

# MODERE DETOX

## FOOD LIST & MENU PLAN

It's much easier than you think!

### NUTRITION AND DETOX

An integral component of the Modere Detox program is a nutritious, healthy and above all sensible approach to eating.

Let's start with a very important piece of advice: Don't be afraid of food.

Food is fuel for your body and you need to eat. You just need to choose the right food for optimal body composition.

Ideally the more processed a food is, the more you should avoid it. If you look at the food list overleaf, you'll see there are a great variety of delicious and nutritious foods included for you to choose from.

### IT'S EASY! JUST FOLLOW THESE SIMPLE RULES:

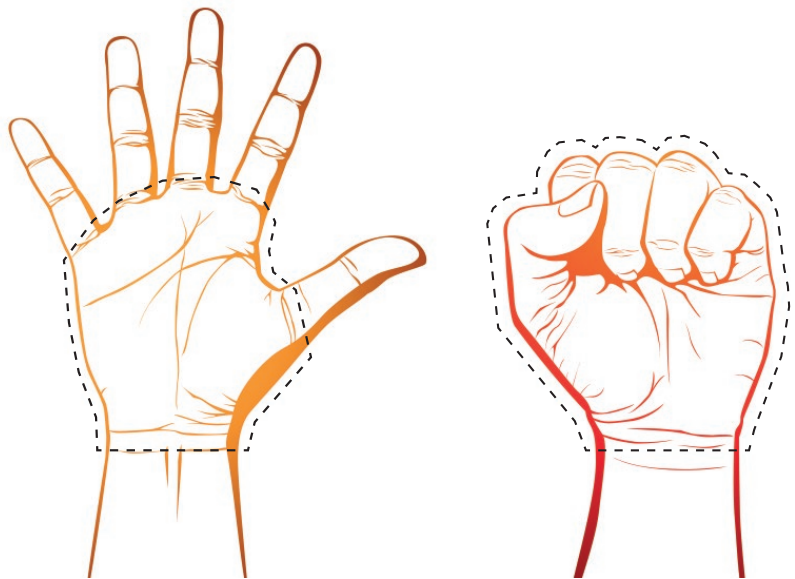
- 3 meals per day, which include:
- 1 palm sized portion of a protein food from the recommended protein meal lists with every meal
- 3 fists of vegetables with at least two meals a day (you may replace 1 fist per day with a fist of fruit)

- 2-3 snacks per day, which include:
  - ½ palm of a protein food from the recommended protein snacks list or the nuts & seeds list (nuts and seeds are an optional protein snack however they also are high in calories, so limit your intake to no more than 3-5 snacks containing nuts and seeds per week)
- Continue with your usual exercise routine – if you don't have an established exercise routine – get moving! A good idea is to get a pedometer and set a goal to do 10,000 steps a day. You'll be amazed at how many you already do.
- Drink 2 litres of filtered water daily, ideally 1 litre in-between breakfast and lunch and 1 litre in-between lunch and dinner.

### WHAT'S THIS ABOUT PALMS?

Don't worry too much about exact measures, as you have a very useful guide to portion control right at hand! Palm sizes and fists can help you to instantly measure the foods you eat. Remember, because the Modere Detox program is personalised to your needs, actual amounts are based on your body size!

- 1 palm size equals approximately 100 grams of a protein food; however the amount is unique to the individual
- ½ palm size equals approximately 50 grams of protein foods for snacks
- 3 fists equal approximately 3 cups of vegetables, depending on the size of your fist.



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## FOOD LIST

RECOMMENDED PROTEIN MEALS	RECOMMENDED VEGETABLES		RECOMMENDED PROTEIN SNACK	FRUIT (OPTIONAL)	NUTS & SEEDS (OPTIONAL SNACK)	CONDIMENTS & COOKING OILS (OPTIONAL)	BREADS, RICE, PASTA (OPTIONAL)	SWEETENERS
1 palm per meal	2-3 fists or cups per meal		½ palm per snack	1 cup per day*		1 teaspoon		
Shake Pea Protein <i>(full serve)</i>	Alfalfa sprouts	Olives	½ palm from protein meals	Apples	Almonds	All herbs & spices	Bread <i>(essene, spelt, multigrain, wholemeal, rye)*</i>	Stevia
Beef	Asian greens	Onions		Apricots	Brazil nuts	Coconut oil*		Xylitol
Chicken	Asparagus	Radicchio	Protein Bar Choc Fudge <i>(½ serve)</i>	Blackberries	Coconut meat	Macadamia oil*	Cereals <i>(bran, muesli, whole oats, wholegrain)**</i>	
Duck	Baby spinach	Radish	Shake Pea Protein <i>(½ serve)</i>	Blueberries	Flax/Linseeds	Olive oil*	Pasta / noodles <i>(low-carbohydrate, spelt, wholemeal)***</i>	BEVERAGES
Eggs <i>(2)</i>	Bamboo shoots	Rocket		Cherries	Hazelnuts	Sesame oil*		Chamomile tea
Kangaroo	Bean sprouts	Sea vegetables <i>(kelp, kombu, wakame, arame)</i>	Boiled egg <i>(1)</i>	Figs <i>(fresh)</i>	Macadamia nuts	Soy sauce**		Dandelion tea
Lamb	Bok choy		Cottage cheese <i>(low fat)</i>	Grapefruit		Walnut oil*		Ginger tea
Mussels	Broccoli	Snow peas		Guava	Pecans	<i>*Organic cold pressed oils preferable</i>	Rice / grains <i>(barley, basmati, brown, cous cous)****</i>	Green tea
Oysters	Broccolini	Spinach	Haloumi	Honeydew melon	Pepitas	<i>**preferably low sodium and gluten free</i>	<i>*2 slices per day</i>	Licorice tea
Pork <i>(inc. nitrite free cured meats e.g. ham, bacon)</i>	Brussels sprouts	Sprouts	Hard cheese <i>(low fat)</i>	Kiwi fruit	Pine nuts		<i>**½ – 1 cup per day</i>	Peppermint tea
	Cabbage	Squash	Quark <i>(low fat German style)</i>	Lemons	Pistachios		<i>***½ cup cooked per day</i>	Tulsi tea
Prawns	Capsicum	Tomato		Limes	Sesame seeds		<i>****½ cup cooked per day</i>	Water*
Rabbit	Cauliflower	Water chestnut	Salmon smoked*	Mulberries	Sunflower seeds			Mineral water
Salmon smoked*	Celery	Watercress		Nectarines	Walnuts			<i>*can be flavoured with fresh lemon, lime or grated ginger</i>
Scallops	Chard	Zucchini	Sardines**	Passionfruit				
	Cucumber		Tuna**	Strawberries		DAIRY (OPTIONAL)	SWEETS (OPTIONAL)	
Tempeh <i>(GM Free)</i> <i>(250g-300g can be consumed per day)</i>	Eggplant		<i>*check label for hidden sugars</i>	<i>*if consuming 1 cup of fruit replace one of the 3 cups of vegetables with the fruit</i>		Cheese <i>(low fat) (inc. paneer) ½ palm size</i>	Fresh fruit	
	Endive		<i>**small can in spring water</i>			Natural yoghurt <i>1 serve = small carton</i>	Fruit sorbet*	
Tofu <i>(GM Free)</i> <i>(250g-300g can be consumed per day)</i>	Fennel					Organic milk <i>1 serve = 1 cup</i>	Frozen berries*	
	Garlic					Organic unsweetened soy milk <i>1 serve = 1 cup</i>	Frozen yoghurt*	
Veal	Kale						Stewed fruit*	
White fish	Kohrabi						Quark <i>(low fat)</i> <i>*no added sugar</i>	
<i>*check label for hidden sugars</i>	Leek							
	Lettuce <i>(all types)</i>							
	Mushroom							
	Okra							

*Organic and GM free produce recommended*



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You can easily create your meal plan by using the food list. Top tip: choose your selection of foods from the food list and Google them to find a suitable recipe! Just remember to follow the portion sizes recommended on the food list and include a protein food with every meal and snack.

The following is an example meal plan created using this list. You can find the recipes on the Modere website under Detox Collection. Rotate your protein sources to maintain a balanced diet. Vegans and vegetarians may need to improvise using snack proteins.

	DAY 1	DAY 2	DAY 3
Breakfast	Bridie's veggie omelette	Rolled oats with fresh apricots or scrambled eggs and smoked salmon	Modere smoothie
Water	1 litre in-between breakfast and lunch	1 litre in-between breakfast and lunch	1 litre in-between breakfast and lunch
Mid morning Snack	Small tub of natural yoghurt or a small serve of mixed nuts	Green apple and/or walnuts	Brazil nuts, almonds or walnuts
Lunch	Tuna pasta	Ham and salad wrap	Modere lamb salad
Water	1 litre in-between lunch and dinner	1 litre in-between lunch and dinner	1 litre in-between lunch and dinner
Mid afternoon Snack	Hummus and carrot sticks	½ palm size protein and celery sticks	Protein and home-made hummus (left over protein from last night meal)
Dinner	Chicken stir-fry	Lamb roast	Vegetable soup with Atlantic salmon pieces
Evening snack	Quark and blueberries	Quark and choice of fruit	Modere mousse