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Fleur Brown Nutrition



"personal-nutritional-solutions"

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## **Fleur Brown Nutrition Hypoallergenic Healthy Eating Plan**

### **Principles**

1. This eating plan is free of dairy, yeast, red meat and other foods such as caffeine which may cause symptoms of intolerance in susceptible people.
2. It should only be followed for three or four week periods at times where you feel you may have been over-indulgent or excessive in eating and drinking alcohol. For example, after Christmas and holidays.
3. Many of the specialist foods suggested below can be found at good health food shops, Waitrose, Sainsburys and Tesco supermarkets. See Shopping List at the end of this Plan.

Please email us if you have difficulty finding anything you may require for the programme.

4. Start every day, upon rising, with a glass of filtered or still bottled water or a mug of hot water with the juice of ½ an organic lemon and a slice of peeled ginger.
5. Ensure you drink up to 1 ½ litres of bottled or filtered still water per day. To ensure you drink this amount, fill either 3 x 500ml empty bottles or 1 x 1 ½ litre bottle up first thing in the morning and ensure you drink them by the time you go to bed. Note : fruit and herb teas count towards your daily liquid intake.
6. **Avoid** : alcohol, tea and coffee, sugar and wheat whilst doing this eating plan.
7. Ensure most of the food you eat during this time is either organic, additive-free or free range to lessen the burden of taking in chemicals into the body. Farmers' Markets are a great source of good quality, locally produced food and should be frequented whenever possible.
8. It is important that you have at least one easy to pass bowel movement daily whilst on this programme. If this is not happening, try adding 1 heaped tablespoon of organic Linseeds (also called Flaxseeds) to your daily programme, or alternatively order my ***Healthy Starter Pack by post (see below on how to order).***

**Note** : you may get headaches, get flu-like symptoms or joint pains for the first few days of this regime, especially if you have been used to drinking lots of alcohol, tea and coffee. You may also get lots of cravings for sweet things if you have a very sweet tooth or are pre-menstrual. Just keep drinking lots of water and eat fruit whenever you crave

something sweet and gradually as the days pass, you will begin to feel better, sleep better and feel more energetic.

If a woman, it is best not to start this regime when you are coming up to your period but wait until you finish your period.

**Note : this programme is not suitable if you are planning to get pregnant whilst doing it or are pregnant.**

## MENU SUGGESTIONS/GUIDELINES

### BREAKFAST:

Choose from the following options, but do not have the same breakfast daily. Variety and rotation of foods is important to ensure that you do not build up intolerances to the foods you are eating by eating them day in and day out, and to ensure that you take in a wide variety of minerals, vitamins and essential fatty acids.

□ 50g of raw organic oats ( soak for about 10 minutes in some rice milk or water before eating) with oat milk or almond milk or coconut milk or rice milk or sheep's milk or goat's milk or their yoghurts or natural organic cow's milk yoghurt (full or low fat as you prefer – full fat yoghurt will help keep you feeling fuller for longer). Add a tablespoon of mixed nuts and seeds to the breakfast before eating.

- *You can add 1 tbsp berries or one chopped/grated organic apple to your soaked oats breakfast.*

□ Porridge made with 10g organic porridge oats ( you can add 1/2 of cinnamon for extra flavour if you wish ) and served with oat, coconut or rice milk or goats of sheep's milk. You can also make porridge with millet or brown rice flakes ( from health food shops ). Add a tablespoon of pumpkin, sunflower and linseeds for essential fatty acids. Adding a handful of nuts such as walnuts or chopped brazil nuts or a tablespoon of ground almonds whilst cooking the porridge, will add some extra protein to this meal and help fill you up !

- *You can add grated apple to porridge whilst cooking, or add chopped pear or blueberries to porridge before eating or add any of these fruits to the Puffed rice breakfast .*

□ One or two organic eggs, boiled, scrambled, fried ( in extra virgin olive oil - sunny side up ) or poached plus one slice of toast made from yeast-free bread with a light spread of organic butter or organic non-dairy spread. Alternatively you can have one or two wheat-free crackers such as organic Ryvitas or Finn Crispbreads, instead of toast

□ One large cup of Kallo Puffed Rice with rice or coconut or almond or oat milk or sheep's milk or goats milk and a tablespoon of sunflower seeds, pumpkin seeds, linseeds and nuts of your choice.

- *You can also add a handful of berries of a grated or diced apple to this breakfast if you wish.*

- One large cup of Pertwood or Rude Health wheat-free muesli with milk as above.
- Two Ryvitas or Finn Crispbreads or 2 slices of yeast-free organic bread with almond butter, cashew nut butter or hazelnut butter.
- A small pot of natural organic full or low fat yoghurt (organic cow's, goats' or sheep's milk) with some chopped fruit such as apples or pears or banana or berries or a mixture of these, with a large tablespoon of nuts and a large tablespoon of seeds such as linseeds, sunflower seeds and pumpkin seeds.

## **LUNCH:**

Choose from salad or soup based meals.

### **a) Salad Based Meals:**

Put in as many salad type vegetables as you can e.g. raw florets of broccoli, cauliflower, lettuce, rocket, radishes, cherry tomatoes, red onions, cucumber, watercress, peppers, avocados etc. You can also add organic tinned beans such as kidney or haricot beans or butter beans or organic tinned chickpeas - rinse beans thoroughly and then add to salads.

Make a homemade French dressing using lots of crushed garlic, freshly ground sea or rock salt and pepper, Extra Virgin olive oil, lemon juice ( organic if possible ). Put in a jar and keep in the fridge. Drizzle over your salad - if taking to work, just drizzle on but do not mix with the salad until you are about to eat your salad. Or take a separate container with the dressing.

Have a protein portion with your salad e.g. 120g to 150g of prawns, tinned fish in olive oil or water, cold cooked turkey or chicken, two organic hard boiled eggs or cold omelets, made with two eggs, or grilled fish e.g. grilled sardines, grilled chicken or turkey or 120g goats or sheep's milk cheeses.

You can also add organic tinned beans to salads to " bulk " them up such as kidney beans, haricot beans, chickpeas etc. Rinse well before using.

You can also add nuts and seeds to your salad, such as organic pine nuts, sunflower or pumpkin seeds.

You can have one or two crackers or one slice of yeast free bread with your salad/protein meal

If you are taking lunch to work, simply make up your salad the night before or in the morning if you have the time, and pack into Tupperware containers.

### **Salad Ideas for Lunch (you can also do these for dinner if you wish to have a salad meal)**

- canned wild salmon (e.g. John West ), flaked on a bed of lettuce and rocked with finely diced red onions, diced celery and cucumber and tomatoes.

- tinned tuna, lightly cooked green beans, olives, hard boiled egg diced, diced cucumber and tomatoes on a bed of lettuce.

- feta cheese salad : cubes of feta cheese, black olives, diced cucumber and tomato, finely sliced red onions - all served on a bed of lettuce leaves. A few toasted pine nuts scattered over will add flavour to this salad.

- one large avocado with stone removed and skin carefully removed. Place the two halves on a bed of salad leaves and fill with prawns or crabmeat or tuna or houmous and drizzle over a tablespoon of pre-made salad dressing.

### **b) Soup Based Meals :**

A large bowl or homemade chicken or vegetable soup with one or two crackers or one slice of yeast-free toast or bread with mackerel pate or organic houmous or homemade houmous or a slice of goat's milk cheddar or goats/sheep's cheese and some side salad such as carrot sticks, cherry tomatoes, slices of cucumber, slices of peppers.

Add rinsed out, tinned organic beans or chickpeas to soups to "bulk" them up

If you wish to, you could have a simple salad with just vegetables such as lettuce, rocket, cucumber and avocado, add some pine nuts or other nuts and sunflower and pumpkin seeds after your soup, instead of having crackers, houmous or cheese.

If taking the soup based meal to work, warm up a wide mouth flask with hot water, drain and then put the heated soup into the flask. Take the other things for your lunch packed into a Tupperware container.

If you are at home you can pop some slices of goats cheese onto the bread - rye bread is particularly nice with melted goat's cheese - and put under the grill to melt.

### **DINNER:**

#### **General rule :**

Ensure you have as many varieties of vegetables with your evening meal - at least two to three per meal, e.g. asparagus, fennel, braised celery, baked or grilled tomatoes, cures, aborigines, peppers, purple sprouting broccoli, broccoli, Pak Choy, Kale, Swiss chard, carrots, chicory, runner beans, dwarf beans, round beans, mange tout, peas, cauliflower, sweet corn, baby corn, sugar snaps, parsnips, Swede, cauliflower, spinach, turnips, Kohl Rabi.

Try and have organic vegetables whenever possible - frozen vegetables are fine to have. Lightly steam veggies - e.g. make sure the mange-tout or beans are crisp but tender or broccoli is crunchy and tender. Drizzle Olive or Flax oil or pumpkin seed butter and freshly squeezed organic lemon juice on vegetables to add taste.

Stir fry or steam vegetables - also you can roast vegetables such as diced sweet potato, carrots, courgettes, aubergines with cherry tomatoes, and a drizzle of extra virgin olive oil, dash of sea or rock salt and freshly ground pepper. You could also add some whole unpeeled garlic cloves when roasting vegetables. Garlic has great antiseptic and anti

bacterial properties and is great therefore to use liberally in a cleansing regime. Use whenever possible in cooking and raw in salad dressings.

You can always start our evening meals with a small bowl of homemade vegetable soup to “fill you up” and ensure you feel satisfied with your meal.

### Serving Sizes :

Follow the guidelines below for starchy carbohydrates and protein but eat vegetables and salads freely. Try at all times, not to overfill your plate - put the carbohydrate and protein on the plate and only put the vegetables on the table. Have only the one serving of the carbohydrate and protein - if you need to eat more, fill up on vegetables or salad.

**For starchy carbohydrates :** You can have 2 small new potatoes boiled in their skins or **a cup only** of cooked brown rice or spelt pasta or buckwheat noodles, or Camargue red rice, or any non wheat pasta such as rice or corn pasta with dinner.

Avoid Mashed Potato (too high in carbohydrates) but crushed potatoes are fine ; boil 2 x small potatoes in their skin after scrubbing until cooked, then lightly crush with a fork, add a drizzle of extra virgin olive oil and some freshly ground sea or rock salt and black pepper.

Sweet potato is a nice alternative to potatoes. These can be roasted or steamed and drizzled with flax oil or olive oil after cooking.. You are not restricted on sweet potatoes as you are on ordinary potatoes where you need to stick to two small potatoes with your meal.

Also you can use tinned beans and chickpeas to bulk up casseroles such as Chilli Con Carne

**For protein :** Choose from **120g to 150g** of organic tofu, lean chicken, turkey, duck or fish. Alternatively have two eggs (if none that morning or lunchtime)

**Seasoning :** You can use Soya Sauce but only Tamari (wheat-free soya sauce), any herbs and spices fresh or dried, chillies or chili powder or curry paste or Chinese Five Spice powder, garlic, ginger, freshly ground sea salt and freshly ground black pepper.

### **Dinner Ideas :**

- Organic tofu stir-fried with lots of colourful vegetables and brown rice or soba (buckwheat) noodles.
- Free range or organic turkey or chicken breast or prawns stir fried with lots of vegetables such as Pak Choy, baby corn, bean sprouts, peppers, diced carrots, sugar snaps, beans etc and served with brown or red rice or soba noodles.
- Chicken or turkey casseroles, stews, braised; or oven pot roasted chicken, duck or turkey; chili or bolognaise made with turkey mince served with brown or red rice or non-wheat pasta.
- Add tinned, rinsed out, organic chickpeas or beans to casseroles to “bulk” them up.

- Grilled, roasted, steamed, stir-fried, baked, fish, shellfish, free range duck, organic or at least free range chicken or turkey breast and vegetables or salad and crushed potatoes or roasted sweet potato.
- Fish or turkey or chicken breast done in a parcel in the oven- wrap in baking parchment and then in foil, with lemon slices, or freshly squeezed lemon or orange juice, sea salt, freshly ground pepper and herbs is a great change from grilled or baked chicken, turkey or fish.
- Omelets with vegetables or salad ( if no eggs at breakfast or lunch ). You can add a small handful of prawns, feta or goat's cheese, halved cherry tomatoes, diced peppers, chunks of steamed new potatoes, spinach, sliced red onions, and grated courgette to omelets for added interest. Serve with potatoes if none included in the omelets or if included in the omelet, serve with steamed vegetables or a large mixed salad.

**Tip :** Cook a large omelet and have half of it cold for lunch with a salad the next day.

- Chilli con carne made with turkey mince and kidney beans. Add extra diced vegetables for extra nutrients, e.g. finely diced celery, peppers and carrots. Use an organic sauce such as Seeds of Change sauce for extra flavour if you wish. Serve with brown or red Camargue rice.
- Big bowl of homemade soup with two or three crackers plus houmous, or mackerel pate and some side salad.
- Roasted vegetables : place some diced squash, courgettes, aubergines, with some black Kalamata olives, garlic cloves and whole cherry tomatoes in a roasting tin, drizzle over with olive oil, a dash of sea or rock salt and freshly ground black pepper and roast in the oven until soft. Serve as a side dish to some chicken or fish or alternatively, about 10 minutes before the end of the cooking time, crumble over some Feta cheese or top with slices of goats cheese and pop back in the oven to melt.
- Poached haddock (poach in water), with a poached egg served with some steamed spinach on the side and two small new potatoes or crushed potatoes.
- Turkey or chicken breast diced and stir-fried with Thai Red or Green Curry paste (to taste), some chopped lemongrass, garlic and assorted vegetables such as baby corn, sliced carrots, whole baby mushrooms, sliced green beans or peas. Add some coconut milk towards the end of cooking. Serve with Soba noodles or brown rice.
- Pasta Bolognese sauce made with minced turkey and lots of diced vegetables such as celery, carrots, courgettes etc and a Seeds of Change organic sauce or a can of organic chopped tomatoes and garlic and herbs and yeast-free stock cube. Serve with spelt or corn or rice pasta.

### **Snacks :**

Nibble on unsalted nuts such as walnuts, macadamias, pecans, hazelnuts, brazils, almonds – NO PEANUTS, and seeds such as pumpkin and sunflower. Or alternatively have an oatcake or a Ryvita or Finn crisp bread with a thin spread of organic houmous or mackerel pate.

Also you can have some carrot batons or sliced peppers or celery or cucumber with a couple of tablespoons of organic houmous.

### Drinks :

Lots of filtered or bottled water : White tea, Green tea, Roibosch tea ( Dragonfly Malay Chai is particularly nice ), fruit and herb teas.

### Desserts :

Only organic low or full fat yoghurt with some seeds, nuts and stewed apple, pear, plums or fresh plums, pear, apple or berries if you wish.

Or just simply - a piece of fruit !

### SHOPPING LIST :

**Yeast-free breads** : The Village Rye Bakery range from Waitrose or Sainsburys : Slice the bread and pop in the freezer. Take out of the freezer as needed and pop straight in the toaster or leave to thaw before using for a sandwich. Any other wheat-free yeast free breads from specialist bakeries such as The Artisan Bakery in Whitstable (can be found on "google").

**Alternative milks (sheep's or goat's, coconut, rice or oat milk )** : from Waitrose, Sainsburys and Holland and Barrett health food shops. AVOID Soya milk and Cow's milk - many people have intolerances to these two products !

**Kallo Puffed Rice Cereal. Rude Health Wheat free Muesli and Pertwood Muesli** : from Waitrose and Sainsburys.

**Almond, Cashew Nut and Hazelnut butter** : from Waitrose, Sainsburys or health food shops. Brands are generally Meridian or Whole Earth - AVOID PEANUT BUTTER.

**Non wheat pasta** : from all supermarkets and health food shops.

**Buckwheat noodles (also called Japanese Soba noodles)** : from Sainsburys and Waitrose and some health food shops

**Camargue Red Rice** : from Waitrose and Sainsburys

**Tamari Soya Sauce** : from Waitrose and Sainsburys

**Organic Tofu** : Cauldron Smoked or Unsmoked Tofu from Sainsburys or Waitrose or other large supermarkets.

**Stock Cubes or stock powders** : Kallo yeast-free stock cubes or Marigold yeast free bouillon powder -from Holland & Barrett and supermarkets. If you want to

thicken the stock to make a gravy, use corn flour or spelt flour, not ordinary flour.

**Sauces** : use an organic sauce e.g. from Seeds of Change or Simply Organic - from supermarkets, to add to a casserole, pasta sauce or chili is you wish.

**Fruit** : only eat pears, apples, berries, plums, clementines, satsumas and grapefruit.

**Fish** : only wild salmon or farmed organic salmon, all white fish or oily fish such as herrings, sardines, mackerel - tinned in olive oil or fresh, prawns, squid, scallops and white crabmeat. All available from fishmongers and supermarkets.

**BUT** : Limit fish such as swordfish, shark and tuna as these are high in mercury so only have once per fortnight.

### **THE HEALTHY STARTER PACK :**

It is important to have at least one soft easy to pass bowel movement daily whilst following this regime. The Healthy Starter Pack facilitates this. Start the day with one sachet of capsules (about 20 minutes or so before breakfast) and if necessary increase to two sachets, taking the second sachet before bedtime. You will need to drink a large glass of water when taking the sachet of capsules.

The Healthy Starter Pack is a gentle yet effective herbal cleansing programme. It contains combinations of herbs to help absorb toxins from the bowel and improve eliminations, nourish the liver, help the urinary and circulatory system and soothe the digestive tract. It is an ideal accompaniment to the Hypoallergenic Eating Plan.

The pack contains the following:

- **Psyllium Husk capsules** to help gently promote regular bowel movements
- **Digestive Health capsules** to help maintain an efficient digestive system
- **Liver Health capsules** to help nourish and support the liver
- **Cranberry/Buchu capsules** to help support the urinary tract
- **HS11 capsules** to help support circulation and the blood vessels.

### **TO ORDER:**

Simply go to my on-line shop: <http://www.fleurbrownnutrition.co.uk/shop.html> , or send a cheque for £ 34.50 including postage and packing to Fleur Brown Nutrition, 1 Clayfield Mews, Newcomen Road, Tunbridge Wells, TN4 9PA. Please make the cheque out to **Fleur Brown Nutrition**.

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## **Fleur Brown Nutrition Hypoallergenic Healthy Eating Plan**

### **Principles**

1. This eating plan is free of dairy, yeast, red meat and other foods such as caffeine which may cause symptoms of intolerance in susceptible people.
2. It should only be followed for three or four week periods at times where you feel you may have been over-indulgent or excessive in eating and drinking alcohol. For example, after Christmas and holidays.
3. Many of the specialist foods suggested below can be found at good health food shops, Waitrose, Sainsburys and Tesco supermarkets. See Shopping List at the end of this Plan.

Please email us if you have difficulty finding anything you may require for the programme.

4. Start every day, upon rising, with a glass of filtered or still bottled water or a mug of hot water with the juice of ½ an organic lemon and a slice of peeled ginger.
5. Ensure you drink up to 1 ½ litres of bottled or filtered still water per day. To ensure you drink this amount, fill either 3 x 500ml empty bottles or 1 x 1 ½ litre bottle up first thing in the morning and ensure you drink them by the time you go to bed. Note : fruit and herb teas count towards your daily liquid intake.
6. **Avoid** : alcohol, tea and coffee, sugar and wheat whilst doing this eating plan.
7. Ensure most of the food you eat during this time is either organic, additive-free or free range to lessen the burden of taking in chemicals into the body. Farmers' Markets are a great source of good quality, locally produced food and should be frequented whenever possible.
8. It is important that you have at least one easy to pass bowel movement daily whilst on this programme. If this is not happening, try adding 1 heaped tablespoon of organic Linseeds (also called Flaxseeds) to your daily programme, or alternatively order my ***Healthy Starter Pack by post (see below on how to order).***

**Note** : you may get headaches, get flu-like symptoms or joint pains for the first few days of this regime, especially if you have been used to drinking lots of alcohol, tea and coffee. You may also get lots of cravings for sweet things if you have a very sweet tooth or are pre-menstrual. Just keep drinking lots of water and eat fruit whenever you crave

something sweet and gradually as the days pass, you will begin to feel better, sleep better and feel more energetic.

If a woman, it is best not to start this regime when you are coming up to your period but wait until you finish your period.

**Note : this programme is not suitable if you are planning to get pregnant whilst doing it or are pregnant.**

## MENU SUGGESTIONS/GUIDELINES

### BREAKFAST:

Choose from the following options, but do not have the same breakfast daily. Variety and rotation of foods is important to ensure that you do not build up intolerances to the foods you are eating by eating them day in and day out, and to ensure that you take in a wide variety of minerals, vitamins and essential fatty acids.

□ 50g of raw organic oats ( soak for about 10 minutes in some rice milk or water before eating) with oat milk or almond milk or coconut milk or rice milk or sheep's milk or goat's milk or their yoghurts or natural organic cow's milk yoghurt (full or low fat as you prefer – full fat yoghurt will help keep you feeling fuller for longer). Add a tablespoon of mixed nuts and seeds to the breakfast before eating.

- *You can add 1 tbsp berries or one chopped/grated organic apple to your soaked oats breakfast.*

□ Porridge made with 10g organic porridge oats ( you can add 1/2 of cinnamon for extra flavour if you wish ) and served with oat, coconut or rice milk or goats of sheep's milk. You can also make porridge with millet or brown rice flakes ( from health food shops ). Add a tablespoon of pumpkin, sunflower and linseeds for essential fatty acids. Adding a handful of nuts such as walnuts or chopped brazil nuts or a tablespoon of ground almonds whilst cooking the porridge, will add some extra protein to this meal and help fill you up !

- *You can add grated apple to porridge whilst cooking, or add chopped pear or blueberries to porridge before eating or add any of these fruits to the Puffed rice breakfast .*

□ One or two organic eggs, boiled, scrambled, fried ( in extra virgin olive oil - sunny side up ) or poached plus one slice of toast made from yeast-free bread with a light spread of organic butter or organic non-dairy spread. Alternatively you can have one or two wheat-free crackers such as organic Ryvitas or Finn Crispbreads, instead of toast

□ One large cup of Kallo Puffed Rice with rice or coconut or almond or oat milk or sheep's milk or goats milk and a tablespoon of sunflower seeds, pumpkin seeds, linseeds and nuts of your choice.

- *You can also add a handful of berries of a grated or diced apple to this breakfast if you wish.*

- One large cup of Pertwood or Rude Health wheat-free muesli with milk as above.
- Two Ryvitas or Finn Crispbreads or 2 slices of yeast-free organic bread with almond butter, cashew nut butter or hazelnut butter.
- A small pot of natural organic full or low fat yoghurt (organic cow's, goats' or sheep's milk) with some chopped fruit such as apples or pears or banana or berries or a mixture of these, with a large tablespoon of nuts and a large tablespoon of seeds such as linseeds, sunflower seeds and pumpkin seeds.

## **LUNCH:**

Choose from salad or soup based meals.

### **a) Salad Based Meals:**

Put in as many salad type vegetables as you can e.g. raw florets of broccoli, cauliflower, lettuce, rocket, radishes, cherry tomatoes, red onions, cucumber, watercress, peppers, avocados etc. You can also add organic tinned beans such as kidney or haricot beans or butter beans or organic tinned chickpeas - rinse beans thoroughly and then add to salads.

Make a homemade French dressing using lots of crushed garlic, freshly ground sea or rock salt and pepper, Extra Virgin olive oil, lemon juice ( organic if possible ). Put in a jar and keep in the fridge. Drizzle over your salad - if taking to work, just drizzle on but do not mix with the salad until you are about to eat your salad. Or take a separate container with the dressing.

Have a protein portion with your salad e.g. 120g to 150g of prawns, tinned fish in olive oil or water, cold cooked turkey or chicken, two organic hard boiled eggs or cold omelets, made with two eggs, or grilled fish e.g. grilled sardines, grilled chicken or turkey or 120g goats or sheep's milk cheeses.

You can also add organic tinned beans to salads to " bulk " them up such as kidney beans, haricot beans, chickpeas etc. Rinse well before using.

You can also add nuts and seeds to your salad, such as organic pine nuts, sunflower or pumpkin seeds.

You can have one or two crackers or one slice of yeast free bread with your salad/protein meal

If you are taking lunch to work, simply make up your salad the night before or in the morning if you have the time, and pack into Tupperware containers.

### **Salad Ideas for Lunch (you can also do these for dinner if you wish to have a salad meal)**

- canned wild salmon (e.g. John West ), flaked on a bed of lettuce and rocked with finely diced red onions, diced celery and cucumber and tomatoes.

- tinned tuna, lightly cooked green beans, olives, hard boiled egg diced, diced cucumber and tomatoes on a bed of lettuce.

- feta cheese salad : cubes of feta cheese, black olives, diced cucumber and tomato, finely sliced red onions - all served on a bed of lettuce leaves. A few toasted pine nuts scattered over will add flavour to this salad.

- one large avocado with stone removed and skin carefully removed. Place the two halves on a bed of salad leaves and fill with prawns or crabmeat or tuna or houmous and drizzle over a tablespoon of pre-made salad dressing.

### **b) Soup Based Meals :**

A large bowl or homemade chicken or vegetable soup with one or two crackers or one slice of yeast-free toast or bread with mackerel pate or organic houmous or homemade houmous or a slice of goat's milk cheddar or goats/sheep's cheese and some side salad such as carrot sticks, cherry tomatoes, slices of cucumber, slices of peppers.

Add rinsed out, tinned organic beans or chickpeas to soups to "bulk" them up

If you wish to, you could have a simple salad with just vegetables such as lettuce, rocket, cucumber and avocado, add some pine nuts or other nuts and sunflower and pumpkin seeds after your soup, instead of having crackers, houmous or cheese.

If taking the soup based meal to work, warm up a wide mouth flask with hot water, drain and then put the heated soup into the flask. Take the other things for your lunch packed into a Tupperware container.

If you are at home you can pop some slices of goats cheese onto the bread - rye bread is particularly nice with melted goat's cheese - and put under the grill to melt.

### **DINNER:**

#### **General rule :**

Ensure you have as many varieties of vegetables with your evening meal - at least two to three per meal, e.g. asparagus, fennel, braised celery, baked or grilled tomatoes, cures, aborigines, peppers, purple sprouting broccoli, broccoli, Pak Choy, Kale, Swiss chard, carrots, chicory, runner beans, dwarf beans, round beans, mange tout, peas, cauliflower, sweet corn, baby corn, sugar snaps, parsnips, Swede, cauliflower, spinach, turnips, Kohl Rabi.

Try and have organic vegetables whenever possible - frozen vegetables are fine to have. Lightly steam veggies - e.g. make sure the mange-tout or beans are crisp but tender or broccoli is crunchy and tender. Drizzle Olive or Flax oil or pumpkin seed butter and freshly squeezed organic lemon juice on vegetables to add taste.

Stir fry or steam vegetables - also you can roast vegetables such as diced sweet potato, carrots, courgettes, aubergines with cherry tomatoes, and a drizzle of extra virgin olive oil, dash of sea or rock salt and freshly ground pepper. You could also add some whole unpeeled garlic cloves when roasting vegetables. Garlic has great antiseptic and anti

bacterial properties and is great therefore to use liberally in a cleansing regime. Use whenever possible in cooking and raw in salad dressings.

You can always start our evening meals with a small bowl of homemade vegetable soup to “fill you up” and ensure you feel satisfied with your meal.

### Serving Sizes :

Follow the guidelines below for starchy carbohydrates and protein but eat vegetables and salads freely. Try at all times, not to overfill your plate - put the carbohydrate and protein on the plate and only put the vegetables on the table. Have only the one serving of the carbohydrate and protein - if you need to eat more, fill up on vegetables or salad.

**For starchy carbohydrates :** You can have 2 small new potatoes boiled in their skins or **a cup only** of cooked brown rice or spelt pasta or buckwheat noodles, or Camargue red rice, or any non wheat pasta such as rice or corn pasta with dinner.

Avoid Mashed Potato (too high in carbohydrates) but crushed potatoes are fine ; boil 2 x small potatoes in their skin after scrubbing until cooked, then lightly crush with a fork, add a drizzle of extra virgin olive oil and some freshly ground sea or rock salt and black pepper.

Sweet potato is a nice alternative to potatoes. These can be roasted or steamed and drizzled with flax oil or olive oil after cooking.. You are not restricted on sweet potatoes as you are on ordinary potatoes where you need to stick to two small potatoes with your meal.

Also you can use tinned beans and chickpeas to bulk up casseroles such as Chilli Con Carne

**For protein :** Choose from **120g to 150g** of organic tofu, lean chicken, turkey, duck or fish. Alternatively have two eggs (if none that morning or lunchtime)

**Seasoning :** You can use Soya Sauce but only Tamari (wheat-free soya sauce), any herbs and spices fresh or dried, chillies or chili powder or curry paste or Chinese Five Spice powder, garlic, ginger, freshly ground sea salt and freshly ground black pepper.

### **Dinner Ideas :**

- Organic tofu stir-fried with lots of colourful vegetables and brown rice or soba (buckwheat) noodles.
- Free range or organic turkey or chicken breast or prawns stir fried with lots of vegetables such as Pak Choy, baby corn, bean sprouts, peppers, diced carrots, sugar snaps, beans etc and served with brown or red rice or soba noodles.
- Chicken or turkey casseroles, stews, braised; or oven pot roasted chicken, duck or turkey; chili or bolognaise made with turkey mince served with brown or red rice or non-wheat pasta.
- Add tinned, rinsed out, organic chickpeas or beans to casseroles to “bulk” them up.

□ Grilled, roasted, steamed, stir-fried, baked, fish, shellfish, free range duck, organic or at least free range chicken or turkey breast and vegetables or salad and crushed potatoes or roasted sweet potato.

□ Fish or turkey or chicken breast done in a parcel in the oven- wrap in baking parchment and then in foil, with lemon slices, or freshly squeezed lemon or orange juice, sea salt, freshly ground pepper and herbs is a great change from grilled or baked chicken, turkey or fish.

□ Omelets with vegetables or salad ( if no eggs at breakfast or lunch ). You can add a small handful of prawns, feta or goat's cheese, halved cherry tomatoes, diced peppers, chunks of steamed new potatoes, spinach, sliced red onions, and grated courgette to omelets for added interest. Serve with potatoes if none included in the omelets or if included in the omelet, serve with steamed vegetables or a large mixed salad.

**Tip :** Cook a large omelet and have half of it cold for lunch with a salad the next day.

□ Chilli con carne made with turkey mince and kidney beans. Add extra diced vegetables for extra nutrients, e.g. finely diced celery, peppers and carrots. Use an organic sauce such as Seeds of Change sauce for extra flavour if you wish. Serve with brown or red Camargue rice.

□ Big bowl of homemade soup with two or three crackers plus houmous, or mackerel pate and some side salad.

□ Roasted vegetables : place some diced squash, courgettes, aubergines, with some black Kalamata olives, garlic cloves and whole cherry tomatoes in a roasting tin, drizzle over with olive oil, a dash of sea or rock salt and freshly ground black pepper and roast in the oven until soft. Serve as a side dish to some chicken or fish or alternatively, about 10 minutes before the end of the cooking time, crumble over some Feta cheese or top with slices of goats cheese and pop back in the oven to melt.

□ Poached haddock (poach in water), with a poached egg served with some steamed spinach on the side and two small new potatoes or crushed potatoes.

□ Turkey or chicken breast diced and stir-fried with Thai Red or Green Curry paste (to taste), some chopped lemongrass, garlic and assorted vegetables such as baby corn, sliced carrots, whole baby mushrooms, sliced green beans or peas. Add some coconut milk towards the end of cooking. Serve with Soba noodles or brown rice.

□ Pasta Bolognese sauce made with minced turkey and lots of diced vegetables such as celery, carrots, courgettes etc and a Seeds of Change organic sauce or a can of organic chopped tomatoes and garlic and herbs and yeast-free stock cube. Serve with spelt or corn or rice pasta.

### **Snacks :**

Nibble on unsalted nuts such as walnuts, macadamias, pecans, hazelnuts, brazils, almonds – NO PEANUTS, and seeds such as pumpkin and sunflower. Or alternatively have an oatcake or a Ryvita or Finn crisp bread with a thin spread of organic houmous or mackerel pate.

Also you can have some carrot batons or sliced peppers or celery or cucumber with a couple of tablespoons of organic houmous.

### Drinks :

Lots of filtered or bottled water : White tea, Green tea, Roibosch tea ( Dragonfly Malay Chai is particularly nice ), fruit and herb teas.

### Desserts :

Only organic low or full fat yoghurt with some seeds, nuts and stewed apple, pear, plums or fresh plums, pear, apple or berries if you wish.

Or just simply - a piece of fruit !

### SHOPPING LIST :

**Yeast-free breads** : The Village Rye Bakery range from Waitrose or Sainsburys : Slice the bread and pop in the freezer. Take out of the freezer as needed and pop straight in the toaster or leave to thaw before using for a sandwich. Any other wheat-free yeast free breads from specialist bakeries such as The Artisan Bakery in Whitstable (can be found on "google").

**Alternative milks (sheep's or goat's, coconut, rice or oat milk )** : from Waitrose, Sainsburys and Holland and Barrett health food shops. AVOID Soya milk and Cow's milk - many people have intolerances to these two products !

**Kallo Puffed Rice Cereal. Rude Health Wheat free Muesli and Pertwood Muesli** : from Waitrose and Sainsburys.

**Almond, Cashew Nut and Hazelnut butter** : from Waitrose, Sainsburys or health food shops. Brands are generally Meridian or Whole Earth - AVOID PEANUT BUTTER.

**Non wheat pasta** : from all supermarkets and health food shops.

**Buckwheat noodles (also called Japanese Soba noodles)** : from Sainsburys and Waitrose and some health food shops

**Camargue Red Rice** : from Waitrose and Sainsburys

**Tamari Soya Sauce** : from Waitrose and Sainsburys

**Organic Tofu** : Cauldron Smoked or Unsmoked Tofu from Sainsburys or Waitrose or other large supermarkets.

**Stock Cubes or stock powders** : Kallo yeast-free stock cubes or Marigold yeast free bouillon powder -from Holland & Barrett and supermarkets. If you want to

thicken the stock to make a gravy, use corn flour or spelt flour, not ordinary flour.

**Sauces** : use an organic sauce e.g. from Seeds of Change or Simply Organic - from supermarkets, to add to a casserole, pasta sauce or chili is you wish.

**Fruit** : only eat pears, apples, berries, plums, clementines, satsumas and grapefruit.

**Fish** : only wild salmon or farmed organic salmon, all white fish or oily fish such as herrings, sardines, mackerel - tinned in olive oil or fresh, prawns, squid, scallops and white crabmeat. All available from fishmongers and supermarkets.

**BUT** : Limit fish such as swordfish, shark and tuna as these are high in mercury so only have once per fortnight.

### **THE HEALTHY STARTER PACK :**

It is important to have at least one soft easy to pass bowel movement daily whilst following this regime. The Healthy Starter Pack facilitates this. Start the day with one sachet of capsules (about 20 minutes or so before breakfast) and if necessary increase to two sachets, taking the second sachet before bedtime. You will need to drink a large glass of water when taking the sachet of capsules.

The Healthy Starter Pack is a gentle yet effective herbal cleansing programme. It contains combinations of herbs to help absorb toxins from the bowel and improve eliminations, nourish the liver, help the urinary and circulatory system and soothe the digestive tract. It is an ideal accompaniment to the Hypoallergenic Eating Plan.

The pack contains the following:

- **Psyllium Husk capsules** to help gently promote regular bowel movements
- **Digestive Health capsules** to help maintain an efficient digestive system
- **Liver Health capsules** to help nourish and support the liver
- **Cranberry/Buchu capsules** to help support the urinary tract
- **HS11 capsules** to help support circulation and the blood vessels.

### **TO ORDER:**

Simply go to my on-line shop: <http://www.fleurbrownnutrition.co.uk/shop.html> , or send a cheque for £ 34.50 including postage and packing to Fleur Brown Nutrition, 1 Clayfield Mews, Newcomen Road, Tunbridge Wells, TN4 9PA. Please make the cheque out to **Fleur Brown Nutrition**.