

# *Fat Healthy Real Food. Be Happy.*

## Week 1:

Prepare with a good grocery shop of your fave veggies and the best meat\* your money can buy.

\*If vegetarian, substitute your fave beans, tofu, etc

- Substitute coffee with rooibos or green tea
- Plan for meals to cut out processed food or takeout
- Focus on meals with veggies and meat, such as meatballs on spinach or homemade soup
- Cut out as much added and unnatural sugar as possible. Eat real fruit. It doesn't make your stomach cramp up, your mood dip and your skin break out
- Lots of water!
- No snacking. Let your stomach rest between meals
- Mild-to-moderate exercise
- Cut out creamy condiments and dairy for one week and see if bloating goes down
- Keep a food diary to track how certain food makes you feel

## Week 2:

Track down your fave healthy recipes. Best resources: Elephantastic Vegan, Deliciously Ella, Hemsley&Hemsley, Pinterest. Keep avoiding processed and packaged food as much as possible.

- Add rice as a starch
- Add beans, one kind at a time for 72 hrs, tracking how it makes you feel
- Drink one cup of herbal tea before your intermittent fast at night, if desired
- Keep up food journal and track how you feel after every meal
- Add one cup of coffee a day

## Week 3:

Continue rules from Week 1 and 2. Start to add the heavier foods back in, such as certain dairy products, slowly. Continue to add beans and starches while journaling the effects afterward.

- Add kefir and yogurt. Add other dairy after 72 hrs if stomach okay
- Add air-popped popcorn night on Fridays! (If that's your thing)

## Week 4:

- Limit dairy and starches to first two meals of the day
- Continue fasting between meals
- Keep slowly adding in foods, keeping track of how they make you feel!

