



9 NUTRITIONAL FOUNDATIONS



PROCESSED FOOD

Eliminate all processed foods. Eat a diet of real, whole foods. Your food should not have an 'ingredients' list.



VEGETABLES

It sounds simple but most of us still do not eat enough vegetables. Aim for fibrous, multi coloured veg with every meal.



WATER

Aim for 3 litres every day, and add half a litre for any exercise sessions. This should be pure, unadulterated water!!



FATS

Increase your natural fats, eliminate any man-made fats. Look for extra virgin olive or coconut oils, grass fed butter, nuts/seeds, avocados.



BREAKFAST

As a general rule, breakfast well. Look to 'break' your night time 'fast' with a highly nutritious meal. Include proteins, fats and vegetables.



TIME

SLOW DOWN! How you eat is just as important as what you eat. Sit down and consciously take time for every single meal. Chew a lot. A lot.



CAFFEINE

Reduce to a maximum of 1-2 coffees or teas per day and ensure your last of the day is no later 1pm.



ALCOHOL

Reduce your intake to once per week. Choose low sugar options, such as gin/vodka with sugar free mixers.



SUPPLEMENTS

Concentrate on getting the rest of your nutrition right first! If you choose to use supplements, choose wisely and know exactly why you are using them.