

Disclaimer

The nutrition advice given within this document is ONLY for general information, and should not be treated as a substitute for medical advice from your GP, dietician or any other health care professional.

Should you choose to follow the advice herein, you acknowledge that you are doing so, of your own free will, and with the knowledge the dietary recommendations have not been tailored specifically for you.

If you suffer from a medical condition of any kind, you should speak to a qualified medical practitioner for advice, and to determine if you should take part in any kind of eating plan. You should always speak to your health care practitioner before you start any new fitness or nutrition regime.

If at any time, you feel that the personal recommendations given are causing negative side effect, stop immediately and consult your GP. Always speak to your GP, if you are in any way concerned about your health. If you feel any discomfort during exercise, stop immediately.

This program is only recommended for healthy individuals, aged 18 years and older. This advice and program is not intended for use by those under the age of 18 years, pregnant women or individuals with any type of health conditions that may require medical treatment.

Phil Harrison not responsible or liable for any injuries occurred by performing any of the activities advised or diagnosis made by a user based on the information contained within the program.

The Rapid Fat Loss Food Cheat Sheet

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If you're looking to accelerate your results using this information, then [you need to click here](#) and watch the short video

1. The Detailed Guide Too Food & Drink

Use this guide to make the right choices about the foods you eat and avoid. You should vary these foods and imprint them on your brain. Eventually choosing the right foods will become second nature soon enough.

Further down is a more detailed list of suggestions which are good foods food choices.

Read everything though – don't be lazy.

A. The Food & Drink Overview

Use this chart as a quick review/guide on what to eat and avoid – use the detailed lists below for more help. Make sure you plan out meals using the foods below

Food Group	Examples	Additional Notes – Please Read
<p>Carbohydrates (keep these to only after exercises sessions – must be a good workout)</p> <p>If you miss a session carbs are ok on the day of training</p>	<p>(eat) Sweet Potato, White Rice/Jasmine Rice, Rice Noodles. Porridge – must be organic and gluten free porridge.</p>	<p>Ideally, Post-Workout Within One Hour of Training. Should account for 20-30% of Your Meal.</p> <p>If Not Consumed Post Workout, Ensure You Eat Protein With It To Reduce The Bodies Chances Of Storing It As Fat</p>
<p>Fresh Meat, Fish, Poultry</p>	<p>(eat) Unlimited Sources – Ideally organic Meat, Especially Organic Beef Is Advisable Due To Artificial Growth Hormones Present.</p>	<p>Pork Should Be Avoided On The detox</p>
<p>Dairy</p>	<p>(eat) Free Range Eggs, Organic Full Fat Butter, Full Fat Natural Yoghurt (Plain), Full Fat Greek Yoghurt (Plain), Feta Cheese, Goats Cheese. (don't eat the yogurts and cheeses more than once per day each)</p>	<p>Milk, Low Fat Margarine, Butter or Spreads should be avoided in every way.</p> <p>The Body Loses The Ability To Digest Lactose After The Age Of Three Years. And There Is Virtually No Calcium In Modern Milk so don't just drink milk for those reason – you're better off getting calcium pills</p> <p>Low fat spreads share every ingredient except one with paint and plastic while being full of fats and oils which the body is unable to break down – so avoid these at all costs</p>

		Milk and other produce which goes through the process of pasteurisation and homogenisation should be avoided as the process of heating destroys any nutritious content. Growth Hormone Injected into Cows To Make Them Produce More Milk Also Have The Same Effect On The Human Body – ie Get Fatter.
<p>Fruit and Vegetables Eating too much fruit is one of the biggest causes of gaining belly fat on women. You might be eating healthy but your not eating for fat loss. The high levels of sugar in fruit are often stored as fat on the female body and especially for women. Use the detailed fruit guide below to help make the right choices about fruit</p>	(eat) Most Fruit And Vegetables – See Notes>	<p>Avoid Starchy Vegetables Such As Potatoes Or Anything High On The Glycemic Index (see below)</p> <p>Fruits Such As Bananas, Strawberries and Pineapple Which Are High On The Glycemic Index Should Be Eaten With A Source Of Protein Such As Yoghurt And Nuts To Reduce The Bodies Fat Storing Potential. Avoid Over-Snacking On Fruit By Keeping non berry fruit to a maximum of 1 per day. Berry fruit should be limited to 2 portions per day.</p>
<p>Fats</p>	(eat) Avocado, Olives, Nuts, Olive Oil, Coconut Oil (see detailed list below), Almond Butter, Coconut Milk (not tinned)	<p>Sunflower Oil and Vegetable Oil, Regardless Of What The Media Tell You Are Made Up Of Long Chain Fatty Acids Which The Body Is Unable To Digest And Will Be Transported Immediately To Fat Cells For Storage.</p> <p>Fats Are Required In The Diet For Optimum Health And Nutrition – Be Sure To Consume The Right Fats And Cook Only With Organic Coconut Oil Where Possible</p> <p>Olive Oil Can Be Used As A Dressing And To Lightly Cook But Should Not Be Used To Cook With As It Becomes Toxic When Heated To A High Temperature For Any Longer Than 5 Minutes.</p>
<p>Caffeine And Teas</p>	(drink) Green Tea, Herbal Teas, Liquorice, Lemon and Ginger, Peppermint, Tulsi Holy Basil	Avoiding Tea, Coffee, Fizzy Pop, Diluted Drinks Is Essential As The Caffeine In These Is Artificial And Toxic. Natural Caffeine Is Found In Green Tea And Will Boost

		The Metabolism And Speed Up Fat Loss.
Water	(drink) Fresh Bottled Water And Filtered	Avoiding Tap Water Where Possible Due To High Fluoride Content – Use A Water Filter Where Bottled Water Is Not Possible. Avoid Flavoured Waters As Artificial Sweeteners Are Bad News.
Sugar And Artificial Sweeteners (Avoid all on detox) Including Agarve Nectar (this video about sweeteners they put in modern foods and will shock you – click here to play)	Avoid All Including And Not Limited To: Acesuflame Potassium, Aspartame, Cyclamate, Neotame, Saccharin, And Sucralose	Sugar Is Cheap And Is Used To Bulk Up Low Fat, Fat Free And Healthy Options Products – Sugar Simply Makes You Fat. Sweeteners Have Many Negative Effects On General Mental Health And Promote Inflammation And Swelling Around Joints. Often Found In Flavoured Waters, And Juices, Chewing Gums.
Wheat And Gluten – And All Processed Foods	Avoid All Bread, Pasta, Cakes, Soups, Sauces, Including Healthy Options, And Any Pre-Packaged Products	Wheat and Gluten Are Indigestible For Most People, Which Causes Bloating, Allergies (i.e Hayfever) And Causes Stress On The Digestive System And Liver. Modern Day Processes Make Wheat Indistinguishable From Sugar And Leads To All The Same Side Effects As Sugar. Always Check The Label.
Alcohol	Avoid All or limit to ½ small drinks a week	Toxic Substance Which The Body Can Only Treat As A Poison. It Will Take The Body 10 Hours To Metabolise One Drink. Contain High Levels Of Sugar Promotes Estrogen In the Body, Reduces Libido And Fertility and give significant mood swings Any Toxic Foods Eaten While The Body Is Trying To Metabolise Alcohol Will Be Immediately Stored In Fat Cells As Liver Under Too Much Stress.

B. The Detailed Guide

Use the information in the tables below as a guide of products to eat (where additional notes have been added please ensure these are followed).

#1 this is not an exhaustive list of what you can eat – this is just a list of items we have selected to give you an idea. We encourage you to try new items as your knowledge about what foods are good and bad gets better

#2 Always try to cook in the healthiest way possible.

#3 Use the oil and fats table below to work out the best way to cook/dress food.

Meats & Protein Sources:

Meat	Poultry	Fish & Seafood
Beef Bison Lamb Rabbit Venison Wild game Ensure the below foods come from organic sources otherwise they will be very toxic Heart Kidney Liver	All eggs Chicken Duck Game birds Goose Pheasant Quail Turkey	Cod Crab Crayfish Haddock Halibut Herring Lobster Mackrel Mussel Oyster Salmon Sardines Scallop Sea bass Shrimp (prawns) Squid Shark Swordfish Tuna Trout

Fruit & Veg:

Remember the fruit protocol – only 1 item of non-berry fruit per day or included in a smoothie. Combining berries with your piece of fruit is ok (with a second daily portion of berries being allowed)

Vegetables	Fruits (bold – max 2 portions per day)	Nuts & Seeds
All peppers Artichoke Artichoke Asparagus Aubergine Aubergine Avocado Bamboo shoots Beetroot Broccoli Brussels sprouts Cabbage	Apple Apricot Banana Blackberry Blueberry Boysenberry Cantaloupe Cherry Coconut Cranberry Elderberry Fig	Almond Beech nut Brazil nut Cashew nut Chestnut Flex Hazelnut Hickory Macadamia Peanuts Pecans Pine nut

Carrot Carrot Cauliflower Celery Corn Courgette Courgette Cucumber Dill Eggplant Fennel Garlic Ginger root Ginseng Green bean Green pea Kale Kohlrabi Leek Leek Lettuce Mushroom Mustard collard Okra Olives Olives Onion Parsley Parsnip Pumpkin Radish Rocket Shallot Spinach Squash Swede Sweet Potato Tomato Turnip Watercress	Gooseberry Grape Grapefruit Guava Kiwi fruit Lemon Lime Loganberry Mango Melon Nectarine Orange Papaya Passion fruit Peach Pear Pineapple Plum Pomegranate Raisin Raspberry Red-current Rhubarb Satsuma Star fruit Strawberry (8 max a day) Tangerine	Pistachio Poppy seeds Pumpkin seeds Sesame seeds Sunflower seeds Walnut
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Oils & Fats:

If the oil does not appear on the Oils & Fat's list below then you should not be using it to cook with and avoid wherever possible after.

Oils & Fats		Herbs	Spices
Oil/Fat	Uses	Anise	Black pepper
Almond Oil	Salad dressings, sauces, sautéing,	Basil	Cardamom
Extra Virgin Coconut Oil	Baking, light frying,	Bay leaf	Cayenne
Coconut Butter	Baking, light frying,	Caraway	Chilli
Flaxseed Oil	Can be used for salad dressings.	Chervil	Clove
Extra Virgin Olive Oil	Salad dressings, marinades, sautéing. Can be used for baking/light frying but not ideal for this.	Dill weed	Coriander
The best oil for cooking is extra virgin coconut oil as it contains the most nutrients for your body and the oil doesn't change its structure when heated unlike many other oils. You will struggle to find extra virgin coconut oil in supermarkets so will need to order it off the internet.		Fennel seed	Cumin
		Fenugreek	Mace
		Garlic	Nutmeg
		Marjoram	Paprika
		Oregano	Saffron
		Peppermint	Cinnamon
			Ginger

When buying oil make sure you choose glass bottles rather than plastic as plastic leaks chemicals and contaminates the oil.	Rosemary Sage Spearmint Tarragon Thyme	Mustard seed Parsley
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The Basic Glycaemic Index

Use the glycemic index below to help make the best choices for your fruit and veg. This is a basic guide of the most commonly eaten items.

The lower the number the closer it is to a good carb, the higher the number the more 'bad' carb. This doesn't mean you can't eat them, just where you have a choice try and always go for the lower numbers.

Cherries	22
Grapefruit	25
Prunes	29
Apricots, dried	30
Apple	38
Pear, fresh	38
Plum	39
Strawberries	40
Orange, Navel	42
Peach, fresh	42
Pear	43
Grapes	46
Mango	51
Banana	52
Fruit Cocktail	55
Papaya	56
Raisins	56
Apricots, fresh	57
Kiwi	58
Figs, dried	61
Apricots	64
Cantaloupe	65
Pineapple, fresh	66
Watermelon	72
Dates	103

Vegetable Glycaemic Index (lower is better)

Broccoli	10
Cabbage	10
Lettuce	10
Mushrooms	10
Onions	10
Red Peppers	10
Carrots	49
Green peas	48
Corn, fresh	60
Beets	64
Pumpkin	75

Parsnips	97
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Beans & Peas (lower is better)

Chana Dal	8
Chickpeas, dried	28
Kidney Beans, dried	28
Lentils	29
Lima Beans (frozen)	32
Yellow Split Peas	32
Chickpeas	42
Blackeyed Peas	42
Kidney Beans	52

So there you have it, you now have the first step in taking action towards shedding unwanted weight, regaining your confidence and getting you dream body or your wedding day

Don't hesitate, don't delay or put it off until and better time, take action now.

Remember if you want to accelerate your fat burning to its absolute potential then reach out for a free discovery call by [clicking here](#)

To your results

Phil Harrison

#thebrideguy