



slim for good

the hormone balancing diet

FOODS TO CHOOSE IN THE FIRST 4 WEEKS:

<p>FRUIT (DARK RED/PURPLE BERRIES) Blueberries, blackberries, black cherries) Oranges (pith from orange peel) Lemons & lemon zest</p> <p>BEANS Aduki beans Bung beans Broad beans</p>	<p>VEGETABLES Especially: Radishes Cabbage Brussels sprouts Broccoli Kale Greens Carrots Pumpkin Red onions Beetroot</p>
<p>EAT IN MODERATION Wild fish Organic white meat (chicken)</p> <p>All vegetables not on above list</p> <p>Gluten free grains & cereals (quinoa, amaranth, buckwheat, brown rice) Low gluten grains and cereals – oats, barley, spelt, rye</p> <p>Olive oil (especially extra virgin) and soya oil</p> <p>Nuts and seeds (brazils, walnuts, sunflower seeds, sesame seeds)</p> <p>Other pulses and legumes (chickpeas, borlotti beans, lentils)</p> <p>Tofu and soy milk</p>	



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Herbs and spices (chilli peppers, turmeric, black pepper, cinnamon, seaweed, garlic and ginger)
Herbal teas especially chamomile, fennel and peppermint

Ginger
Chives
Garlic
Avocado pears
Celery, celery juice, parsley

NO LIST

Absolutely key to avoid!

Wheat
Cow's milk
Eggs
Yeast

Plus:

Coffee
Sugar
Salt
Highly salted or smoked foods
Fatty foods (red meat, pork, fatty meat, sausages, crisps, chips, deep fried foods, fried batter)
Alcohol
Artificial sweeteners



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Self-Test Feedback on dairy, wheat and egg	Note symptoms: Such as Weight gain, Drowsiness, Headaches, Joint pains, Skin rashes, Bloating, Gas, Tummy pains, Diarrhoea Constipation, Coughing, Wheezing, Heart-burn Anything else
Day 1 Food reintroduced: Day 2 all 'no foods' out	
Day 3 Food reintroduced: Day 4 all 'no foods' out	
Day 5 Food reintroduced: Day 6 all 'no foods' out	
Day 7 Food reintroduced: Day 8 all 'no foods' out	