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FLEUR BROWN NUTRITION : SUPER START EATING PLAN

If you have overindulged in rich foods, chocolate and alcohol, you may feel like eating a lighter diet to give your digestive system a rest, restore energy and vitality and help lose a few pounds gained over the past few weeks.

Kick start the process by following this Weekend Eating Plan, then carry on for a few weeks with the Hypoallergenic Regime and you should hopefully feel lighter, clear headed and more energetic !

GENERAL :

- ❑ Drink around 1 ½ litres of filtered or bottled still water daily. Note : fruit and herb teas also count towards your daily liquid intake.
- ❑ Do not exert yourself unduly during the three day weekend plan, as that may make you feel quite exhausted and lightheaded- so avoid strenuous exercise such as going to the gym, jogging or running. Remember you will be eating far fewer calories than in a normal day, so will need to "conserve" your energy
- ❑ However I do recommend you have a 20 minute gentle walk and do a few gentle stretching exercises daily over the three days.
- ❑ Try and have organic produce whenever possible to reduce your intake of chemicals
- ❑ You can use herbs, garlic, a touch of freshly ground sea or rock salt such as Maldon Salt, Himalayan Rock Salt and freshly ground pepper, to flavour foods.
- ❑ Use home made salad dressing made from Extra Virgin olive oil, lemon juice, sea salt and pepper. You could also add a crushed clove or garlic. Make up enough for the three days and keep in a screw top jar in the fridge.
- ❑ Have fruit for breakfast and as a snack only. Keep away from main meals.
- ❑ **It is important that you keep to the three meals and two snacks listed below through the three days to prevent dips in your blood sugar levels.**

First thing upon arising : Drink a large mug of warm water with the juice of half an organic lemon and if you wish, a slice of peeled crushed ginger. This will help clear the palate, help digestion and re-hydrate you.

Breakfast : a fruit salad made with any of the following fruit : apples, pears, berries, grapefruit and plums. Eat as much fruit as you want and in any combination that you wish to have. For example, you may wish to have two apples, or a grapefruit and some berries or a mixed fruit salad made with all the above fruit – the choice is yours.

Mid-morning snack : one portion of fruit chosen from the above list. One portion equals a cup of berries, half a grapefruit, two plums or an apple or a pear.

Lunch : Days One and Two : a large bowl of home made Vegetable Soup (see recipe at the end of this Plan), plus 2 tablespoons of organic houmous and as many crudities as you want such as strips of peppers – any colour – and celery and carrot batons. .

Day Three : a large bowl of home made vegetable soup plus a large salad made with as many salad vegetables as you wish, e.g. radishes, peppers, cucumber, lettuce, rocket, celery, tomatoes. Add a couple of tablespoons of organic tinned chickpeas, kidney beans or haricot beans to the salad for bulk. Serve with homemade salad dressing.

Mid-afternoon snack : a handful of unsalted nuts – choose any nuts that you like EXCEPT for peanuts or monkey nuts. You can have a mixture of nuts e.g. hazelnuts, pecans, brazils, walnuts, almonds or just one type if you wish. For portion size, simply fill the palm of your hand.

Also have a portion of fruit from the above list – see under Breakfast.

Dinner : Days One and Two : a large bowl of homemade vegetable soup with either ½ cup of cooked brown rice mixed in or 2 slices of organic rye bread – toasted if you wish (e.g. The Village Bakery Rossisky, Baltic or Borodinsky bread from Waitrose). You can use organic houmous on your bread – but no butter or any other spread.

Day Three : 4 oz (100g) of grilled fish of your choice or grilled chicken breast plus ½ cup brown rice and two or three steamed vegetables such as broccoli, leeks and green beans.

Follow with a pot of natural organic bio yoghurt (full or low fat as you prefer) on all three days.

Drinks : Drink water or fruit and herbal teas (see below) throughout the day. You can have water as a mug of hot water and a slice of lemon or simply glasses of water. Avoid drinking with meals – keep the water to first thing on awakening and then in-between meals. One small glass of water with food will do no harm.

Also you can drink herbal and fruit teas, Green and White tea and Redbush (Rooibosch) tea throughout the day.

NOTE :

- 1. You could feel quite light-headed and lethargic during these three days as you will be consuming far less calories than you have been used to. You may also get headaches or feel achy during these three days as you avoid coffee and tea and other caffeinated drinks. Your bowels may get looser than usual and you may urinate more than normal. Just keep drinking lots of liquid to help you get through the three days. Rest as much as you can – even just by reading a magazine or two or curl up with a good book for an hour or so daily, if you possibly can !**
- 2. It is unadvisable to carry out a Detox/Cleansing programme if currently actively trying to get pregnant or you are pregnant.**

On Day 4, break the Eating Plan by eating lightly – do not overdo your food intake or follow the **Hypoallergenic Regime** (this can be found in the Health Library) for another three or four weeks to maximise the detoxing/cleansing process and help you shed a few more pounds.

VEGETABLE SOUP

This is an easy to make soup that can be made and kept in the fridge for 2 or 3 days. Try and use organic vegetable whenever possible.

You can also have a mug in between meals for a "snack".

Dice up any vegetables that you may have in the fridge such as :

- celery
- peppers
- tomatoes
- broccoli
- cabbage
- leeks - these are a great diuretic so good for fluid loss so include lots

Then pop in a large pan with a small knob of organic butter and a bit of water and saute gently for about 5 minutes. Then pop the lid on and let them "steam" in the water/butter mixture for another 5 minutes - ensure there is enough liquid for the vegetables not to burn.

Then remove the lid and add a couple of pints of chicken stock or a couple of pints of stock made with Marigold Bouillon powder or organic Kallo Chicken or Vegetable stock cubes. You can also add some freshly ground black pepper and a clove or two of crushed garlic if you wish. Do not add salt if you are using Marigold or stock cubes as these are generally very salty.

If you are using home made stock you can add some freshly ground sea salt or rock salt (e.g. Malden).

Pop the lid back on and allow to simmer gently for about 40 minutes.

You can add pot (not pearl) barley, or organic lentils or tinned organic beans such as haricot beans, butter beans, kidney beans or chickpeas, to the soup half-way through cooking to "bulk" it up if you wish.

If you wish you can puree the soup so you have a smooth soup or if you prefer a more "chunky" soup - then have as it is.

To take to work, simply heat up in the morning and pop in a flask.

When cool, pop the left over soup in the fridge and keep for the evening to have a bowl before supper or to have again for lunch the next day. Warm thoroughly before eating each time.