

# KICK START FAT LOSS™

# HEALTHY Shopping List

Here is a list all of the foods that you can eat. that balance your hormones, keep your blood sugar levels constant, reduce inflammation & burn body fat.

This is a clean eating plan, getting rid of all processed foods, dairy, grains & gluten that make your body toxic & predisposed to holding onto fluid and body fat.

Choose from the following foods:

## Proteins

Beef	Kidney	Lobster	Bream	Sea Bass
Chicken	Veal	Salmon	Prawns	Hummus
Duck	Pork	Cod	Eggs	
Turkey	Lean bacon	Plaice	Rainbow Trout	
Lamb	Shellfish/Shrimp	Halibut/Turbot	Haddock	
Liver	Crab	Hake	Mackerel	

## Carbohydrates - As much Green Veg as you can eat at every meal

Brown Rice	Courgette	Bean sprouts	Broccoli	Squash
Basmati Rice	Carrots	Swede	Rocket	
Sweet Potato	Parsnips	Cucumber	Aubergine	

## All leafy greens - Spinach, Kale, spring greens, lettuce etc

Tomatoes	Mushrooms	Peppers (all colours)	Cauliflower
Onion	Lentils	Green Beans	Avocado
Cabbage	Peas / beans	Purple Sprouting	Apple
Celery	Chick peas	Broccoli	

## Fats

Use refined (unflavoured) or virgin (flavoured) Coconut Oil to cook with, you can get this cheaply from Asian food shops, or from Tesco. You can dress and flavor your food with walnut or olive oil (don't cook with Olive Oil)

Nuts: macadamia / almonds / brazil - eat small amounts of these!

Kerrygold Butter  
Ghee

Organic butter from your local farm shop.

## Other

Herbs & Spices are fine to enhance and flavour, but don't overdo it as herbs & spices are CARBS

Almond flour  
Almond milk  
Coconut milk (for cooking)

## Drink

Water - minimum bottled or filtered 3 litres per day

Fruit teas

No coffee, de-caff tea or coffee, or alcohol

## Tips:

1: As soon as you wake up have a glass of filtered or bottled water with a 1/2 teaspoon on Celtic or Himalayan sea salt.

2: 3 meals max per day no snacking.

3: Add butter or ghee to your veg.

4: Ensure meal 1 is high fat & protein.

5: Load up on green veg at every meal.

6: Leave 4 /5 hours between meals.