

1. Say NO to bread, sandwiches, cereal, pizza and pasta. Remove these foods from your diet and replacing them with foods that will nourish you, will improve your energy levels.

2. Say YES to protein. All meat, poultry and fish to get your essential amino acids required for building and maintaining muscle and to support cells. Eggs are also allowed and a great source of vitamin B12 as well as several other vitamins & minerals.

3. Eat natural and full fat dairy. Don't choose sweetened or flavoured yogurts as these are high in sugar, choose Greek or natural yogurt instead. Choose whole cheese and not processed types like Dairy-lee or individual sliced varieties that have colouring in them. Avoid ice cream due the high sugar content.

4. Eat fish, all fish are allowed daily if you enjoy it, especially fatty fish like salmon and mackerel.

5. Choose vegetables that grow above ground like spinach, kale, broccoli, cauliflower, courgette and others like green beans.

6. Eat sprouted beans and seeds, especially vegetarians for a good source of protein. Choose mung beans, lentils and chickpeas.

7. Carefully choose supermarket salads, pick one with a source of protein to help fill you up.

8. Fruit is limited due to their high sugar content. Some fruits are rich in pectin which slows down the release of sugars which won't affect your blood sugar too much.

9. Drink water and vegetable juices, not fruit juice. Aim to drink 2 litres of water a day between meals and avoid drinking with a meal as this will reduce the effect of your stomach acid in breaking down food and releasing nutrients. Sometimes we think we are hungry between meals when we are actually thirsty, so try drinking a glass of water.

10. Choose how you cook carefully. Stir-fry, poach, baked, grilled, steamed and pan fried are all acceptable cooking methods. These methods won't destroy the proteins or nutrients in food meaning your body can absorb them.

11. NO alcohol at all. Alcohol interferes with the body's natural ability to burn fat and can play havoc with your digestion and your immunity.

12. ALL sugar is out. Sugar, whether it is in the form of honey, agave, brown rice malt syrup, jams, marmalade, juice etc. will all cause your blood sugar levels to rise which will affect your fat loss. Choose instead natural sweeteners such as cinnamon, nutmeg, star anise, real vanilla pod extract and apple pectin powder.

Purition seven day meal plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<p>Purition 4 scoops (40g) with... 200-250ml of your milk of choice.</p> <p>Optional: 4 Strawberries</p>	<p>Purition 4 scoops (40g) with... 200-250ml of liquid choose: Semi Skimmed Whole, Almond milk or Coconut milk.</p> <p>Optional: 6-10 blueberries</p>	<p>Purition 4 scoops (40g) with... 100-125g plain (unsweetened) Greek yoghurt choose 0%, 2% or 4% fat.</p> <p>Optional: 6-10 raspberries</p>	<p>Purition 4 scoops (40g) with... 200-250ml of liquid choose: Semi Skimmed Whole, Almond milk or Coconut milk.</p> <p>Optional: 4 strawberries</p>	<p>Purition 4 scoops (40g) with... 200-250ml of liquid choose: Semi Skimmed Whole, Almond milk or Coconut milk.</p> <p>Optional: 6-10 blueberries</p>	<p>Purition 4 scoops (40g) with... 200-250ml of liquid choose: Semi Skimmed Whole, Almond milk or Coconut milk.</p> <p>Optional: 2 strawberries & 6 blueberries</p>	<p>3 egg omlette with chopped onion, pepper, mushrooms and spinach</p> <p>Optional: Grated cheese (parmesan) or sliced feta</p>
Lunch	<p>Purition 4 scoops (40g) with... 200-250ml of your milk of choice.</p>	<p>Purition 4 scoops (40g) with... 200-250ml of liquid choose: Semi Skimmed Whole, Almond milk or Coconut milk.</p>	<p>Purition 4 scoops (40g) with... 200-250ml of liquid choose: Semi Skimmed Whole, Almond milk or Coconut milk.</p>	<p>Purition 4 scoops (40g) with... 200-250ml of liquid choose: Semi Skimmed Whole, Almond milk or Coconut milk.</p>	<p>Purition 4 scoops (40g) with... 200-250ml of liquid choose: Semi Skimmed Whole, Almond milk or Coconut milk.</p>	<p>Purition 4 scoops (40g) with... 200-250ml of liquid choose: Semi Skimmed Whole, Almond milk or Coconut milk.</p>	<p>2 tablespoons of Greek yogurt & 1 scoop of Purition</p>
Afternoon	6 to 8 almonds	Piece of cheese & sliced meat	2 sticks of celery & cream cheese	1 Boiled egg	Sliced apple & natural peanut butter	Chicken drumstick	2 tablespoons of Greek yogurt, 2 scoops of Purition and a small handful of seeds and nuts
Dinner Ideas	Bolognese & Courgette Spaghetti	Salmon fillet & roasted mediteranean vegetables	Chili & cauliflower rice	Turkey Stuffed Peppers & Cauliflower Mash	Chicken Curry & Vegetables	Wheat Free Beef Lasagne	Sunday roast & your choice of vegetables

