

COME CLEAN TIP SHEET – 21 DAY CHALLENGE

FOOD AIMS

Look for food that is 'alive' and filled with energy as opposed to processed and pro-inflammatory

- Print out this sheet and the COME CLEAN SHOPPING LIST and carry it with you!
- To kick start your digestive process, start each day with a squeeze of lemon in a small amount of warm water-approximately 100ml. Finish with a glass of just water to reduce the acid left in the mouth.
- Incorporate fibrous foods in every meal or snack to help with the elimination of toxins. Foods especially useful are vegetables, salads, beans, legumes, brown rice, amaranth, millet, quinoa, and buckwheat.
- Consume vegetables and salads raw, lightly steamed or stir-fried to maintain the nutrient status and fibre quality. **TIP:** If stir-frying start with garlic, ginger & onions in a small amount of water then add vegetables. Only add the olive oil as you are serving to avoid the nutritional properties being destroyed by the heat of cooking. Alternatively a small amount of organic coconut oil can be used for stir-frying.
- When shopping, always look for fresh seasonal fruit and vegetables. You may be able to get some great buys at the local growers markets or the nearby fruit shop. It is always preferable to buy organic produce when you can. If organic is unavailable dilute 2 tablespoons of apple cider vinegar in water and soak the vegetables or fruit to remove the fat-soluble pesticides.
- Fresh vegetable juice makes a great addition to the COME CLEAN cleanse. If you own a juicer try juicing spinach, fennel, ginger, parsley, fresh beetroot, celery and lemons. Please avoid fruit juices during the COME CLEAN programme due to their high sugar content.
- It is important to eliminate foods containing artificial colours, flavours, additives, stabilisers and enhancers, as well as foods containing hydrogenated fats. This information is usually contained in the ingredients list on the food label. But remember its best to avoid packaged and processed foods.
- Read the ingredients list to ensure that the food does not contain high amounts of saturated fat, gluten and/or sugar. Sugar can be in the form of glucose, sucrose, fructose, corn syrup, maltodextrin, dextrose, malt syrup, molasses, maltose, lactose and honey.
- Aim for 2 litres of filtered water daily taken slowly throughout the day. Add fresh lemon or lime juice for added taste and detoxification benefits.

LIFESTYLE AIMS

COME CLEAN promotes cleansing. Try cleansing other parts of your life including:

- Incorporating time in your day to calm and clear the mind. We'll be talking more about this in Week 3.
- Include some gentle exercise in your day, or try a new type of exercise in contrast to your current routine. We'll be sharing tips for this in Week 2.
- Be asleep before midnight and try to get 8 hours, to allow for all important rest and repair.
- Try dry skin brushing to promote lymphatic drainage – always ensure you brush towards the heart. We stock a selection of FSC Certified dry skin brushes so you can add this to your day.
- Spring clean your house and switch to biodegradable and environmentally friendly products.
- Allow yourself to leave work on time more often than usual.
- Treat yourself. Book one of our ADD-ON treatments or events. See the Events page online.

PREPARATION IS THE KEY TO SUCCESS

Get to know the foods on the COME CLEAN shopping list and carry it with you assist in making the best food choices you can. Enjoy the preparation time and remember the more COME CLEAN foods you have around ready to go, the greater success.

COME CLEAN SHOPPING LIST

| FOODS TO HELP YOU GLOW | FOODS THAT SLOW YOUR GLOW |
|--|---|
| <p>Meat: stick to steamed or grilled wild or line caught fish or organic chicken.</p> <p>Beans and legumes: lentils, sesame seeds, chickpeas, broad beans, butter beans, lima beans.</p> <p>Eggs: preferably organic and a maximum of 2 per day</p> <p>Soy products: tofu, tempeh, edadame.</p> <p>Milk Alternatives: unsweetened rice or nut milks.</p> <p>Fresh vegetables: all vegetables and salad greens. The more you green the more you glow.</p> <p>Fresh fruits: ideally avoid but in small quantities choose green pears, blueberries, blackberries.</p> <p>Grains: brown rice, amaranth, millet, quinoa, buckwheat, oats</p> <p>Starchy foods: plain rice crackers and rice cakes, plain oat cakes.</p> <p>Nuts: all raw nuts, except peanuts and pistachios.</p> <p>Seeds: all in small quantities, linseed, sunflower and almond mix.</p> <p>Oils: cold pressed oils in small quantities – olive, flax, sesame, coconut oil. Add at serving – not during cooking!</p> <p>Drinks: pure filtered water, fresh vegetable juices, roobios and herbal teas, dandelion coffee (check for lactose), chicory</p> <p>Herbs and spices: garlic, sea salt, organic tamari, Nama Shoyu.</p> <p>Condiments: homemade dressings, tahini, olive oil and lemon juice, homemade guacamole and hummus.</p> | <p>Meats: beef, pork, bacon, sausages and mince, lamb, venison.</p> <p>Preserved meats: deli meats, cured meats, smoked meats, salami.</p> <p>Seafood: shellfish, prawns, crab, oysters, clams, mussels, crumbed and fried fish, swordfish, flake, tuna, smoked fish.</p> <p>Fermented products: vinegar, pickles, soy sauce, miso.</p> <p>Milk: all milks.</p> <p>Dairy products: cream, ice cream, cheese, yoghurts.</p> <p>Fresh vegetables: try to avoid potato and mushrooms for now.</p> <p>Other vegetables: pickled, tinned or frozen vegetables.</p> <p>Grains: couscous, wheat (including bread), rye.</p> <p>Starchy foods: all chips, all pastas, breads, pizza, cakes, pastry, biscuits, all packaged breakfast cereals, muesli bars.</p> <p>Nuts: peanuts, pistachios, roasted or salted nuts.</p> <p>Oils: peanut oil, peanut butter, canola oil, coconut oil, rancid oils.</p> <p>Alcohol: spirits, beer, cider, wine.</p> <p>Caffeinated drinks: tea, coffee, hot chocolate, green and white, oolong tea.</p> <p>Carbonated drinks: cola and soft drinks.</p> <p>Water: unfiltered tap water.</p> <p>Juice and fruit drinks: commercial fruit juices and smoothies, fruit drinks, cordials.</p> <p>Herbs and spices: table salt.</p> <p>Condiments: all processed and commercial dressings/sauces</p> <p>Snacks: chocolate, sweets, lollies, bakery products, desserts,</p> <p>Preservatives: citric acid (in drinks and canned tomatoes), monosodium glutamate (flavour enhancer E621)</p> <p>Hydrolysed vegetable protein: vegetarian sausages, quorn etc</p> <p>Yeast extract: marmite, vegemite, Bovril, gravy mixes</p> |