



## Seasonal Eating - Diet Program

The pre and post portion of this program can be as important as the program itself. The following is a list of foods and food groups to be avoided during the pre Program phase, which will begin 3-5 days prior to start time. The number of days for the pre Diet Program is up to the individual.

### **THE BIG 9-to be avoided**

1. Alcohol = of any kind or in any recipe dishes. **Exception:** if you are taking a liquid tincture made with an alcohol extraction for particular health reasons.
2. Caffeine = coffee, black tea, soda. **Exception:** Green Tea, Yerba Mate. There are enough health benefits with these teas usage to balance the small amount of caffeine they contain. \*If there are concerns regarding caffeine withdrawal symptoms, try consuming 3-4 cups of green tea per day!
3. Chocolate = in any form!
4. Dairy = this includes; milk, cheese (cow, goat, sheep), ice cream (cow, rice cream, tofutti), butter.
5. Flour = any food that became flour before the finished product i.e....bread, crackers, muffins, cookies, pasta-any kind, cous cous. This category involves simple carbohydrates (rice cakes). **Exception:** complex carbohydrates i.e...brown rice, quinoa, millet, barley.
6. Fried foods = **Exception:** stir fry's that are cooked quickly using good cooking oils i.e. coconut, grapeseed oil, quality olive oil.
7. Processed/prepackaged = foods that typically come pre-prepared are usually steeped with preservatives or have utilized less than optimal ingredients.
8. Sugars = all forms of sugar are to be avoided; brown sugar, rice syrup, maple Syrup, Agave. **Exception:** a little organic honey for tea only, sweetener-Stevia.
9. Soy= this consists of soy milk, soy cheese, soy ice cream, tofu, soy powder. **Exception:** Miso soup

### **All the Rest-to be included**

- \* Protein= animal, nuts, nut butters, rice powder, whey powder.
- \* Complex carbohydrates= brown rice, quinoa, millet, wild rice.
- \* Vegetables= start considering the vegetables in season.
- \* Fruit= consider seasonal fruit and local. Some dried fruit ok-would prefer if dried fruit be soaked first. Bottled juice should be organic and diluted at least 50%, preferably 70%.