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EATFITFOOD guidance

When we change our diet, eating behaviours & patterns, often our body & mind have something to say about it. It may take a little time to adjust to your new **EATFITFOOD** diet & eating pattern, in particular the **EFFDETOX** plan. Some people may experience symptoms & signs of adjustment including changing bowel habits, mild headaches, tiredness & irritability.

To optimise the benefits of eating **EATFITFOOD** meals we recommend minimising caffeine & alcohol intake along with other stimulant usage (e.g. cigarette smoking). We also recommend optimising sleep & exercise patterns, & working towards a healthy 'every-day life' stress level.

EATFITFOOD meals are high in dietary fibre & we encourage drinking adequate amounts of water, 2.5 litres/day minimum, to help fibre do its job in supporting digestive health.

Lastly, a healthy meal pattern is essential for good health & weight maintenance. Below are a few suggestions to help you get the **BEST** out of your **HEALTH** investment.

Pre-breakfast drink

A pre-breakfast cup of warm **WATER** with a dash of apple-cider vinegar or lemon juice helps to hydrate after an overnight drought. It also helps to ignite the digestive system & aid the fibre in our breakfast to work its digestive magic.

Breakfast

There is enough evidence out there now to prove that **WITHOUT** breakfast, our **BRAIN** & **ENERGY** levels go to mush.

Breakfast assists in providing fuel for our day, it helps to set-up the energy balance sheet for the day & heavily influences our mood/ emotions.

Breakfast helps to optimise our metabolism, the speed at which we utilise the energy we consume.
A healthy metabolism = easy & healthy body weight maintenance.

Snacks

Eating healthy mid-morning, mid-afternoon & perhaps even supper snacks help to **maintain energy** levels & prevent over eating.

HOWEVER remember we only need to snack if we are feeling hungry. We also need to moderate the size of our snack depending on our hunger & proximity to meals. Pouring ourselves a glass of water & waiting a few minutes before snacking is a good way to gauge how hungry we are, or if we are 'needing to eat' for other reasons than hunger.

EATFITFOOD health **BARS** are a **HEALTHY** convenient snack to eat between meals. The **DETOX** plan includes psyllium-rich bars called **CLEANSE** bars, which are designed to support the digestive system to eliminate & rejuvenate. Be sure to **DRINK** well when eating more fibre, as like a drain full of debris, the fibre we eat won't move without sufficient water.

NB: Psyllium is a great food/fertiliser (prebiotic) for **GOOD GUT** bacteria (probiotic) which care for our gut wall & protect against **NOT-SO-GOOD** bacteria taking hold.

Lunch

EATFITFOOD **WHOLE FOOD** lunches are filled with **lean nutritious protein, lower GI carbohydrate, healthy fats & plenty of nutrient-rich vegetables**. A portion-perfect balanced **LUNCH** with adequate nutrition & calories nourishes productivity & effectiveness with little threat of failing energy levels or post-meal sluggishness.

Dinner

EATFITFOOD dinners are filled with sufficient lower GI carbohydrate to ride the overnight fast, lean nutritious protein & plenty of nutrition-rich vegetables.

EATFITFOOD recommends HEALTHY EATING practices i.e. transferring **EFF** meals to a modest meal-sized plate, eating consciously & at a table, eating to 80% full & at a reasonable hour. Going to bed late on a meal compromises effective digestion & sleep. Try to ALWAYS listen to your body & only eating to your appetite.

Should you feel guilty about leaving some of your meal, please don't. Any food that is left over can be snacked on later if hungry. Continuing to eat when full is a WASTE on your WAIST.

In the 'ALL inclusive' EFFDETOX plan we provide all meals, snacks & drinks, which encourages a healthy meal pattern & eating behaviours. Eating satiating & highly nutritious meals regularly, reduces feelings of deprivation & hunger.

Fluids

Try to drink 2.5 litres of water per day. Adequate hydration is vital to digestion, elimination & rejuvenation.

Enjoy calorie & caffeine FREE fluids i.e. WATER, herbal teas, a number of raw vegetable juices, mineral water, soda water + fresh lemon juice on ice, &/or dandelion root tea as a coffee substitute.

Please be aware that most fresh/raw FRUIT juices, although delicious, can contain significant calories.

Supplements

Vitamin, mineral & essential oils supplementation:

Vitamin & mineral deficiencies &/or increased demands, can occur for a number of reasons. Before taking supplements it is a good idea to speak to your doctor & get some comprehensive blood tests done to help address your concerns.

Pregnant & breastfeeding women have increased nutritional needs & **EATFITFOOD** highly recommend that you speak with your doctor or dietitian prior, during & post pregnancy regarding any nutritional concerns.

EATFITFOOD recommends being well informed before considering any form of prophylactic (disease preventing) supplementation.

Exercise

EATFITFOOD encourages, upon your doctor's &/or exercise physiologist's approval, incorporating 30 minutes per day minimum, of physical activity/ exercise for health & weight maintenance.

IF YOU EXERCISE regularly AT HIGH INTENSITIES, you may find you need to increase the size of your meals & snacks. Please ask an **EATFITFOOD** consultant about our PROTEIN plus meals.

Vegetarian

EATFITFOOD caters for VEGETARIANS