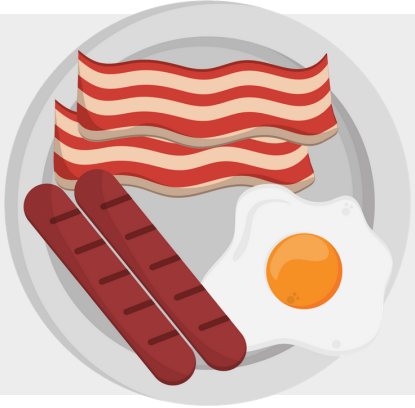


Quickstart Nutrition Guide

Follow this guide step 1 to step 7 each day



1. SKIP BREAKFAST

Breakfast is not the most important meal of the day. Skip it and move onto step 2.

2. DRINK BLACK COFFEE /GREEN TEA

Consume black coffee until you break your fast. (2 cups maximum)

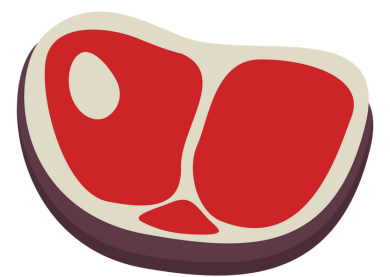


3. 16 HOUR WINDOW

Start eating 16 hours after your last meal. This will likely be between 11am and 1pm.

4. MEAL 1: PROTEIN & FATS

Your first meal of the day should be protein, fats, & fibre from real food (no carbs).

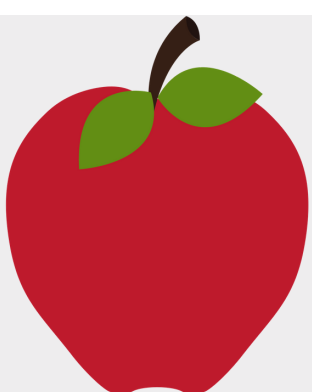


5. GREEN TEA

Drink green tea and tap water throughout the rest of the day.

7. MEAL 2: CARBS & PROTEIN

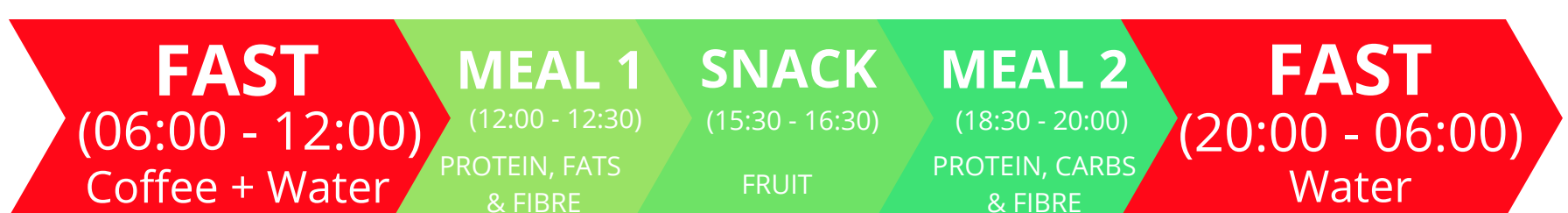
Your evening meal should consist of protein, carbs & fibre from real food (no junk).



8. SNACKING

Eat lightly for Meal 1 and feast in evening. Fruit is allowed as a snack between meals..

EXAMPLE EATING SCHEDULE



Quickstart Nutrition Guide

What You Can & Can't Eat

GOLDEN RULES

1. Just eat REAL FOOD.
2. If it's processed skip it.
3. If your grandparents can't recognise it. Skip it.

PROTEIN

Chicken Breast
Chicken Thighs (Skin Removed)
Turkey Breast
Turkey Thighs (Skin Removed)
Beef Mince (<10% Fat)
Beef Steaks (Fat Removed)
Beef Fillet
Beef Brisket
Beef Roasting Joint (Fat Removed)
Lamb Steaks (Fat Removed)
Lambs Neck Fillet
Lamb Leg (Fat Removed)
Lamb Shoulder (Fat Removed)
Pork Steaks (Fat Removed)
Pork Chops (Fat Removed)
Pork Tenderloin Fillet
Kidney (All Sources)
Liver (All Sources)
White Fish (All Sources)
Shellfish (All Sources)
Tuna Tofu / Quorn
Mackerel
Sardines
Salmon
Herring
Anchovies

CARBOHYDRATE

Potatoes (All Varieties)
Parsnips
Pumpkin
Swede
Turnips
Butternut Squash
Rice
Oats
Quinoa
Bulgur Wheat
Polenta Amaranth
Buckwheat
Spelt
Beans
Lentils
Chickpeas

FIBRE

Artichoke
Asparagus
Aubergine
Beans
Beetroot
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chillies
Collards
Corn
Courgette
Cucumber
Fennel
Garlic
Greens
Ginger
Herbs
Mushrooms
Kale
Leeks
Lettuce
Okra
Onions
Peas
Peppers
Radish
Sugar
Snap
Peas
Spinach
Tomatoes

FATS

Extra Virgin Olive Oil
Extra Virgin Coconut Oil
Nut Oils
Butter / Ghee
Cream
Hard Cheeses
Full Fat Yoghurt
Full Fat Milk
Nuts
Seeds
Nut Butters
Avocados
Olives