

## **Goldster Weight Wise Nutrition Programme**

**A lighter, brighter you.**

### **Programme Guide**

**Prepared by Claudia le Feuvre, Nutritional Therapist**

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## Welcome to Goldster's Weight-Wise Programme!

**Hello!** I'm Claudia, a Nutritional Therapist with 17 years clinical experience and lecturer at the British College of Nutrition & Health and The Nutritional Healing Foundation. Over the years I have helped hundreds of people lose weight and improve their health.

I'm so looking forward to collaborating with Dr Linda de Caestecker, Tim Harris and Ollie Bragg to bring you a truly special, integrated and health-supportive experience to lose weight and feel fabulous.

This programme is designed to help you:

- Lose weight and fluid retention
- Reset your taste buds and balance blood sugar levels
- Reduce your tolerance to alcohol, caffeine and sugar (break those habits and addictions!)
- Understand which foods do and don't suit you as an individual
- Inspire you to make changes for life!

This programme is NOT about deprivation: it's about abundance! It's about eating in a supremely healthy way for 8 weeks, avoiding all the normal processed foods and fuelling your body with gut-balancing, liver-supporting, brain-boosting foods.

This programme is also NOT designed as a quick fix: It's about helping you discover your healthiest path. Inflammation, underlying food intolerances and blood sugar imbalance can all hinder weight loss. The next 8 weeks are going to be voyage of self-discovery into what has perhaps hindered you in the past.

## The 3 R's

The programme is structured into 3 phases over the 8 weeks:

### 1. Reset

The first 10 days is all about resetting our taste buds to get off the blood sugar rollercoaster. We'll be avoiding all the sugary foods and the most likely foods that can trigger intolerances.

### 2. Refine

The next 14 days is all about learning how to refine your food choices moving forward. We will 'tolerance test' different foods such as wheat and dairy. Do they work for or against your body? If you don't get a reaction, we can reintroduce it. If you do get a reaction then we continue to avoid.

### 3. Revitalise

Our next 14 days is setting us on a clear path for life. One with a far greater understanding of the extent to which your diet impacts your symptoms, health and body shape. This phase will help embed the new changes and build on the progress you have already made.

The three overarching strategies to achieve weight loss are:

1. Balance blood sugar
2. Reduce inflammation
3. Support digestive health

The guiding principles which follow are designed to help achieve this.

## Guiding Principles

### 1. It's what you eat that really matters (not how much)

Focus on what you CAN eat. Don't get caught up worrying about portion sizes at the beginning. Enjoy the approved foods, the delicious flavours and variety. You can eat plenty of nourishing foods on a daily basis without feeling restricted or hungry. This also keeps excessive cravings at bay. Your energy will improve, and pounds will come off! Once you are comfortable with your food choices, as a general rule of thumb we think of: protein – as the size of your palm; healthy carbohydrate (eg brown rice, sweet potato) – as the size of your fist; 2-3 vegetable portions – as the size of your computer mouse.

### 2. Eat fat to lose fat

Your brain is always searching for a source of sugar or fat. Avoid the sugar and give your body plenty of good, healthy fats & oils. This communicates the perfect biochemical message to your body and encourages the weight loss process. Enjoying oily fish, nuts & seeds, avocado and cold pressed oils is also a great way to help manage cholesterol and support brain function.

### 3. Stay hydrated

As we get older our thirst mechanism can decline and we might not feel as thirsty. Water is a key nutrient helping us flush out toxins, lubricate the joints, deliver oxygen around the body and give us the Goldster glow. Aim to drink at least 1.5 litres of fluids every day. Remember to have water at the ready for when you wake up in the morning as this is the time of day we are most likely to be dehydrated.

### 4. Include protein with every meal and snack, everyday

This is an incredibly important principle. Protein is vital for balancing blood sugar and maintaining lean muscle mass. During our sessions you'll be learning more about balancing blood sugar and how fundamental it is to successful weight loss. There are many great sources of protein such as nuts, seeds, eggs, lentils, chickpeas, edamame beans, avocado, fish, chicken...

### 5. Follow the sun

Aim to eat approximately 70% of your daily food intake by 5.30pm. Our metabolism follows the path of the sun, and part of this programme is about rekindling the connection with our metabolism. Did you know that the sun is highest in the sky at lunchtime, and so too when our metabolism peaks? When the sun sets, our metabolism slows. Have a snack at 5pm to take the pressure off dinner so lunch becomes a relatively bigger meal.

## **6. Mediterranean inspiration**

Many of our approved foods and meal ideas are inspired by the Mediterranean Diet which is famed for supporting longevity, cognitive function and cardiovascular health. Mentally transport yourself to the Med and enjoy extra virgin olive oil on salads and as a spread (instead of butter), legumes, fish and chicken instead of red meat, and a variety of veg.

## **7. Enjoy a rainbow of veg**

Savour plentiful vegetables in many colours. We are aiming for at least 5 veg a day, and 2 fruit with breakfast. Fruit is limited to breakfast time to help reset the tastebuds and keep blood sugar balanced. Dark green veg in particular are a wonderful source of calcium and magnesium. Other colours provide us with a range of different phytonutrients. All are helpful in reducing inflammation and supporting immunity.

## **8. Fibre is our friend**

Linked with longevity, quality fibre (such as oats, brown or wild rice, legumes and beans, and veg) is wonderful for the digestive system. It provides fuel for the healthy gut bacteria and keeps the bowels regular. Constipation is not supportive for weight loss.

## **9. Limit sugar, alcohol and refined foods**

The leading cause of weight gain is too much sugar in the diet. Excess sugar is converted into fat by the body. A large part of this programme is about getting us off the sugar train, moving past the cravings and no longer desiring it by resetting the taste buds.

## **10. Explore possible underlying food intolerances**

Food intolerances commonly trigger bloating and fluid retention, neither of which are supportive for weight loss. For 10 days we will avoid all wheat (please read labels) and tolerance test on Day 11 to see if this is an issue for you. We will inspire you with many alternatives. Avoiding dairy for 10 days is optional but recommended if you experience post-nasal drip, excessive mucus production, rosacea, eczema, auto-immune conditions, or diarrhea. We will tolerance test on Day 15. If you suffer from rheumatoid arthritis you may also choose to avoid the nightshade family of veg (tomatoes, aubergine, peppers and white potato) as they are associated with flare ups.

## **11. Gut health**

Introduce fermented foods to fuel your microbiome. Reducing sugar and increasing fibre will naturally cause positive changes in your gut bacteria. This can be enhanced with extra fermented foods like kimchi, sauerkraut, tempeh and live cultures. Also consider making some bone broth or chicken stock to support gut lining repair.

**12. Caffeine**

Limit caffeine to 1 cup of coffee or tea a day (with alternative milk if you are avoiding dairy). Caffeine can disrupt the blood sugar. Replace regular tea with green tea which has much lower caffeine levels and extra antioxidants.

**13. Salt**

Use herbs and spices as your main source of flavouring. Salt can contribute to high blood pressure and fluid retention. Cutting down on processed foods will also reduce your salt intake.

## Foods to enjoy

**Vegetables** are a vital part of the programme. They provide fibre and anti-oxidants to help reduce inflammation. They are generally low in sugar and provide fuel for our gut bacteria. Lunch and dinner should each include 3 different veg. You can have any veg except white potato as they are very starchy.

Here are some particular veg I would like you to focus on:

- Drink water with cucumber slices or ribbons to help flush fluid retention from the body. (You can add fresh mint, ginger, rosemary etc to change the flavour)
- Sweet potato, roasted beetroot and steamed carrots are your friends! If you are craving sugar, these sweet veg will give you a boost. Definitely factor plenty of these in at the beginning of your Reset phase.

\*Note: If you suffer with rheumatoid arthritis please also exclude the nightshade family: peppers, tomatoes, aubergine and potato.

**Fruit** For the first 10 days fruit can be eaten with breakfast only and best to concentrate on vegetables for the rest of the day. If you are craving sugar, you could have an apple or pear at other times if sweet potato, carrot or beetroot isn't enough sweetness. All fruit must be fresh as dried fruit is too sugary.

Particular fruit I would like you to focus on:

- Cook a batch of apple puree to accompany your breakfast– the apple pectin is a wonderful support for your liver detoxification pathways.
- Berries of all kinds – blueberries, raspberries, strawberries are rich in antioxidants and low in sugar.

**Protein** is a very important part of our weight loss strategy. It helps balance blood sugar to support energy levels and provides vital amino acids. Every meal and snack should contain some protein.

Example sources of protein: Turkey, chicken, fish\*, eggs, nuts & seeds, tofu, legumes, avocado, nut



butter, hummus

\*Fish: You can have any kind of fish, but be careful with large fish such as tuna and swordfish which may contain mercury. Swap tuna for bonito if possible and buy fresh, wild salmon rather than farmed which can contain pesticides. Oily fish such as mackerel, sardines, pilchards, kippers are especially good for you as they are high in omega oils.

**Grains** are an excellent source of fibre , B vitamins and energy. It is essential that your bowels are working efficiently to clear toxins from the body during the detox. I recommend one portion of brown rice daily to help clear the bowels. If you prefer to avoid grains in the evening that's fine as some have been included at lunch.

Example sources of grains: brown rice, wild rice, quinoa, oats (favour gluten-free), and oat cakes.

**Healthy oils & nuts & seeds** are a fantastic source of the omega oils which are vital for hormone production and brain function.

Example sources: Avocados, coconut oil, extra virgin olive oil, coconut or almond milk, nuts\*, nut butters (no added salt, sugar or palm oil), tahini, seeds (hemp, chia, sesame, linseed, sunflower, pumpkin), ground almonds.

\*Obviously ready salted/roasted nuts are to be avoided(!), but natural, untreated almonds, walnuts, macademia, brazil nuts etc are fantastic. Enzymes within nuts & seeds can be activated by soaking.

**Other:** \*Herbs & spices, tamari, mustards, black peppers, Himalayan salt (limited), miso, stocks eg. Bone broth, chicken stock etc.

\* Herbs & spices such as turmeric, ginger, chilli, thyme, rosemary, cinnamon, cumin, sage, oregano, coriander, paprika, parsley have many incredible healing properties and should be actively encouraged!

## Summary table of foods to enjoy

VEG	FRUIT	PROTEIN	NON-DAIRY OPTIONS	GRAINS	FATS	MISC
All veg	All fruit	Chicken / turkey	Unsweetened almond milk	Rice (brown/ basmati/ wild)	Olive oil	Coffee – 1/day
(except white pots or nightshade if RA)	(in the morning only during Reset)	Eggs	Coconut milk	Brown rice cakes	Coconut oil	Black tea – unsweetened
		Oily fish	Rice milk	Rice crackers	Flax oil	Ice tea – unsweetened
		White fish	Oat milk	<u>Gluten free bread</u>	Avocados	Green tea – unsweetened
		Legumes & beans	Vegan cheese	Quinoa	Nuts – raw/ unsalted	Mineral water
		Tofu & seitan		<u>Oat cakes</u>	Nut butters – <u>healthy version</u>	San Pellegrino sparkling water
		Nuts & seeds		Brown rice pasta/ rice noodles	Seeds eg flax, chia, pumpkin etc	Honey (after Reset)
		Avocado		<u>Gluten free pasta</u>		Miso
				Oats		Spices
						Fresh herbs
						Tamari
						Reduced salt Marmite
						Mustards

## **Foods to avoid**

- **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.
- **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.
- **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.
- **Caffeine** is a stimulant and can disrupt blood sugar balance. We are going to reduce to one cup of tea or coffee a day
- **Alcohol** is high in calories, depletes nutrients in the body, disrupts blood sugar and can be a significant cause of weight gain.

## **For you to decide:**

- **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! Great alternatives are coconut yoghurt (made from coconut milk), oat milk, unsweetened almond milk, and coconut milk.
- **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.
- **Nightshade family**. 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.

## **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.

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

### **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

### **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 on 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