



personal training has evolved

Phase I – Day 1 to 14

<p style="text-align: center;">RED: MEANS DO NOT EAT!!!  Green: to be eaten regularly (and organic if possible)  Yellow: means to be eaten less often</p>				
Meats / Poultry	Seafood		Dairy and Eggs	
Game	Abalone	Octopus	Goat Cheese	Gruyere
Venison	Anchovy	Oysters	Cows milk yoghurt	Ice Cream
Beef	Bass (freshwater)	Perch	Sheeps Cheese	Milk (2%)
Buffalo	Bass (sea)	Pompano	Eggs, Chicken (whole)	Milk (skim)
Lamb	Catfish	Rockfish	Eggs, Duck (whole)	Milk (whole)
Rabbit	Cavia	Roughy	Goats Milk Yogurt	Monterey Jack
Goat	Clams	Salmon (wild)	Brie	Mozzarella
Pork	Cod	Salmon (farmed)	Buttermilk	Muenster
Heart	Crab	Sardine	Camembert	Neufchatel
Kidney	Crayfish	Shark	Cheddar	Parmesan
Liver	Grouper	Shrimp	Colby	Provolone
Processed meat	Halibut	Snapper	Cottage Cheese	Ricotta
Chicken	Herring	Squid	Cottage Cheese (light)	Romano
Cornish Hen	Lobster	Swordfish	Cream (half and half)	Roquefort
Duck	Mackerel	Trout (farmed)	Cream Cheese	Sherbet
Gosse	Mahi-mahi	Trout (wild)	Edam	Sour Cream
Pheasant	Mussels	Tuna	Feta	Swiss
Turkey		Whitefish	Goats Milk	Cows whey
Quail			Gouda	Goats whey
Grains	Greens	Fruits		
Amaranth	Arugula	Apples	Papaya	Honeydew Melon
Buckwheat	Beet Greens	Apricots	Pears	Limes
Millet	Cilantro (coriander)	Blackberries	Persimmon	Loganberries
Quinoa	Collard Greens	Blueberries	Pineapple	Mango
Rice (white basmati)	Dandelion Greens	Boysenberries	Plums	Nectarines
Rice (brown basmati)	Endive	Cantaloupe	Pomegranate	Raspberries
Rice (brown)	Kale	Cherries	Prunes	Rhubarb
Rice (plain, white)	Lettuce (bibb)	Coconut	Raisins	Banana
Wild Rice	Lettuce (iceberg)	Cranberries	Strawberries	Kumquat
Kamut	Lettuce (loose-leaf)	Dates	Watermelon	Oranges
Spelt	Lettuce (romaine)	Figs	Casaba Melon	Peaches
Triticale	Mustard Greens	Gooseberries	Currants	Tangerines
Barley	Radicchio	Grapes	Elderberries	
Oat	Spinach	Kiwifruit	Grapefruit	
Rye	Sprouts (alfalfa)	Lemons	Guava	
Wheat	Sprouts (bean)			
	Swiss Chard			
	Turnip Greens			
	Watercress			



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Oils and Fats		Legumes	Fibrous Vegetables	
Almond Oil	Canola Oil	Aduki Beans	Artichoke	Kohlrabi
Blackcurrant Oil	Borage Oil	Black Beans	Asparagus	Mushroom
Butter (unsalted)	Corn Oil	Black-eyed Peas	Avocado	Okra
Coconut Oil	Cottonseed Oil	Fava Beans	Beet	Olive (all varieties)
Evening Primrose Oil	Hemp Oil	Garbanzo Beans	Bok Choy (Pak Choi)	Onion
Fish Oil	Margarine	Great Northern Beans	Broccoli	Pepper
Flax seeds (ground)	Palm Kernel Oil	Green Beans	Brussels Sprout	Radish
Ghee (clarified butter)	Peanut Oil	Green Peas	Cabbage	Shallot
Olive Oil	Safflower Oil	Lentils	Carrot	Zucchini
Sesame Oil	Sunflower Oil	Lima Beans	Cauliflower	Bamboo Shoots
Butter (salted)	Wheat Germ Oil	Mung Beans	Celery	Daikon
		Navy Beans	Cucumber	Water Chestnuts
		Pink Beans	Eggplant	Jicama
		Pinto Beans	Fennel	Leek
		Red Beans	Garlic	
		White Beans	Ginger Root	
		Soy Beans		
		Tofu		
Starchy Vegetables	Nuts and Seeds		Beverages	
Sweet Potato (yam)	Almonds	Sesame Seeds	Vegetable Juices	Oat Milk
Squash (winter)	Brazil Nuts	Walnuts	Water (distilled)	Rice Milk
Tomato	Cashews	Poppy Seeds	Water (pure, bottled)	Soft Drinks (colas)
White Potato	Chestnuts	Sunflower Seeds	Tea (herbal)	Soy Milk
Pumpkin	Filberts	Peanuts	Tea (green)	Tea (black)
Parsnip	Hickory Nuts		Almond Milk	Water (tap)
Turnip	Macadamia Nuts		Beer	Wine (red)
Carrot	Pecans		Coffee (caffeinated)	Wine (white)
Jerusalem Artichoke	Pine Nuts		Coffee (decaf)	
Corn	Pistachios		Fruit Juices	
	Pumpkin Seeds		Liquor	
Herbs, Spices and Seasonings				
Anise	Dill Weed	Pepper	Vinegar (rice)	Chocolate
Basil	Fennel Seed	Peppermint	Vinegar (wine)	Ketchup
Caraway	Fenugreek	Rosemary	Wasabi	Mayonnaise
Cardamom	Garlic	Saffron	Bay Leaf	Molasses
Cayenne	Ginger	Sage	Carob	Salt (iodized)
Chervil	Honey	Savory	Chive	Soy Sauce
Chili Powder	Horseradish	Spearmint	Mustard	Sugar (brown)
Cinnamon	Mace	Tarragon	Mustard Seed	Sugar (brown, unrefined)
Cloves	Marjoram	Thyme	Paprika	Sugar (white)
Coriander	Nutmeg	Turmeric	Salt (low sodium)	Vanilla (extract)
Cumin	Oregano	Vinegar (apple cider)	Salt (sea salt, unrefined)	
Curry Powder	Parsley	Vinegar (balsamic)	Artificial Sweeteners	



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Phase I – menu suggestions

Breakfast	Lunch	Dinner	Snacks
Omelette with goats cheese and capsicum (bell pepper)	Herring / Sardine Salad	Sesame Chicken with steamed veggies	Yogurt and berries (whey included in mix if quality)
Yogurt and berries (whey included in mix if quality)	Goats cheese and tomato salad and fresh basil leaves	Wild Salmon/Snapper with Bok Choi (Pak Choy), red peppers and almonds	Sheeps/goats cheese and apple
Boiled eggs, carrots, apple	Wild Salmon/Snapper with Bok Choi (Pak Choy), red peppers and almonds	Lamb chops with green salad and chopped kohlrabi	Yogurt and berries (whey included in mix if quality)
Berry Smoothie (whey included in mix if quality)	Lamb chops with green salad and chopped kohlrabi	Sesame Chicken Breast with ratatouille	Raw nuts and seeds
Omelette with goats cheese, tomatoes and spring onions	Chicken Salad	Beef Chilli with Shiitake mushroom stir fry	Yogurt and berries (whey included in mix if quality)
Yogurt with nuts and pear	Beef Chilli with Shiitake mushroom stir fry	Turkey with pureed broccoli	Sheeps/goats cheese and apple
Egg Frittata with spinach and capsicum	Turkey Salad	Lamb steaks with roasted red peppers and zucchini	Raw nuts and seeds

Eat by rotation to help further detoxify and identify food intolerances.

It is a great idea to rotate all foods (but especially meats), so here is a sample plan:

- Day 1: Turkey
- Day 2: Fish
- Day 3: Chicken
- Day 4: Lamb
- Day 5: start again...

Start at dinner and you can save time by using leftovers for breakfast, lunch, and your afternoon snack – and then begin again at dinner.



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Breakfasts are essential and generally the difficult meal. Options include what you cooked last night, eggs in various forms (poached, boiled, omelette) with a serving of vegetables, or yogurt and berries.

Good to know:

During the first few days you may experience some withdrawal symptoms like headaches due to no sugar, caffeine and detoxification – this is normal. Keep drinking plenty of water to flush the system and aim for at least 2 litres per day. Start the day with 2 large glasses of water with some lemon to support the liver.

How many calories should I be eating?

You are not counting calories, so eat until you feel comfortably satisfied, not bursting at the edges though. Remember to eat every 3 to 4 hours to stoke those metabolism burners.

Remember, if a food is not on the allowed list, **DON'T CONSUME IT** – that includes:

- Alcohol
- Caffeine
- Most Dairy except goats and sheep's cheese
- Sugar
- Processed foods
- Grains
- Legumes

Don't forget to fill in your FreeTools 21 Day Food Diary!!!



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Phase II – Day 15 to 21

RED: MEANS DO NOT EAT!!!			
Green: to be eaten regularly (and organic if possible)			
Yellow: means to be eaten less often			
Meats / Poultry	Seafood		Dairy and Eggs
Game	Abalone	Octopus	Goat Cheese
Venison	Anchovy	Oysters	Cows milk yoghurt
Beef	Bass (freshwater)	Perch	Sheeps Cheese
Buffalo	Bass (sea)	Pompano	Eggs, Chicken (whole)
Lamb	Catfish	Rockfish	Eggs, Duck (whole)
Rabbit	Caviar	Roughy	Goats Milk Yogurt
Goat	Clams	Salmon (farmed)	Brie
Pork	Cod	Salmon (wild)	Buttermilk
Heart	Crab	Sardine	Camembert
Kidney	Crayfish	Shark	Cheddar
Liver	Grouper	Shrimp	Colby
Processed meat	Halibut	Snapper	Cottage Cheese
Chicken	Herring	Squid	Cottage Cheese (light)
Cornish Hen	Lobster	Swordfish	Cream (half and half)
Duck	Mackerel	Trout (farmed)	Cream Cheese
Goose	Mahi-mahi	Trout (wild)	Edam
Pheasant	Mussels	Tuna	Feta
Turkey		Whitefish	Goats Milk
Quail			Gouda
Grains	Greens	Fruits	Nuts and Seeds
Amaranth	Arugula	Apples	Almonds
Buckwheat	Beet Greens	Apricots	Brazil Nuts
Millet	Cilantro	Blackberries	Cashews
Quinoa	Collard Greens	Blueberries	Chestnuts
Rice (white basmati)	Dandelion Greens	Boysenberries	Filberts
Rice (brown basmati)	Endive	Cantaloupe	Hickory Nuts
Rice (brown)	Kale	Cherries	Macadamia Nuts
Rice (plain, white)	Lettuce (bibb)	Coconut	Pecans
Wild Rice	Lettuce (iceberg)	Cranberries	Pine Nuts
Kamut	Lettuce (loose-leaf)	Dates	Pistachios
Spelt	Lettuce (romaine)	Figs	Pumpkin Seeds
Triticale	Mustard Greens	Gooseberries	Sesame Seeds
Barley	Radicchio	Grapes	Walnuts
Oat	Spinach	Kiwifruit	Poppy Seeds
Sourdough Rye	Sprouts (alfalfa)	Lemons	Sunflower Seeds
Wheat	Sprouts (bean)	Papaya	Peanuts
	Swiss Chard	Pears	
	Turnip Greens	Persimmon	
	Watercress	Pineapple	
		Plums & Pomegranate	



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Oils and Fats	Legumes	Fibrous Vegetables	Starchy Vegetables
Almond Oil	Aduki Beans	Artichoke	Sweet Potato (yam)
Blackcurrant Oil	Black Beans	Asparagus	Squash (winter)
Butter (unsalted)	Black-eyed Peas	Avocado	Tomato
Coconut Oil	Fava Beans	Beet	White Potato
Evening Primrose Oil	Garbanzo Beans	Bok Choy (Pak Choi)	Pumpkin
Fish Oil	Great Northern Beans	Broccoli	Squash (winter)
Flax seeds (ground)	Green Beans	Brussels Sprout	Parsnip
Ghee (clarified butter)	Green Peas	Cabbage	Turnip
Olive Oil	Lentils	Carrot	Carrot
Sesame Oil	Lima Beans	Cauliflower	Jerusalem Artichoke
Butter (salted)	Mung Beans	Celery	Corn
Canola Oil	Navy Beans	Cucumber	
Borage Oil	Pink Beans	Eggplant	
Corn Oil	Pinto Beans	Fennel	
Cottonseed Oil	Red Beans	Garlic	
Hemp Oil	White Beans	Ginger Root	
Margarine	Soy Beans	Kohlrabi	
Palm Kernel Oil	Tofu	Mushroom (all varieties)	
Peanut Oil		Okra	
Safflower Oil			
Sunflower Oil			
Beverages	Herbs, Spices and Seasonings		
Vegetable Juices	Anise	Thyme	Salt (low sodium)
Water (distilled)	Basil	Turmeric	Salt (sea salt, unrefined)
Water (pure, bottled)	Caraway	Vinegar (apple cider)	Artificial Sweeteners
Tea (herbal)	Cardamom	Vinegar (balsamic)	Chocolate
Tea (green)	Cayenne	Vinegar (rice)	Ketchup
Almond Milk	Chervil	Vinegar (wine)	Mayonnaise
Beer	Chili Powder	Wasabi	Molasses
Coffee (caffeinated)	Cinnamon	Bay Leaf	Salt (iodized)
Coffee (decaf)	Cloves	Carob	Soy Sauce
Fruit Juices	Coriander	Chive	Sugar (brown)
Liquor	Cumin	Mustard	Sugar (brown, unrefined)
Oat Milk	Curry Powder	Mustard Seed	Sugar (white)
Rice Milk	Dill Weed	Paprika	Vanilla (extract)
Soft Drinks (colas)	Fennel Seed		
Soy Milk	Fenugreek		
Tea (black)	Spearmint		
Water (tap)	Tarragon		
Wine (red)			
Wine (white)			



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Phase II – menu suggestions

Breakfast	Lunch	Dinner	Snacks
Berry Smoothie (whey included in mix if quality)	Sliced turkey and avocado sandwich on wholegrain sourdough bread	Chicken breast, pan roasted potatoes, steamed asparagus	Yogurt and berries (whey included in mix if quality)
Tomato and basil omelette with sourdough-rye bread	Chicken Salad with brown rice	Lamp chops, baked potato with butter, steamed veggies	Sheeps/goats cheese and apple
Fried eggs, chopped carrots and capsicum	Lamp chops, baked potato with butter, steamed veggies	Broiled halibut, steamed broccoli, soaked quinoa	Raw nuts and seeds
Cottage cheese, pineapple, almonds	Broiled halibut, steamed broccoli, soaked quinoa	Venison steak, sweet potato with butter, steamed veggies	Yogurt and berries (whey included in mix if quality)
Boiled egg, avocado with cooked tomato	Venison steak and green salad sandwich on wholegrain sourdough bread	Chicken breast with oregano and mushrooms, corn on the cob, steamed broccoli and carrots with butter	Sheeps/goats cheese and apple
Berry Smoothie (whey included in mix if quality)	Chicken breast with Caesar Salad	Baked salmon, black beans, green salad	Yogurt and berries (whey included in mix if quality)
Egg Frittata with spinach and capsicum	Baked salmon, brown rice and steamed veggies	Lamb steaks with roasted red peppers and zucchini, sweet potato with butter	Raw nuts and seeds

Slowly re-introduce only the following items back into your diet:

- Cow's products
- Legumes and pulses
- Certain grains

For example with breakfast add a slice of sourdough rye bread, or a small serving of brown rice with an evening meal.

This phase is very important to find your Metabolic Type as you will start adding the starches or high carbohydrates back in.

Check for any adverse reactions like an intolerance (e.g. stomach cramps or gas) and pay attention to your energy levels to help with finding your right metabolic balance.

Don't forget to download and fill in your FreeTools 21 Day Food Diary!