

HEALTHY DIET GUIDELINES

Dietary Changes	
Increase Daily Water Intake	
Filtered Water	Aim for 100 - 400ml before meals.
Include raw veggies and fruit	
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.
Add healthy fats and proteins to every meal	
Sol Organic Ghee http://www.shopnaturally.com.au/sol-ghee.html	1 teaspoon 3 x daily with meals
OR	
Hemp Seed Oil, Coconut Oil , Olive Oil	1 tablespoon 3 x daily with meal
AND	
Organic Meat, Chicken and Eco-farmed fish	Organic Meat/ chicken or fish slow cooked so they are easy to eat. Avoid fried and bbq'd meat
AND	
Beans, Chickpeas, lentils, nuts and seeds	must be soaked for 12 hours before cooking or consuming
Gluten/ Dairy Free Diet	
Dairy Free Milk Alternatives: Organic Hemp/ Coconut Milk/ Activated Almond Milk/ Tiger Nut 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	
ALSO	
Safe <u>starches</u> ; potato, sweet potato, parsnips, beets, carrots	
Parsley + Coriander	
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>