

THE FIT 50

EAT DAILY

EAT OFTEN

EAT MODERATELY



Vegetables

1. Artichokes
2. Asparagus
3. Beetroot
4. Broccoli
5. Cabbage and Brussels Sprouts
6. Carrots
7. Cauliflower
8. Celery
9. Chilli Peppers and Capsicum
10. Fermented Vegetables
11. Garlic
12. Ginger or Galangal
13. Green Beans
14. Herbs
15. Leeks
16. Legumes – Non-GMO and Organic if Possible (Lentils, Beans, Chickpeas)
17. Lettuce and Leafy Greens
18. Mushrooms
19. Onions
20. Pumpkin
21. Radish
22. Spinach and Swiss Chard/Silver Beet
23. Sweet Potato
24. Turmeric
25. Wheatgrass and Watercress
26. Zucchini

Supplements can vary but a core base of:
Vitamin C - 1000mg minimum and Selenium 200mcg

Drink at least 8 glasses of water per day with freshly squeezed lemon. Add stevia if needed.

Controlling
THE ODDS



Fruits

1. Apples
2. Avocado
3. Berries
4. Kiwi Fruit
5. Lemons
6. Tomatoes



Meat and Dairy

1. Chicken – Organic
2. Dairy – Fermented
3. Free Range Organic Eggs
4. White Fish – Wild Caught not Farmed
5. Salmon or Oily Fish such as Tuna and Mackerel – Wild Caught not Farmed



Drinks

1. Bone Broths
2. Herbal Teas – Naturally Flavoured and Decaffeinated Green, Fruit, Ginger or Peppermint Tea
3. Kombucha
4. Water



Others

1. Apple Cider Vinegar (ACV)
2. Dark Chocolate – Preferably Organic and 80% Cocoa or Higher
3. Nuts
4. Oils
5. Protein Powder – Low Carb, Naturally Flavoured and not Containing Aspartame 950, 951, 952 or Sucralose 955.
6. Psyllium Husk
7. Salt and Pepper
8. Seeds such as Chia, Hemp, Flax, Linseed, Sesame and Quinoa
9. Spices