

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 flaxseeds (linseeds)
- Eggs
- Pressed olive, coconut or seed oils
- Nut and seed oils
- Dairy – cheese and yoghurt
- avocado

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
- ½ 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

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)
- green nutrients powder (Tonic Alchemy)

Targets the wellness of:

Liver function

Gut health

Brain health

Inflammation

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



**Eat at least 1
– 2 servings of
every color
every day**

total?

Red	Orange	Yellow	Green	Purple / Blue	Brown
Apples Beets Bell Peppers Blood oranges Cherries Onions Goji berries Pomegranate Radishes Raspberries Strawberries Tomatoes	Apricots Bell Peppers Pumpkin Orange Carrots Squash Tangerines Grapefruit Turmeric Sweet Potato Mango	Banana Bell Peppers Lemon Pineapple Ginger Corn Summer Squash Grapefruit Apple Cauliflower	Apples Artichoke Asparagus Avocado Broccoli Cabbage Celery Asian greens Green tea Watercress Green leafy	Berries Cabbage Carrot Cauliflower Eggplant Figs Grapes Kale Olives Plums Prunes Raisins	Bean dips Cauliflower Cocoa Coconut Coffee Dates Garlic Legumes Mushrooms Nuts Whole grains Tea