#### Jack food plan

#### EAT LIKE A JACK RABBIT

#### INCREASE RAW FOOD "eat a rainbow"

YOUR LIVER NEEDS RAW FOOD EVERYDAY

- Lots of Vegetables and salads (lemon juice and cold pressed oils)
- 4 pieces of fruit
- Eat lots of coloured vegetables a day orange, yellow, red, purple, green, red)
- Cherries, plums
- Alfalfa, kale, wheat grass chlorophyll

# INCLUDE 6 of these foods a day

- Onions, garlic, shallots, tumeric, ginger, capsicum
- Broccoli, cauliflower, brussel sprouts, cabbage, kale
- Asian greens
- Carrot, beetroot, celery asparagus, radishes
- Bitter greens rocket, dandelion
- Seaweeds
- Fruits blueberries, strawberries, apples, citrus( lots)
- Herbs mint coriander basil

# EAT good protein every meal

- Plain unflavoured full fat yoghurt
- Eggs
- Canned seafood (in brine) or fresh
- Cheese mature cheddar or parmesan
- Chicken organic
- Lean fresh meat
- Collagen powder in smoothies
- Beans, chickpeas lentils + raw nuts and seeds at same time

## PROTEIN IS GOOD FOR THE LIVER

- Eggs boiled, poached omelette scrambled
- Chicken organic
- Lean fresh meat
- Dairy product full fat yoghurt plain and cheese unprocessed + organic low fat milk

#### Consume healthy fats

- Omega 3 essential fatty acids

   oily fish, walnuts and flaxeeds (linseeds)
- Eggs
- Pressed olive, coconut or seed oils
- Nut and seed oils
- Dairy cheese and yoghurt
- advocado

### DRINK LOTS OF WATER

- DRINK VEGETABLE JUICE (Add a piece of fruit to sweeten)
- Eat small meals more frequently helps liver process

### LOW Carb eating

- FOODS to avoid
  - Sugar

Deserts / icecreams / donuts / cookies / chips

- MINIMIZE
  - Breads
  - Cereals
  - Crackers
  - Pasta
  - Noodles
  - Rice and other grains

#### Foods Jack likes

- Sweet potato fries
- <sup>1</sup>/<sub>2</sub> tsp turmeric
- 2 tsbp coconut or olive oil
- 1 sweet potato
- Pinch Sea salt
- 350 f 20 minutes

## Breakfast OPTIONS

- Capsule liver cleansing and probiotic
- Warm water and lemon
- Smoothies
  - blue berry, raspberries, strawberries, bananas, yoghurt, spinach, kale, dates, wheatgrass, almond milk, coconut oil, linseed mix, omega oil
- Oats and gluten free muesli
- Porridge
- Fruit bowl
- Scrambled eggs coconut oil
- Advocado

### LUNCH + dinner Options

- Bowl of Salad
- Stirfry (coconut oil, olive oil)
  - Noodles in back fridge ok
- Chicken, steak, lamb, tuna, salmon GRILLED
- Chicken soup
- Marks Tomato sauce with tuna, chicken, mince
- Quinoa spag pasta
- PLEASE REHEAT ON STOVE NOT MICROWAVE

#### Wellbeing Hangout **Superfood Morning Smoothie**

#### Morning Wellness Smoothie (vitamix

blended)

2 cup of almond milk (homemade)

¼ cup kefir

1 To 2 bananas

Handful of:

Blueberries

Blackberries

Rasberries

Strawberries

Dandelion and spinach leaves

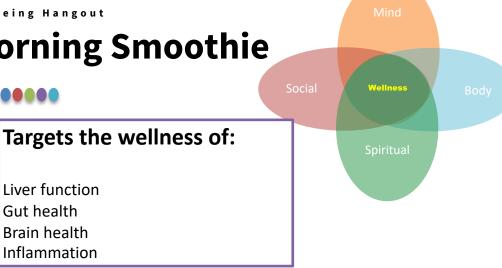
Knob of fresh tumeric

Sprinkle of – acai powder, goji powder, ashwagandha

root powder

Tablespoon of:

- Raw local honey •
- coconut oil •
- wheat germ oil (or omega3) ٠
- green nutrients powder (Tonic Alchemy)



#### Almond Milk Recipe 🙂:

1.5 cups sprouted almonds 5 brazil nuts Vanilla bean 2-3 Medjool dates Pinch salt 5 cups water

Blend and squeeze through nut bag \*Makes 1 litre keep in fridge 3-4 days



#### Eat a Rainbow of Nutrients

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Red Orange Green Purple **Brown** / Blue Apples Banana Eat at least 1 Apples Bean dips Cabbage Bell Artichoke Cauliflower - 2 servings of Carrot Peppers Asparagus Cocoa Cauliflower Peppers Lemon Avocado every color Coconut Eggplant Pineapple Coffee every day oranges Ginger Figs Cabbage Dates Cherries Grapes Corn Celerv Garlic Kale Onions Summer Legumes Olives Goji berries Squash greens Mushrooms Plums Grapefruit Pomegranat Green tea Nuts Prunes Apple Whole grains Cauliflower Green leafy Tea Strawberrie Tomatoes total?