

# **Goldster Weight Wise Nutrition Programme:**

## **Foods to avoid and meal ideas**

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**Sugar products including honey, substitutes etc. We are wanting to reset your taste buds and help your brain forget the idea of sweet foods. This is best done by avoiding even the healthier sugars, just for 10 days.**

**After the 10 days you can fruit at any time of day and if needed we could then introduce coconut sugar and healthier alternatives.**

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**Wheat is a major contributor to digestive issues, bloating and fluid retention. Swap out pasta, bread and regular wheat-based foods with wholegrain rice, quinoa, rice cakes, and rice noodles. It is fine to have some gluten-free pasta, gluten-free bread, Ryvita etc although please check the ingredients to ensure there isn't wheat or sugar.**

Swap soy sauce for tamari and read the labels as wheat can be hidden in so many foods.

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**Processed Red meat is high in saturated fat and cholesterol. Pork and beef are both classified as red meat.**

**Over the 8 weeks, we will favour fish and chicken. Quality, free range or organic red meat is allowed once a week in the Refine phase.**

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**Caffeine is a stimulant and can disrupt blood sugar balance.**

**We are going to reduce to one cup of tea or coffee a day**

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**Alcohol is high in calories,  
depletes nutrients in the body,  
disrupts blood sugar and can  
be a significant cause of  
weight gain.**

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**For you  
to decide...**

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# Dairy (milk, butter, cheese)

Like wheat, dairy can be a major cause of food intolerances. If you experience skin issues such as redness, eczema or inflammation, excessive mucus, itchy ears, or diarrhoea I recommend you also avoid dairy for 10 days. During this time we will be having lots of other sources of calcium such as dark green leafy veg, sardines with bones, almonds, and many dairy-free milks and yoghurts are fortified with extra calcium. During the Refine phase we will establish if dairy is a trigger for you, and if it is, whether it's a lactose or casein issue. More on this during our sessions!

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# Great alternatives are:

coconut yoghurt (made from coconut milk), oat milk, unsweetened almond milk, and coconut milk.

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**Beans or legumes are the most  
incredibly nourishing foods but sadly  
they are not everyone's friend!**

**Please avoid them only if they cause  
you bloating or gas.**

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As mentioned previously please avoid if you have rheumatoid arthritis. The nightshade family are tomatoes, peppers, aubergine and white potatoes.

During the Refine phase, we can reduce one at a time to establish which, if any, are contributing to any flare-ups.

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# Meal Ideas

Please refer to our recipe booklets for recipe inspiration. There are booklets on fully compliant breakfast, snacks, vegan, vegetarian, fish, chicken, and nightshade-free ideas.

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**Here are some  
quick and easy  
meal ideas that  
don't need recipes**

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# Breakfast

- Gluten free oatcakes with peanut butter and fruit
- Breakfast smoothie (eg. Spinach, avocado, coconut milk, apple)
- Eggs: poached, scrambled with coconut milk, or an omelette with vegetables
- Slice of sweet potato in the toaster with mashed avocado and sprinkled seeds on top
- Overnight oats
- Porridge with nuts, seeds and berries

# Snack (morning or afternoon)

- A handful of nuts and seeds (could be soaked, or lightly toasted w Marmite or tamari)
- Hummus with raw veg
- Guacamole with raw veg
- Miso drink
- Healthy nut butter on an oatcake

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# Meals

- Grilled fish with salad and roasted vegetables
- Wild salmon with chopped walnuts on top and quinoa
- Roast chicken with wild rice and vegetables
- Stir-fried veg with tofu and tamari with rice noodles or brown basmati rice
- Chicken with peanut sauce and vegetables
- Smoked mackerel with a spinach & cucumber salad with oatcakes
- Sardine salad with onions, peppers, celery etc and quinoa or rice if wanted
- Omelette and salad with veg
- Salmon niçoise with salmon fillet, salad, green beans, olives, tomatoes and egg
- Stuffed peppers with brown rice, onions, garlic, olives, tofu and pine nut
- Baked sweet potato with chicken and salad

# Drinks

- Water with cucumber ribbons, fresh rosemary or mint sprigs
- Herbal teas (any including green tea)
- Coconut water (but only after sweating/exercise)
- Hot water with ginger chunks
- Vegetable juices
- Turmeric latte