

# The Eating Plan

\*\*\*\*\*BE THE GODDESS YOU DESERVE TO BE!\*\*\*\*\*

IF YOU'D LOVE TO DROP THE SUGAR OUT OF YOUR DIET, (AND EAT IN A WAY THAT WILL TURBO CHARGE YOUR FAT BURNING TOO!) THEN THIS IS THE DIET PLAN FOR YOU!

Eat around 50g carbs per day. The veg and salads that you can enjoy are all around 4g per portion, so enjoy away!

FIRST, you need to leave out all the foods that are preventing you from fully going into fat-burning mode, so.....

## AVOID

### COMPLETELY LEAVE OUT

Bread, pasta, potatoes, rice, pastry and all sugar. Sugary yoghurts and sauces, fruits and fruit juices, No sugary drinks and replace sugar with Stevia or similar in tea/coffee. No beer/lager, and avoid wine.



### ALSO AVOID

Pulses such as beans, lentils etc, and root veg. Limit your alcohol too, as it will affect your body (and liver!) a lot more dramatically when you cut carbs out of your diet. So, stick to a small amount of spirits with sugar free mixers, and limit your milk to a couple of splashes in drinks a day.

## THEN

THEN, start to enjoy all the foods that will help your body burn fat quickly and effectively.

# ENJOY

Meat, fish, chicken, eggs, cheeses, butter, creams, peppers, mushrooms, onions, leafy greens, leeks, cauliflower, herbs, spices, berries, creme fraiche, mayonnaise, greek yoghurt (NOT fruit yoghurts) salad, stir fry, tofu, butternut squash, potato skin (but not the flesh), celeriac, all green veg (inc green beans), butter, coconut oil, nuts, nut butters, seeds, olives, olive oil, avocados, and all herbs and spices. Tea and coffee (with a small splash of milk), sugar free drinks.



OMELETTES are a great start to the day (say bacon and cheese omelette, or mushroom if you're vegetarian), and for lunch enjoy green salad with protein (tuna, etc) and fat such as mayonnaise or oil dressing for lunch, an afternoon snack later so you're NOT starving by dinner time (This could be something like - a handful of nuts or seeds, olives, chunk of cheese etc or some berries and cream) Make sure you enjoy a dinner with protein such as salmon/chicken (and enjoy the skin, if you love it!) and a couple of portions of the veg from above. Try to eat before 6pm. Enjoy!

DIETS don't work.....clearly!! So why not try something new, such as enjoying your food? If you do..you will join the growing number of women and men who have enjoyed effortless, pleasurable weight loss!

Check out the website for further details

[www.breakthrough-weightloss.co.uk](http://www.breakthrough-weightloss.co.uk)



If you have any questions at all about this eating plan, then email me at [bridgette@breakthrough-weightloss.co.uk](mailto:bridgette@breakthrough-weightloss.co.uk) and I will get right back to you.

We're also on Facebook at [@Breakthroughweightloss](https://www.facebook.com/Breakthroughweightloss)