



Your 4 week Transformative
Guide to Getting Your Vibrant
Health Back





Lesson 1

Module 2: Unlocking the Power of Nutrition

Nutrition Foundations: Harnessing the Power of Wholefoods

 PROTEIN	 HEALTHY FATS	 COMPLEX CARBS	 LOW STARCH VEGGIES/ SALAD
<ul style="list-style-type: none"> • Fish/ seafood (well sourced/ wild where possible) • Chicken, turkey (organic if possible) • Grass fed meat/ beef/ lamb (organic if possible) • Free range eggs • Lentils, legumes or chickpeas • Quinoa/ amaranth • Nuts/ seeds • Hummus • Plant-based protein powder • Chia seeds • Tofu, tempeh • Protein/ pulse pasta <p><i>When choosing plant based sources, a combination is ideal + aiming for 30g/ serve.</i></p> <p><i>*Limit processed meats such as deli meats, sausages, luncheon, bacon (unless nitrate free/ organic and on occasion)</i></p>	<ul style="list-style-type: none"> • Extra virgin olive oil • Avocado • Nuts, seeds • Olives • Tahini • Nut butter • Nut cheese • Infused olive oils • Macadamia nut oil, avocado oil • Oily fish <p><i>*Limit unhealthy (trans) fats such as those found in:</i></p> <ul style="list-style-type: none"> • Biscuits, cakes and pastries • Processed meats (such as non-organic sausages, salami) • Deep fried food • Margarine • Ice-cream and desserts • Excessive chocolate and other sweets • Inflammatory oils such as canola oil, sunflower oil and soy bean oil 	<ul style="list-style-type: none"> • Sweet potato • Cooked cooled potato or rice • Root vegetables (Parsnip, beetroot) • Pumpkin • Gluten free grains quinoa, amaranth, buckwheat, millet, brown rice • Legumes, lentils, chickpeas, beans, hummus • Peas • Gluten free pulse pasta • Mung bean pasta/ black bean spaghetti <p><i>*Avoid processed meats such as deli meats, sausages, luncheon, bacon (unless nitrate free and on occasion)</i></p>	<ul style="list-style-type: none"> • Leafy greens, (kale, spinach, silverbeet etc) • Salad greens / salad veg • Broccoli, broccolini • Cucumber, tomato, celery • Asparagus, zucchini • Carrot • Cauliflower / cauliflower rice, broccoli • Green beans • Eggplant, capsicum • Bok choy, pak choy • Fennel, radish • Cabbage, brussels sprouts

