**THE SUPER EATING PLAN**

VEGETABLES

Alfalfa Artichoke Asian Greens Avocado

Bamboo Shoots Bean Shoots Bok Choy Capsicium

Carrots Cauliflower Celery Cucumber(non Lebanese)

Eggplant Garlic Green Beans Kelp

Kale Lettuce Olive Parsnip

Pumpkin Radish Silver beet Spinach

Snow peas Squash Sweet Potato Seaweed

Tomato Turnip Zucchini

Consume generous amounts of vegetables.

Raw vegetables are ideal.

FRUIT (2 -3 serves maximum a day)

Banana Blueberry Blackberries Boysenberry

Cantaloupe Coconut flesh/fibre Cranberries

Cherries Cumquat Fig Grapefruit

Honeydew Kiwifruit Lemons Lime

Lychee Mandarin Mulberry Nectarine

Orange Passionfruit Paw Paw Plum

Peach Quince Raspberry Rhubarb

Rockmelon Strawberry

OILS

Coconut Oil (Organic) Cold Pressed Olive Oil

Macadamia Oil Rice Bran Oil

Sesame Oil Walnut Oil

MEAT AND EGGS Organic grass fed Lamb or Beef (1 to 2 serves a week and not overcooked)

Organic Turkey

Kangaroo – well cooked, Organic Eggs

FISH Salmon, Trout, Mackerel, Sardines, Blue Grenadier, Whiting, Flathead, Snapper, Cod, Barramundi, Dory, Trevally, Calamari, Octopus

SHELLFISH Prawns, Mussels, Lobster, Crab, Moreton Bay Bug, Yabbie, Abalone, Oysters.

NUTS/SEEDS Almonds, Macadamias, Linseeds/Flaxseeds, Pumpkin Seeds/Pepita, Poppy Seeds, L.S.A., Sesame Seeds, Walnuts, Chia ( chia need to be soaked well), Nigellas seeds

DAIRY (minimal) White Cheese only (Feta, Ricotta, Goats feta)

DRINKS Filtered Water, Soda Water, Mineral Water

Drink lots of filtered water. If you don’t have a filterer use boiled cooled water. Do not keep the water in the fridge. Our body prefers drinks at room temperature. HERBAL TEA is medicinal so the right herbal tea is fantastic.

SPICES/HERBS Chilli, Cinnamon, Cloves, Ginger, Nutmeg, Oregano, Parsley, Pepper, Rosemary Thyme, Turmeric.

GRAINS- (minimal if weight loss desired)

Amaranth, Basmati Rice, Buckwheat, Lupin, Millet, Quinoa.

Food is a celebration. It needs to be healthy and really enjoyable too. Be relaxed and in a relaxed environment when you are eating (where possible) and chew your food well.

**Any questions please call the clinic 03 9844 4881 or email the clinic on info@possumhollow.com.au**