



vibrant
the way we make you feel

MEAT/WHEAT FREE DIET

BREAKFAST

(Best brands of cereal.... Alara, Barkat, Hales & Hearty, Natures Path, Rude Health, Suma, Whole Health) Quinoa, Oats, Millet, Buckwheat Flakes, Barley, Corn Flakes, Rice Cereal, Amaranth, Wheat Free Muesli, Soya and Linseed, Millet Rice, Rye, Spelt, with water or Rice Milk, Soya Milk, Oat Milk, Millet Milk, Hemp Milk FRUIT Blueberries, Raspberries, Strawberries, Pineapple, Goji Berries, Grapefruit, Avocado, Apple, Banana, Custard Apple, Mango, Papaya, Kiwi. Figs, Dates, Melon, Kiwi, Pear.

TEAS

Clevers, Dandelion, Detox, Fennel, Ginger, Ginkgo, Gotu Kola, Green, Hawthorne Berry, Horsetail, Liquorice, Lemon Balm, Nettle, Pau D'Arco, Rose Hip.

COFFEE

Bambu, Barley Cup, Caro, Chicory, Dandelion

SWEETENER

Xylitol or Stevia (Canderel do this) both found in supermarkets instead of sugar

LUNCH (at work)

Hatcho Miso Soup, Brown Rice Miso Soup, Sweet White Miso Soup. Butter Beans, Cannellini Beans, Brown, Dark Speckled, Green, Puy, Red Lentils, Oat Cakes, Rice Cakes, Rye Bread, Corn Cakes, Spelt Crackers, Gluten Free Bread, Savoury Rice Crackers, Wakama Brown Rice Crackers with the following spreads: - Meze's Kalamata Olive, Red Pepper & Feta, Roasted Red Pepper, Aubergine, Sun Dried Tomato, Omega Butter, Almond Butter, Cashew Butter, Hazelnut Butter, Yeast Spread, V eg pate, Houmous, Shiitake pate. Tahani,

Veg Chilli, Lentil Hot Pot, V eg Curries, Tofu, Soya Sausages, Quorn, Cannellini, Flageolet Beans, Vine Leaves, Tofutti, Scheese (100% Dairy Free) Cheese Cows/Goats/Soya/Mozzarella. Boiled Eggs Veg Carrot, Celery, Cucumber. Tomatoes, Olives, Okra, Watercress, Pak Choi, Fennel, Parsley, Turnip, Radish T enderstem, Broccoli, Spring Greens, Squash, Peppers, Sugar Snap Peas, Mange Tout, Kale,

SNACKS

Beat it Pro-Elite Bar; Braw Snack Bar; Creative Nature Heavenly Cacao, Blissful Berry, Brownie Bar; Inspiral Kale Chips, Tomato Crackits, Superfood Bits, Super Green, Superfruit; The Primal Kitchen Almond and Cashew, Brazil Nut and Cherry, Coconut and Macadamia; NAKD Berry Cherry, OSKRI Coconut Bar; Quinoa Bar; Sesame Seed Bar.

VILLAGE BAKERY 4BARS Nut, Fruit, Seed. Flap Jacks. Nature's Plus, Red Lightning, Green Lightning, Gold Bars, Amazake, (Brown Rice and Millet Desserts,) Halva, Soya Desserts Fruit and Nut varieties, Yoghurts (Coconut, Cow's, Goat's, Sheep's, Soya) Chia, Sunflower, Sesame, Pumpkin, Linseed, Hemp Seeds. Almonds, Brazil, Cashews, Hazelnuts, Macadamia, Pecans, Pine Nuts, Pistachios, Walnuts

EVENING MEAL

Wheat free pasta Corn, Millet and Rice, Buckwheat, Spinach and Corn, Adzuki Beans. Brown Rice, Cheese dishes Chick Peas, Egg, Mug Beans, Noodles, Pinto Beans, Tofu, Quorn, always with vegetables of course plus imagination.

ANTI-AGEING Plenty Exercise, Fresh Air, Sleep. Limit Stress Small amounts of Alcohol. Regular contact with people. Low Salt. Lean Meat, Fish. Many Fruit and Vegetables (daily) Soya Products, Olive Oil (Extra Virgin), Goats Products, Raw Foods, Green Tea, Sage Tea. Beans and Pulses. Essential Fatty Acids in Fish, Seeds and nuts, Seaweed, Whole grain not refined carbohydrates. SUPPLEMENTS Astaxathin Co-enzyme Q10 Ginkgo Biloba, Bilberry, Turmeric, Garlic, Korean or Chinese, Mangosteen. Apricots, Asparagus, Avocados, Blackberries, Beetroot, Carrot, Cinnamon, Dates, Elderberries, Fennel, Figs, Garlic, Ginger, Liquorice, Mulberries. Papaya, Tomatoes. Water

ANTI-OXIDANTS Foods in order (best first) Hiorac (worlds most powerful) Astaxathin; Goji Berries, Pomegranate, Prunes, Raisins, Blueberries, Kale, Strawberries, Spinach, Raspberries, Plums, Alfalfa Sprouts, Broccoli.

ACCELERATE-AGEING Overeating, Overcooking, Working excessive hours. Sugar, Too much salt, Refined processed food. Too much dairy, meat. Commercial teas and coffee. Alcohol in excess, Smoking, Indoor life, Saturated fats and hydrogenated fats, Fast food, Fizzy drinks, Sweets, E-numbers, Caffeine.

BRAIN SUPPLEMENTS Acetyl-L-Carnitine, Essential Fatty acids, (Omega 3,6,9), Udo's Oil, Fish Oil, Ginkgo Biloba, Krill Oil, Huperzine A, Lecithin Granules, Lyprinol, Phosphatidylserine, Pycnogenol, PS-10 Memory, Sage, Onion, Any Fish, Eggs with Omega 3,

COLOURED FOODS Black-Kidney's. Blue- Nerves. Green- Detoxification. Orange - Cancer Prevention.

Purple - Longevity. Red - Heart. White - Immunity. Yellow - Beauty

CIRCULATION Astragalus, Bilberry, Ginkgo Biloba, Gota Kola, Hawthorne Berry, Wheat Grass, Ginger, Oolong Tea, Cayenne pepper

DIABETES Cut six Okra's at both ends soak them in 2 a pint of water overnight. Remove the Okra's the next morning drink the water this helps with your blood sugar. Cheese, Cinnamon, nuts, Beans, Chilli. Avoid white potatoes and white bread.

HIGH BLOOD PRESSURE Vitamin C, Potassium, Magnesium, and Calcium, Garlic, Hawthorne Berry, Cayenne Pepper, L-Taurine. {Carrot Parsley, and Celery Juice}, {Grape and Carrot Juice}, (Lime Juice and Whey (Molkosan (A. Vogel) juice) Celery, Fenugreek Fish oil (krill oil best) Grapefruit. Olive Oil, Onions. Never use heated oils.

LOW BLOOD PRESSURE Liquorice, Panax Ginseng, Butcher's Broom. {Parsley, Cayenne Pepper, Garlic juice} Often too little protein.

MENOPAUSE Soya products, Linseeds {Flaxseed} All seeds and nuts helpful, Fish Oil (Krill oil the best) Houmous, Adzuki Beans, Apples, Avocado, Cavolo Nero {known as Black Cabbage}, Chicory, Kidney Beans, Fennel, Oats, Okra, Olives, Sweet Potatoes, Lentils, Eggs with omega 3.

STRESS Hawthorne Berry, Lemon Balm, Liquorice, Maitake, Murira Puama, Oats, Pfaffia. Rhodiola

SLEEP Warm baths (with Dead Sea Magik or Epsom Salts, or Grandma Vine Bath Soak or Lavender, or Chamomile, or Lemon Myrtle, or Ylang Ylang in water) Never eat too heavy a meal just before sleeping. No electricity in the bedroom. Foods to help sleeping Sunflower Seeds, Bananas, Turkey, Nuts, Corn, Celery, Cos Lettuce, Cherries, Oats, Millet, Ginger, Tomatoes, Beetroot, Brown Rice. Hawthorne Berry Tea, Lemon Balm Tea, Chamomile Tea.

SPLEEN (When tonsils removed spleen does extra work. So spleen needs help with these foods) Adzuki Beans, Alfalfa, Astragalus, Barley Grass, Bee Pollen, Beetroot Carrots, Celery, Chlorella, Fennel, Fish, Garlic, Kale, Kelp, Millet, Nettle Tea, Parsley, Pau D'Arco, Quinoa, Radishes, Spirulina, Sweet Potatoes, Turnip, Wild Blue Green Algae,

THYROID Kelp; Parsley; Himalayan Salt; Navy Beans for Iodine; Almonds; Avocado; Bananas; Pumpkin Seeds and Lentils for Tyrosine;