

14 Day Fat Grazing Test

14 Day Expectations.

- Meal portion sizes will naturally reduce,
- Zero-interest for sweeter refined carbohydrates,
- Increasing thirst for water,
- You are waking before your alarm while feeling recharged.



(Supermarket) Grazing Choices, with a glass of water.

- Sunflower Seeds (1/3 Cup),
- Shredded Coconut (1/3 Cup),
- Walnuts or Almonds (1/3 Cup),
- Extra Virgin Olive Oil (2 Tbsn) & Extra Grainy Wholemeal Bread (1-2 slices).

Alkalisising Choices.

- Super Greens (1 tpn in boiling water),
- Vital Greens (1 tpn in boiling water),
- Peppermint Tea,
- Green Tea,
- Spearmint Tea.

14 Day Game Plan (approximate timing)

- Breakfast - see 'some' fitting ideas,
- Graze (meaning, slow down) - 10 - 11 am,
- Lunch - see 'some' fitting ideas,
- Graze - 3 - 4.30 pm,
- Dinner - see 'simple' fitting principles
- Alkalisising Choice - 7.30 - 9.00 pm.

Some Breakfast Ideas

Breakfast Choice One	Breakfast Choice Two
<ul style="list-style-type: none"> • Pre-meal: Glass of Water, • Fried Egg (1-2), start with one, only, • One slice of wholemeal bread, toasted, • 1/3 Avocado, • Freshly squeezed lemon, • Coffee, Black Tea, Green or Herbal Tea. 	<ul style="list-style-type: none"> • 2/3 Cup of Cooking Oats, • Adding ¾ cup of Water, • Microwave for 90 seconds (using a lid), • Add a Handful of Blackberries, Blueberries, or Strawberries, • Dash of Ground Cinnamon, • Coffee, Black Tea, Green or Herbal Tea.

Some Lunch Ideas

Lunch Choice One (a protein choice)	Lunch Choice Two (a bony fish choice)
<ul style="list-style-type: none"> • Chicken (however cooked), bowled, • Lettuce, Baby Tomatoes, Cashews, Avocado, Feta, Sea Salt, Pepper. • Water, Coffee, Tea, Green or Herbal Tea. 	<ul style="list-style-type: none"> • Tin of Tuna in Olive Oil, Pink Salmon, or Red Salmon - 95grams • 1 Wholemeal wrap • Cucumber, Capsicum, Carrots, and Sundried tomatoes in oil, Sea Salt. • Tablespoon of Sunflower Seeds. • Quick zap in a microwave - 30 seconds. • Water, Coffee, Black Tea, Green or Herbal Tea.

Dinner

- ✓ Pre-load with a glass of water.
- ✓ Choose your protein – hand size only.
- ✓ Match with a crunchy salad 'or' garden veg with (real) butter.
- ✓ Changing up your salad & veggie mix works.

Protein	Salad – no volume limit	Veggies – no volume limit
<ul style="list-style-type: none"> • Any whole protein source – no packets or pre-cooked & preserved choices. • Red, Pink, White, Green, Brown, whatever! • Hand size only. 	<ul style="list-style-type: none"> • Choose any above the ground vegetables, • Add, nuts and seeds of your choices, • Add cheese of your choice, • Add a drizzle of Olive Oil (and a dash of sea salt), • Add freshly squeezed lemon. • ½ cup Brown rice. 	<ul style="list-style-type: none"> • Any above or below the ground vegetables, • Cook as possible (steam, roast etc) • Add a little real butter, salt n pepper.

See you in 14 Days for Testing!

- Weight: <
- HbA1c Blood Glucose: <
- HDL Cholesterol: >
- LDL Cholesterol: <

