Parsley and Coriander	add to meals daily for a gentle heavy metal detox and to ease stomach gas

- **gluten free grains:** <http://www.dietplan-101.com/wp-content/uploads/2013/07/gluten-free-grains-starches.jpg>