

Daily nutrition guidelines



No	Food category	Portions	Portion size
Important (must be consumed daily)			
1	Green vegetables (beans, spinach, broccoli, green peppers, cabbage, lettuce, cucumber, etc)	At least 4 per day	Huge!! No restriction
2	Coloured vegetables (beetroot, carrots-raw, mushrooms, eggplant, leeks, red and yellow peppers, etc)	At least 2 per day	No restriction
3	Any fresh fruit in season (no dried fruit)	3 - 4 per day	Variety important
4	Starchy vegetables (potato, corn, mealie, sweet potato, quinoa, brown rice, wild rice)	1 per day	Max 1 cup
5	Legumes and beans (lentils, sugar beans, soya beans, butter beans, chick peas, etc)	1 or more per day	1 cup
6	Avocado (Optional)	60g per day	Half of small avo, or 1/4 big avo
7	Raw nuts and seeds (optional)	30g per day	

No	Food category	Portions	Portion size
Optional (can be omitted for improved results)			
1	Dairy (milk or yoghurt). Rather replace with plant-based milk	100 ml per day	Fat-free or low-fat
2	Meat, eggs, fish, chicken, etc	3 per WEEK	Handpalm size - remove skin, fat
3	Daily treat: Chocolate (70% Lindt) or dateball	1 piece per day	Optional
4	Tea and coffee	1 cup each (max)	Rooibos unlimited!
5	Wine, beer, alcohol (replace bread / treat for day)	1 or less per week	1 glass of red wine (with food)

Not allowed
Nothing.
(Apply the 90%-10% rule. If 90% of your daily intake is from the important list, you can treat yourself with the other 10%)

Tip: Try to eat most of your veggies and fruit first before you eat from the optional list. This will ensure optimal nutrition and the lowest possible calorie intake! Keep the optional list as your daily treat.