

Goldster Weight Wise Nutrition Programme:

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

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)
 - Oat cakes
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Healthy oils & nuts & seeds

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

Example sources of healthy oils & nuts & seeds

- 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.
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***Ready salted/roasted nuts are to be avoided(!), but natural, untreated almonds, walnuts, macadamia, 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!