

Fat 2 fit Detox Food List

Make sure you vary your choices of meats/fish and vegetables with meals i.e. don't eat the same meal all of the time. See our quick and easy meal ideas if you want some inspiration.

To give you an idea of what to buy, you can eat anything red or green during your detox. But anything blue is limited and on some days avoided, use the blue list as a treat when allowed.

Cooking Methods You can Boil, Fry, Grill, Roast, and Poach, Slow cook or Steam.

Using a light amount of oil is good. Rape seed or coconut oil to cook and olive or vegetable oil to dress if needed.

TIPS Add Flavour!! Cook with Garlic, ginger and fresh herbs, add Ground black pepper and a pinch of salt.

Fluids

Water or Herbal /fruit teas. Green tea is an excellent fat burner but check packet to ensure there's nothing else added and no sugar.

Lots of Protein: Eggs **Meats:** Lean Bacon, Beef, Chicken, Duck, Eggs, Kidney, Lamb, Liver, Turkey, And Veal.

Fish: Sea bass, Sea bream, Cod, Haddock, Hake, Halibut, Mackerel, Plaice, Rainbow, Trout, Salmon.

Shellfish: Crab, Lobster, Prawns

Vegetables and all fresh or dried herbs

Aubergine, Avocado, Broad Beans, Broccoli, Butternut squash, Cabbage white or red,

Cauliflower, Celery

, Courgette, Cucumber

, Green Beans

, Peppers red green and yellow

, Curly Kale, Leeks, Mange tout, Mushrooms

, Onion white and red, Peas

, Runner Beans, Rocket,

Salad (all types) Spinach, Squash, Tomatoes, Water Cress

Carbs (only when I say it's okay)

Brown Rice, Baked potato, Natural oats, Pulses like kidney, butter Soy beans and chick peas. (Tinned is much easier) Quinoa is really beneficial with this diet and can be found in most big super markets.

Fruit (only when I say it's okay)

Apple, Apricot, Cantaloupe, Cherry, Elderberry, Gooseberry, Grape x10,

Honeydew melon 1 slice, Kiwi, Mulberry, Peach, Plum, **Berries** Blackberry, Blueberry, Raspberry or

Strawberry's 1 small handful, Tangerine, Watermelon slice, small banana

Snacks ideas (only when I say it's okay)

A handful of Unsalted **nuts** –any including Brazil, peanuts, almonds, cashew, hazel nuts, macadamia, pecans, pine nuts, pistachio, walnuts etc

Unsalted **seeds** – eat any including sunflower and pumpkin

Plain popcorn – or with a pinch of salt

Foods to avoid during your detox

To make sure you get the best results during your detox you must be prepared to avoid the following at all costs:

- * Processed meat, like sausages, burgers, and pate
- * Milk, cheese, cream, butter and margarine
- * Any food that contains wheat including bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or bread crumbed foods, etc
- * Crisps and savoury snacks including salted nuts
- * Chocolate, sweets, jam and sugar
- * Processed foods, ready meals, ready-made sauces and takeaways
- * Alcohol, coffee and tea
- * Sauces, pickles, shop bought salad dressing, mayonnaise **you can make your own**
- * Fizzy drinks and squashes, including diet versions