

# DAILY NUTRITION GUIDELINES

In general 1 portion = the size of your hand

## GREEN VEGETABLES

*Unlimited!*

At least 3 portions  
per day

**Leafy greens:** Kale, Spinach, iceberg lettuce, bok choy, romaine lettuce, baby gem lettuce, other leafy greens.

**Herbs:** Basil, thyme, parsley, coriander, rosemary, oregano, etc.

**Solid greens:** Broccoli, Edamame beans, green beans, baby marrow, brussel sprouts, green peas, cabbage, etc.

## ALL NON-STARCHY COLOURED VEGETABLES

*Unlimited!*

At least 2 coloured  
portions per day

Tomatoes, onions, mushrooms, all variants of peppers, brinjals (eggplant), carrots, cauliflower, red cabbage, etc.

## LEGUMES

1 - 3 portions per day

1 portion = 125 ml (canned/cooked)  
Lentils, chickpeas, butterbeans, red kidney beans, cannellini beans, sugar beans, black beans, etc.

## FRESH FRUIT

4 - 6 portions per day

1 Apple, pear, banana, or orange, or grapefruit, 2 plums, 2 kiwis, 12 grapes, 3 dates, 1 peach, 2 apricots, 1/4 pineapple, 1 big slice of melon, 5cm slice watermelon, 1/2 mango, 1/2 cup berries (any fresh/frozen)

## STARCHY VEGETABLES

1 portion per day

1 sweetcorn or 1 mealie  
1 sweet potato or 1 potato  
1 cup butternut or pumpkin

## WHOLE GRAINS

1 portion per day

1 portion: 60 - 125 ml raw measured  
Steelcut oats, rolled oats, jungle oats  
Brown rice, quinoa, buckwheat and other gluten-free wholegrains

## HEALTHY FATS

2 portions per day

1 portion:  
• 1/2 avocado, or  
• 30 g raw nuts, or  
• 15g nut butter

## ANIMAL PRODUCTS

*Optional.*

Max 3 portions per week

1 portion:  
• 100g any raw meat/fish (women)  
• 120g any raw meat/fish (men)  
• 1 egg (women), 2 eggs (men)  
• 30g biltong or cheese  
• 100ml dairy milk (not in 6 week plan)

## PROCESSED FOODS

*Optional.*

Only as treat (planned)

1 portion:  
• 1 piece of Lindt chocolate (70%+)  
• Daily treat from snacks section (1 per day)  
No chips, sweets, cake, junk food, etc. during 6 week plan