



FEAST FAST FREEDOM

HELLO FREEDOM

WE KNOW LOSING WEIGHT IS HARD

We bet you've tried to lose weight before. Maybe you lost a little or a lot. Maybe you did it sensibly or maybe you followed a plan that you knew was nutritionally unbalanced but you were so desperate for results you figured it was worth it. When you got to the end did you celebrate and revert back to all the habits and choices that created the extra weight that you worked so hard to lose?

The only way you can **reduce body** fat is to switch your body into a fat burning state. The aim of this diet is to remove the carbohydrates which turn off fat burning, ensuring you keep enough protein to preserve muscle mass, minimising fat so you access your stored fat as a source of energy and adding in nutrient rich vegetables. The homeopathic drops help this process while helping you not feel hungry.

The only way you can **keep the weight off** is by creating new **sustainable behaviours** and habits that fit into your lifestyle and that you enjoy. If you feel you're deprived or missing out...Boom, it's back to the bad habits.

We know **you're committed** to losing weight, and our commitment is that you will end this program with a new understanding of nutrition, habits and yourself. When you follow this diet and diligently take the drops, you are guaranteed to lose that stubborn stored fat.

your future self says thank you

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THE OVERVIEW

The F Word is all about freedom. It's about giving you the tools to reset the patterns of eating that have got you here. It's about turning around the internal dialogue and looking forward to a positive future.

feast

DAY 1& 2

On the first two days **you take your drops** (3 times a day) & feast on high fat foods. On these days you are giving your body the signal that there is plenty of food available. Stock up on nutritious fat sources like nuts, olives, avocado, salmon, oils, coconut cream, goats cheese. *Ideally aim for high fat but not high sugar.*

fast

DAY 3 TO 23

In the FAST phase you will reset your normal. You will continue to take the drops and you'll eat simple, low fat, whole foods that will form the basis of your long term eating pattern. You'll also practice **new habits** of drinking more water, **eating mindfully** and listening to your body hunger cues.

freedom

DAY 24 TO 45

In the FREEDOM phase you learn your new normal, building on the whole food diet, increasing portion size of protein, adding in good fats, expanding the choices of vegetables and adding in fruit (1 piece daily). We still limit carbohydrates to vegetable and fruit only sources, no rice, grains, cereals.

At the end of the program you will have established strong new habits and feel empowered to continue the journey to be your healthiest self.

KNOW YOUR WHY

The key to getting motivated is getting crystal clear about what you want to achieve and why it is important to you.

WHAT DO YOU LONG FOR AND WHY?

Explore the reasons why losing weight is important to you and you will get to your core desires, your deeply personal and individual motivators.

ASK YOURSELF THESE QUESTIONS:

- If you were your healthiest self what could you do that you can't do now? What would you do more of?
- Would you be a different parent, partner, friend, colleague?
- How do you want to feel when... you get dressed, when you are out with friends, when you go shopping... (Add your own 'when's in here) Do you want to feel expressed, connected, beautiful, passionate....
- · What words capture this desire and inspire you?



Once you are clear about how you want to feel and what you have to look forward to, you'll feel hopeful, even excited about what is possible. Staying connected to the vision will give you the inner motivation to stick to the plan when temptation beckons.

We believe in you... You've got this

IDEAS:

Create a vision board of your future healthy self, Put quotes, images or power words on fridges and cupboards, or use them as your phone screensaver Create a vision board based on your insights and core desires.

A vision board can be as simple or as detailed as you choose - words, quotes, images, photogaphs, statements, drawings

This should be all about you and not what anyone else thinks you should do or be-you'll feel the images and words connect to you and make you feel warm, happy and even a bit excited, be bold and be brave

Put this vision board where you can see it, and revisit it morning and night.

THE BASICS...GETTING STARTED

WEIGHING AND MEASURING YOURSELF



It's really important to weigh and measure yourself before starting.

We suggest you weigh yourself approximately every 4-5 days after you have started the FAST phase.

We encourage you to take a before and after photo, it's incredibly motivating to monitor your progress. Another option is taking a waist and hip measurement using a tape measure or a piece of ribbon.

TAKING HOMEOPATHIC DROPS



Take your drops 3 times/day (During FEAST & FAST)
Aim to take the drops at the same time daily - a phone reminder is a great idea, as it's very easy to forget and they are an integral part of supporting hunger.

Take the drops 15 minutes before/after eating or drinking. Whilst it's not necessary to refrigerate the drops its important to keep them away from strong odours and sunlight.

Place drops under your tongue and hold for up to 1 minute before swallowing.

Finish taking the drops 24hrs before starting 'FREEDOM' phase.

NOTE: Homeopathic drops do not interfere with medications

SUPPORTING THE PROCESS



Supplements are important.

Because toxins are stored in unwanted fat - the very fat that we are trying to shift, it's important to support our eliminatory systems by taking daily a complex activated B vitamin (always after food) and a liver support supplement- once a day after lunch or dinner.

FEAST

DAY 1 & 2

On your first FEAST day you start taking your drops and eat like a king.

Beginning with the FEAST phase is really important.

It might at first seem counterintuitive to feast before starting a weight loss plan. You might feel super motivated to get started right now and not want to wait. However, the feasting period is critical to nailing the diet as it sets your body up to function at its optimal level over the next two stages.

It is essential you eat an abundance of high fat foods - loading your meals with "good" fats such as avocado, nuts, salmon etc. You have to eat even if you don't feel like it.

Start off great and finish feeling amazing. Laying your foundations correctly will enable you to build the outcome you are looking for.

Note: High sugar, chocolate, ice cream and cheese are inflammatory so don't include these as part of the high fat food in FEAST phase.

You have made a commitment to this three week journey, so set yourself up for success. Use this time to clean out your pantry, sort out your fridge and remove any other tempting items in your house before you start the FAST.

This is a journey to reset your normal and break the old habits that have kept you stuck. It is a great time to take note of your usual way of eating and the habits, people or situations that derail you.

START TAKING HOMEOPATHIC DROPS NOW

Aim to take the drops at the same time daily
Place drops under your tongue and hold for up to 1
minute before swallowing. Set alarms or reminders or
your phone to take your drops

Be Mindful- notice what you enjoy- is it the taste? or is it an emotional experience? How long does the satisfaction last?

Journal - Write observations about the foods you choose and how they make you feel



FAST

DAY 3-23

During the FAST phase take your drops and follow the meal plan (Outline and recipes are on page 16, 20-25)

In order to mobilise stored fat you must follow the below rules:

ALLOWED FOODS

- ✓ Lean Protein: 100g
- ✓ Allowed milk/mylk- 40 ml of cows milk or 100ml of unsweetened plain mylk eg coconut/almond (no rice milk)
- ✓ Allowed vegetables (not unlimited -a large serve is fine and bulk up with other free veg): asparagus, broccoli, brussel sprouts, cabbage, cauliflower, celeriac, green beans, mushrooms, sauerkraut, tomato.
- ✓ Free vegetables: herbs (basil, parsley, garlic, ginger, coriander chilli etc), all types of green leaves (kale, rocket, spinach, silverbeet, lettuce, bok choy), onion, spring onion, celery, cucumber.
- ✓ Other free foods include salt, pepper, apple cider vinegar and stevia (the only sweetener we recommend)
- ✓ Cooking: steam/grill/ovenbake and use stock/water- never add oils, however a 1 second spray of oil can be used

NOTE: Most vegetables are low in calories and nutrient dense however the **starchy vegetables are not allowed** until FREEDOM phase. In FAST only eat the vegetables specified as either 'free' or 'allowed'.

NOT ALLOWED

- X Added fat; oils, nuts/seeds, avocado, margarine/ butter, condiments with fat
- X Dairy besides 1 tbs of milk/mylk
- X Fruit as it will take you out of a fat burning state
- X Carbohydrates bread, pasta, flour, starchy vegetables (pumpkin, potato, carrots, sweet potato).
- X Legumes
- X NO ALCOHOL or soft drinks AT ALL

NOTE: Finish taking the drops 24hrs before starting 'FREEDOM' phase.

FREEDOM

DAY 24-45

Freedom is your new 'normal'

You want to keep up all the nutrition groundwork you've done so far and add in some flexibility. You've developed new neural pathways and changed your biochemistry so you're not reliant on carbohydrates anymore.

In the FREEDOM phase:

- ✓ Increase protein up to 180g
- ✓ Include good fats such as nuts, seeds, avocado, cold pressed oils, salmon, goats cheese
- ✓ Vegetables are unlimited but reintroduce starchy veg slowly and in moderate amounts- sweet potato, corn, pumpkin etc.
- ✓ Fruit can be introduced, start with one piece a day ideally berries as they are low in carbohydrate
- X No Grains- still no bread, pasta, rice, sugar for 3 weeks, and then adopt a 90/10 rule. 90% of the time follow the FREEDOM guidelines and 10% of the time follow no rules!



WHAT DO I DO IF...

I forgot my drops.

Have them as soon as you remember and take an extra dose e.g. you forgot the breakfast drops and it is lunchtime, add in a mid afternoon dose and resume evening dose as usual. If you forgot the night dose don't worry about adding an extra dose during the day.

I ate/drank too soon after my drops.

If you consume strong flavours e.g. coffee/toothpaste/peppermints it can affect the effectiveness - wait 15 mins and take an extra dose.

I'm not sure if I took my drops?

It doesn't matter if you take an extra dose as a one off. Setting phone reminders to take drops at the same time can help you keep on track.

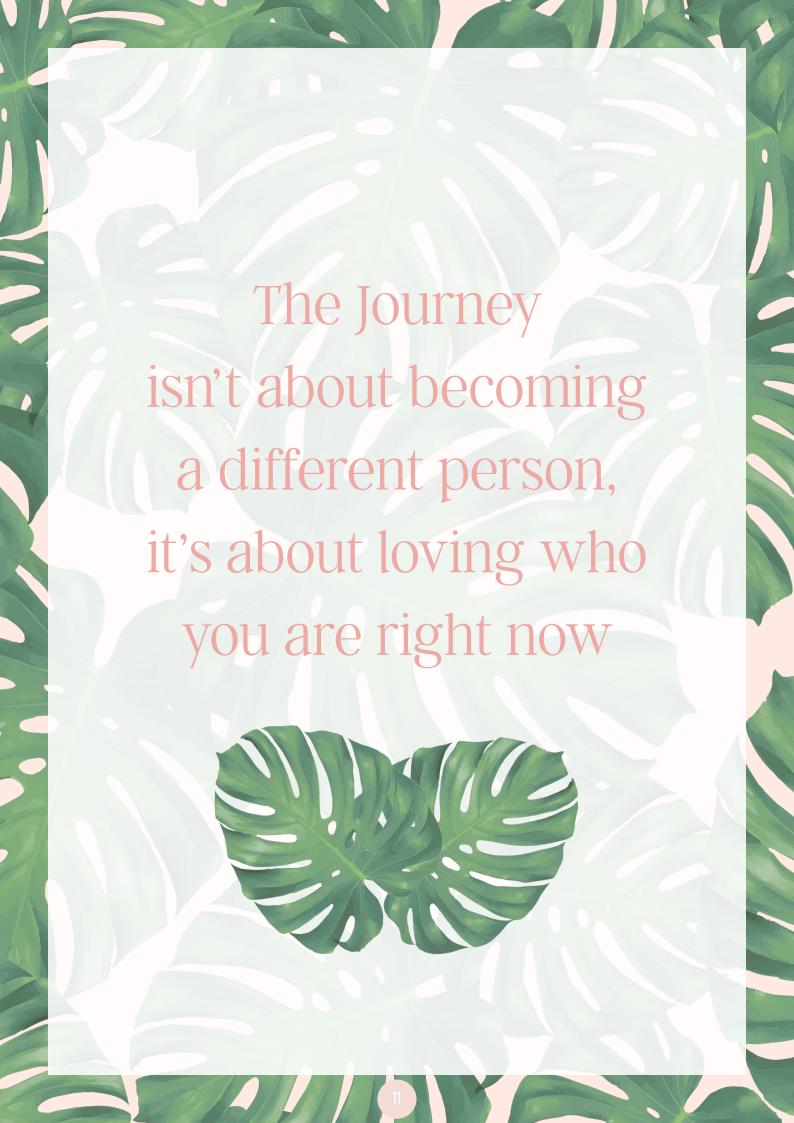
I ate something that's not allowed!

Let it go! Focus on getting back on the program for the next meal, not the next day- Accept that breaking the program will stall weight loss, so you may wish to add an extra day to the program as you may not notice any weight loss that day.

I've got an event I can't get out of (do I take the day off drops?)
Keep taking the drops, make the best choices you can, in particular avoid sugar, carbs and minimise alcohol (you're better to enjoy a glass of wine than a piece of cake!)

I love to exercise!

If you regularly exercise you can maintain the exercise program with a view to maintaining muscle rather than building. Because you are on minimal calories you may notice you feel fatigued or recovery is slower if you push yourself too hard. If possible choose lower intensity activities, and listen to your body.



THE JOURNEY

BE AWARE



You'll get the most out of this program if you take the time to journal, reflect, be mindful and discover your habits, patterns and triggers. Notice how this new way of eating makes you feel. Notice how your energy changes, how your skin feels, how clear your thinking becomes..... all a result of a clean, nutrient dense diet. Get inspired- it's a great time to listen to inspiring podcasts, books or articles (we'll be sharing our favourites on our social media accounts).

JOURNAL



Journaling can help you see clearly where you are, where you are headed and develop an awareness of the thoughts and beliefs that limit you.

Commit to writing in the journal for 5-10 minutes each day.

- document your journey this far
- write about where you want to get to, and how you want to feel. The more you connect with this vision of your future self, the stronger it will pull you towards it.
- write down the insights about your habits, your moods, emotions, energy and food What do you want for yourself? What is FREEDOM for you?

MORNING RITUAL



A five minute morning meditation is so useful to remind you of your commitment and to assist in creating your intention for the day.

Start each morning with gratitude. Close your eyes, think of three things you are grateful for.

Choose an affirmation or intention that sits with you. This might be an attitude, an outlook, or a possibility you want to create.

IT'S A RESET, A CLEANSE & A DETOX!

Use this time as a chance to recalibrate physically, mentally and spiritually

- Drink 2 litres of filtered water daily to support your kidneys
- · Limit coffee to 1 daily
- Choose green leafy vegetables, ideally organic, at every meal. They are rich in vitamins and minerals and are great to support the liver -our major detoxification organ
- Engage in being PRESENT Mindful eating, enjoying the food you eat in its simplest form. Taking note of whether are you truly hungry or just bored and habitually wanting to eat something. Be comfortable with feeling empty
- Walk!! it's great to move and stimulate the lymphatic system
- If possible do yoga 1-2 times/week

Movement is essential

Our bodies are designed to move. We know that being sedentary is as bad for health as smoking! If you are already active, you can continue to exercise throughout this program, but we recommend you take the intensity down a notch. All types of gentle exercise are suitable and encouraged e.g. yoga, walking, swimming, tai chi, a light gym class. If you have never exercised we encourage you to find some time each day to incorporate movement E.g. consider taking the stairs or walking at lunchtime

It's your Me-Time

Keeping social activities to a minimum helps reduce the temptation to drink or eat foods not permitted in this 'FAST' stage. It's a great opportunity to devote 3 weeks to something you never seem to have time for - catch up on a book you've been meaning to read, an online course you're interested in, or a Netflix series!

FAST

Hello first FAST day



TIPS FOR SUCCESS

Remove temptations Pack a lunchbox

Bump up the size of your meals with free vegetables

Prepare for obstacles

Avoid social outings (if possible)!

Go to bed early

Remember your vision

Start the day with positive affirmations & a clear intention

Be mindful. Take the time to taste your food. Notice how satisfying it is to eat when you're actually hungry.

Journal. Which foods play an emotional role and which ones do you choose based on the nutrients they give your body? Are you treating your body with respect? Self care. Find ways to nurture yourselfmusic, walks in nature, creative pursuits...

Take your drops (try to wait 15 mins before/after eating). While the drops absorb, take a minute to think how great it is going to be to achieve your goal. Remember your WHY.

In the FAST phase there are two main meals and two snacks. Protein portion size is 80-100g. Start the day with lemon or apple cider vinegar and water and drink another 7 glasses of water, herbal tea or other fluids throughout the day.

Understanding hunger

We usually feel 'hungry' when our blood sugar levels are low. Your body may be used to topping up with carbohydrate every time it notices these levels drop. In the FAST phase you will switch to burning protein and fat - it may take you a couple of days to adjust.

We also feel 'hungry' when our stomach has emptied - this is not true hunger!

In the first few days you will learn to adjust to true hunger.

If your body is used to regular carbohydrates it may 'crave' carbohydrates and tell you it is hungry. Do not panic. Once your body realises it isn't going to be fed carbohydrate it will switch to fat burning. This is exactly what you want. You may also feel 'hungry' because the signal of feeling full from a stretched stomach is being reset.

You will soon come to realise the difference between hunger and having an empty stomach, or being bored.

THE MEAL FORMULA - FAST

FILL UP ON FREE VEGETABLES

Start with a big plate of free vegetables - spinach, lettuce, any type of salad leaves, herbs



BOOST THE NUTRIENTS WITH ALLOWED VEGETABLES

Add in a large serve of allowed veg

- vegetables can be steamed or cooked in stock. If you are concerned about inflammation- limit tomato & soy



SATISFY HUNGER WITH 100G PROTEIN

Top it all off with a serve of protein - marinate in lemon juice, herbs (garlic, ginger) for extra flavour.

Protein options: white fish (including fresh/in springwater/brine), pork, lamb, beef, turkey, chicken (including smoked chicken, lean deli style breast)



GET SAUCY:

Add a dressing (also use to marinate meat):

- Standard dressing: 2 tsp tamari (soy),
 2 tsp dijon mustard, 2 tbsp lemon juice.
- 2. Wasabi & lime dressing 1 tsp wasabi paste, 1tsp lime juice, mustard, lemon juice and pulp and vinegar & a touch of stevia/salt/pepper/chili.
- 3. Pureed tomatoes with salt, pepper & basil
- 4. 1 tsp Miso paste, juice of 1/2 a lemon &1/2 tsp wasabi
- 5. Tamari with garlic, ginger & lemongrass
- 6. Vegetable stock with lemon juice & mustard
- 7. 1 tbsp apple cider vinegar, lemon juice, 1/2 tsp stevia



BULK IT UP WITH LOW CALORIE CARBOHYDRATE ALTERNATIVES

such as Konjac noodles/rice (brands include slendier, miracle), cauliflower rice/mash, zucchini noodles



PROTEIN OPTIONS FOR VEGETARIANS:

Protein powder (look for low carb, 1 serve approx 120cals) 1 egg + 3 egg whites 150g Low fat Cottage cheese 100g firm Tofu



- no legumes

FAST DAY OVERVIEW

		TIPS			
When you wake up	Take your drops and wait 15 mins before eating and drinking				
At least 15 mins later	Cleanse drink	Get your meals ready for the day- have a shelf or lunchbox and keep it all together			
	Coffee/tea				
	Drink water				
Breakfast (this can be anytime til around 11am)	Boiled egg (optional add green veg)	Boil 12 eggs at the start of the week and have them ready in the fridge			
11am	Drink water	More water = more weight loss			
	Coffee/tea/herbal tea				
Lunch - between 12 and 1pm	100g meat/fish/chicken, plus salad/ vegetables	It's easiest to use leftovers and add extra salad /free veg			
	Drink water				
2pm	Take your drops and wait 15 mins before eating and drinking				
Mid afternoon (when you start to feel 'hungry')	1 boiled egg or 50g lean protein (eg sliced turkey breast)	When you notice feeling empty your body will signal you that it's time to eat- this isn't true hungry, just a conditioned response.			
	Drink water				
	Coffee/tea/herbal tea				
Dinner - around 5-6pm	100g meat/fish/chicken, plus salad/ vegetables	Make a double portion ready for the next day lunch			
Cleanse drink	Drink water and a glass of cleanse drink with a magnesium supplement	Magnesium helps your body relax			
Early to bed	Take your drops and get a good nights sleep!	Early nights = less stress = more weight loss			
CLEANSE drink options	Apple cider vinegar and water/ice				
	Lemon juice and water/ice				
	Coconut cider vinegar				
Milk/Mylk options	Cows milk (limitited to 40 ml/day)				
	Unsweetened plant/nut milks				
	NO rice milk				

TIPS & TRICKS

We've put together a list of some of the top tips that can hep you seamlessly adjust to this new way of eating & get through some of the challenges.

Snacks	In the beginning you may find it's a long time between meals. Herbal tea will become your best friend! A cup of broth, miso soup or cauliflower soup can also help get you through.
Social	Plan for social outings - It's rare that you'll ever have a 3 week period with nothing on. If you can't get out of social events, make the best choices. Choose mineral water with lemon/lime, choose protein, ditch the carbohydrates and eat before you go. Remember it's 3 weeks of your life and there will be plenty of opportunities to eat and drink in the future.
Prep	Meal Prep. We suggest that you make double servings at dinner and use it for lunch the next day. If you are at work during the week this will make it much easier!
Cluster	Lunchbox: keeping your food allowance in a lunch box or set area of the fridge will help you stick to your plan.
Snoze	Early Bedtimes. It's very likely that you will eat dinner earlier and as your body adjusts to its new routine you may find you are tired earlier. Listen to your body and catch up on some sleep - no doubt you need it. You should feel more energised through the day. Going to bed earlier also helps you to break after dinner snacking habits.
Family	Cooking for partner and/or family/children: The meals are based on protein and vegetables so you can add a larger portion of protein and some carbohydrates (rice, noodles, potato) for other members of your family.
Track	Food diary or food tracking apps Keeping a food diary (paper or electronic) can help you keep focussed and aware of what you are eating. We love MyFitnessPal and Easy Diet Diary apps!

WHAT ARE YOU DOING?

Family, colleagues & friends will notice that you are making different meal choices.

How do you answer questions about what you are doing?

Making friends, family and colleagues aware of your new intentions helps to avoid awkward situations, like joining them for drinks and not drinking, or going out for dinner and not eating!

If you tell them you're on a diet they will most likely try to talk you out of it, because dieting is bad right (This is not a quick fix diet- you are re-setting your eating pattern for life), so here's some empowered ways to address your choice;

- I'm on a health kick,
- I'm doing a cleanse
- I'm rebooting my eating habits
- · I'm sick of feeling tired and sluggish so I'm eating clean
- I'm doing a clean eating challenge

All of these are true! If you find some resistance coming your way, thank them for their concerns and focus on you and what you are aiming for. At the end of this journey they're all going to wish they had your glow, your energy and your sense of achievement.



FAST MEAL PLAN

DAY 1

Breakfast

Water with lemon 1 egg Black tea/coffee

Snack 1 Water/herbal tea

Lunch Greek Salad

Snack 2 Water/herbal tea 1 egg or 50g protein

Dinner Green stir fry DAY 2

Breakfast

Water with lemon 1 egg Black tea/coffee

Snack 1 Water/herbal tea

Lunch Poke bowl

Snack 2 Water/herbal tea 1 egg or 50g protein

Dinner San Choy Bow DAY 3

Breakfast

Water with lemon 1 egg Black tea/coffee

Snack 1

Water/herbal tea

Lunch

Raw Slaw salad

Snack 2

Water/herbal tea 1 egg or 50g protein

Dinner

Beef and broccoli

DAY 4

Breakfast

Water with lemon 1 egg Black tea/coffee

Snack 1

Water/herbal tea

Lunch Nori wrap

Snack 2

Water/herbal tea 1 egg or 50g protein

Dinner

Spaghetti bolognese

DAY 5

Breakfast

Water with lemon 1 egg Black tea/coffee

Snack 1

Water/herbal tea

Lunch

Stuffed Mushroom

Snack 2

Water/herbal tea 1 egg or 50g protein

Dinner

Stir fry with cauliflower rice



GREEK SALAD



INGREDIENTS

- 100g lamb backstrap
- 1 lebanese cucumber
- 8 cherry tomatoes
- 1 red onion
- Handful chopped parsley
- Handful rocket
- Oregano, lemon juice

DRESSING- 2tsp each: tamari, dijon mustard & apple cider vinegar

METHOD

Chop cucumber, cherry tomatoes, red onion and parsely

Season lamb with oregano, lemon juice, salt and pepper and cook in a non stick pan - or use a 1 second spray of oil

Add the rocket to the other vegetables, mix and season white pepper, salt and lemon juice to taste

Top with the lamb, add dressing according to taste

*if you're taking this for lunch, leave the salad undressed, mix all together just before eating

GREEN STIR FRY



INGREDIENTS

- 100g lean ground beef, (mince)
- Stock
- Ginger powder
- 1 clove garlic
- 1 cup broccoli cut into florets
- 1/2 zucchini chopped
- 6 snowpeas sliced
- 1 cup spinach
- Coconut aminos/Tamari

METHOD

Cook ground beef and garlic in 1bsp of stock, & 1/2 tsp of ginger powder, until browned and set aside

Add in broccoli, zucchini, snow peas and a splash of coconut aminos or tamari. Cook for a few minutes, add beef back in to heat through, stir through spinach and serve

*Double the quantity and reheat for lunch!

Day 2

POKE BOWL



INGREDIENTS

100g Tuna in brine/ springwater (or smoked chicken)

1/4 head cauliflower - as cauliflower rice

1/2 cup stock

1/4 spanish onion

3 cherry tomatoes

Handful of alfalfa

Toasted nori sheet

DRESSING-Wasabi miso dressing (pg.15)

METHOD

Chop cauliflower into rice size pieces. Cook cauliflower rice in stock for around 5 minutes

Place 'rice' in bottom of bowl and stack vegetables and protein choice on top

Top with torn toasted nori sheets

Add dressing, salt and pepper to taste

SAN CHOY BOW



INGREDIENTS

100g lean mince (chicken, pork, veal)

1.5 cups cabbage

1/2 beef stock cube dissolved in 1/4 cup water

Minced ginger and garlic,

Chopped parsley, mint

Splash tamari

50 g konjac noodles (optional)

Lettuce cups

METHOD

Dry fry meat with garlic and ginger & remove from pan. (You can use a 1 second spray of oil if needed)

Saute cabbage in stock until soft, Add drained noodles and meat. Heat through and serve in lettuce cups

Season with parsley, mint, tamari /Soy

Note: you can also make 'Tacos' in the same way- just use taco spices for the beef!



RAW-SLAW SALAD



INGREDIENTS

- 1 cup red cabbage or wombok
- 1 stick celery sliced
- I small zucchini- grated
- 100g chicken shredded (or other protein choice)

DRESSING- 2tsp each: tamari, dijon mustard & apple cider vinegar

METHOD

Chop cucumber, cherry tomatoes. Thinly slice the red cabbage or wombok and celery

Grate the zucchini and add to the other vegetables

Top with shredded chicken (sliced smoked chicken would also be great)

Add dressing, salt and pepper to taste

Note: add extra lettuce if you would like extra bulk

BEEF AND MASH WITH BEANS



INGREDIENTS

- 100g lean beef
- 10 green beans
- 1/2 head of cauliflower
- 1 clove garlic

Stock

Optional - add broccoli

DRESSING- 2tsp each: tamari, dijon mustard & apple cider vinegar

METHOD

To make cauliflower mash: cook cauliflower and 1 clove of garlic in stock for about 15 minutes and puree

Dry fry lean beef at med- high temperature with a splash of tamari (use a quick spray of oil if required)

While the meat rests, add green beans and broccoli into the pan, with a little water or stock. Cook around 3 minutes

Slice meat and serve with greens and a generous serve of mash

Top with Dressing OR lemon juice & salt

Serve with mustard to taste



NORI WRAP



INGREDIENTS

- 100g shredded chicken
- 2 Nori sheets
- 1 stick celery- sliced lengthways
- 1 lebanese cucumber , thinky sliced lengthways
- 1 spring onion

DRESSING-Miso wasabi (pg.15)

METHOD

Lay out nori sheets

Layer chicken and vegetables at one end and roll to make a wrap

Optional- add salad sprouts

Dip in Miso wasabi dressing

Optional- you can wrap in lettuce leaves if you don't have nori sheets!

SPAGHETTI BOLOGNESE



INGREDIENTS

- 100g ground beef (extra lean ideally grass-fed)
- 1 clove garlic- crushed 1/2 onion, finely chopped
- Chicken stock powder
- 2 medium tomatoes (finely chopped) or 1/2 tin organic crushed tomatoes
- 5 button mushrooms
- Bolognese herbs, salt & pepper
- 1 zucchini- in spirals or 100g konjac noodles

METHOD

Water fry brown onion and garlic. Add meat, 1 tsp chicken stock and cook until browned

Add tomatoes, mushrooms and herbs and cook a further 5 minutes

Stir through konjac noodles or zucchini noodles (zoodles) just before serving to warm through. (zoodles will go mushy if over heated!)

Season to taste

Note: This is a great recipe to double the portion and take for lunch or use for another meal



STUFFED MUSHROOMS



INGREDIENTS

100g minced beef

Tamari

1/2 brown onion finely chopped

Clove of garlic

1 stick celery

Handful of parsley

2 large mushrooms

DRESSINGblended tomato (pg.15)

METHOD

Mix the beef, splash of tamari celery, parsley, garlic and onion and shape into 2 burgers

Top the mushrooms with the burger mix and bake at 180°C for 20 minutes

Top with blended tomato dressing, salt and pepper to taste

Note; These are great to take for lunch, serve with tomatoes and lettuce

STIR FRY WITH CAULIFLOWER RICE



INGREDIENTS

100g chicken (or protein of choice)

1 head cauliflower

1 chopped spring onion

1 stick celery, chopped

Liquid stock

4 spears asparagus (or other greens)

Large handful raw spinach

Tamari/Coconut Aminos

METHOD

Grate or use a food processor to chop cauliflower into rice size pieces

Cook cauliflower, spring onion and celery in half a cup of liquid stock for 5 minutes

Stir fry chicken (or protein of choice) in a pan (use a 1 sec spray of oil) and splash of tamari. Add asparagus

Fold through raw spinach with cauliflower rice, protein and veg

Splash of Tamarai/coconut amino to taste

Extras

GREEN SOUP



INGREDIENTS

2 zucchini

1 head broccoli/cauliflower

1 leek

Large handful spinach

Stock

METHOD

Chop 2 zucchini, 1 head broccoli (or cauliflower), handful spinach and 1 onion

Simmer gently in 1L of stock for 15 mins. Salt and pepper to taste

Blend & serve

Makes 4 cups of soup

This great snack can get you through!

SEXY SALAD



INGREDIENTS

Rocket and Spinach

Tomato

Red onion

Cucumber

Lemon juice, salt and pepper

METHOD

This is a great tasting, easy salad you can use as a go-to meal, topped with your choice of protein

SHOPPING LIST

PROTEIN

Eggs - lots!, 2 dozen

Lean cuts:

- · Chicken tenderloins/breast/roast chicken breast (eg from deli)
- · Turkey (breast from deli)
- Pork fillet
- · Lamb fillet
- · Beef -mince/fillet/roast (any lean cut) Note: can sliced be cold into salads
- Fish Tuna cans in brine (around 120gms = 1 serve), any white fish
- Shellfish prawns, crab meat, oysters (12-16)
- · Vegetarian options: Tofu/Cottage cheese

VEGETABLES

Garlic, ginger, chilli etc

All types of green leaves (kale, rocket, spinach lettuce, Bok Choy),

Onion, spring onion,

Celery, cucumber.

Asparagus, broccoli, brussel sprouts, cabbage, cauliflower, celeriac, green beans, mushrooms, sauerkraut, tomato.

SAUCES

- Tamari
- Mustard
- · Lemon/lime
- Coconut cider vinegar, Braggs amino acid /Coconut amino acid
- Wasabi
- · Miso fermented paste
- Herbs that you like: parsley/mint/coriander/basil etc

OTHER

Konjac noodles (eg slendier or miracle)

Salt, pepper, stevia

Spices- cinnamon, chile, cumin, paprika, garlic powder

Stock

QUESTIONS WE KNOW YOU'LL ASK

- Don't I need to eat carbohydrates for energy?

 No, in fact your body happily switches to using fats (ketone bodies) as an energy source. Instead of feeling tired you'll notice that in fact your brain is functioning better, you have less brain fog and more energy.
- I thought carbohydrates were the preferred energy source of the body?

 The problem with carbohydrates is that they turn off fat and protein burning which means you to have to 'stoke the fire' every few hours to keep your blood sugar levels up. Carbohydrates also trigger insulin release which is a storing hormone- it stores sugar and fat. Protein and fat provide an excellent, longer lasting energy source.
- Doesn't my brain depend on glucose?

 Glucose is only one possible energy source for the brain. Your brain also uses ketones as an efficient energy source.
- I need carbohydrates to exercise
 The glycogen (carbohydrate stored in muscle) is used up in the first 20 mins of activity and after that your body changes to being a fat burner.
- Won't I be hungry just eating 500 cal/day?

 No because the drops, together with your allowed food choices, will mobilise stored fat as your source of energy so you may miss eating certain foods, but you won't be hungry. You will learn the difference between 'bored' hunger, 'empty' hunger and true hunger!
- Should I give up coffee?

 You can have coffee! Ideally maximum 2 coffees per day, remembering to take into account your milk/mylk allowance.

- OT Alcohol Is it permitted?

 During the FEAST phase: Alcohol is permitted. This is a good time to consider what role alcohol plays in your life and try out some alternatives. Is it masking boredom? anxiety? Does it help you cope with stressful situations? If it plays any of these roles consider what else you could try, as well as taking a deeper look at what's causing the stress, anxiety, boredom. What can you create in this space? During the FREEDOM Phase Alcohol is permitted although it's recommended you have only one standard drink and 4 days each week alcohol free.
- Does it matter where I am in my monthly cycle when I start?

 Ideally starting this immediately after your period is the best time due to the carbohydrate cravings and fluid retention that can lead up to your period, but the program will still work regardless of where in your cycle you begin. You don't need to stop taking the drops at any time during your period.
- Pregnancy:
 It is not recommended to do any kind of 'detox' or weight loss program when pregnant.
- What about the vegetables not listed?

 If the vegetables are not listed as allowed or free, they are not permitted in the FAST phase. They are allowed back in the FREEDOM phase though!
- Why Tamari?
 Tamari is preferable to soy sauce as it is gluten free and fermented.
- Can I drink diet soft drinks?

 Ideally no! Although they contain no calories, they are still interpreted as 'sweet' by your body. As you are trying to kick the sweet habit, avoiding artificial sweeteners is preferable.
- If you gain 1kg or more in FREEDOM phase you must do a steak day.

 Fast all day (sip on herbal tea or broth etc) then have an evening meal that consists of 200g of steak, grilled to your liking (no added fat), steamed greens (at least half a plate), seasoned with salt and pepper to taste.

 Note: Consider where you are in your menstrual cycle you may hold a kg of fluid just before a period.

MINDFUL EATING

Most of the time we eat mindlessly.

We're thinking about something else while we chew and swallow, not even tasting the food in front of us.

Over the next few weeks we encourage you to practice mindful eating.

Eating mindfully is all about becoming aware of the taste, texture and experience of eating food, using all your senses, without judgement.

Try this exercise - Find a small piece of food and explore it.

Using your eyes: Notice its texture and colour.

Now, close your eyes, and explore the food with your sense of **touch**. What does this food feel like? How could you describe it?

Engage your sense of smell. What do you notice?

Now, take your first bite. Close your eyes for a moment, chew slowly, and focus on the sensations of chewing and tasting.

Notice the **texture** of the food, the flavour, the way it feels in your mouth. Does it crunch? Is it sweet? Sour? Salty? Take some time to finish this first bite of food, being aware of all the simple sensations of chewing and tasting.

You don't need to eat this slowly every time you eat! However, being mindful means being present and aware, and eating slowly helps you to eat with mindfulness.

Mindfulness = awareness!

Taking a mindfulness approach to your diet also invites you to consider the impact of your **emotions**, **thoughts and energy levels** on the foods you choose to eat. It's the foundation that many people have been missing for overcoming food cravings, stress eating, addictive eating, binge eating, emotional eating.

This mindfulness eating exercise has been adapted from The Mindfulness Diet website. http://www.mindfulnessdiet.com/program/articles/a-mindfulness-eating-exercise-simple-instructions

Resetting what you eat also requires you to re-evaluate how you eat. We encourage you to slow down, set aside time to eat and enjoy your food. You'll soon discover the sweetness of tomatoes, the crunch of lettuce, the rich flavours of the sauces and how much enjoyment fresh, whole, simple foods can provide.

IT'S A JOURNEY TO FREEDOM

Being aware and learning about yourself is the key to breaking old patterns

Take some time to reflect how you got to this place and accept all the decisions you have made that have got you to this point. Decide where you'd rather be. It's impossible to feel like you've reached a destination, or are making progress toward it if you have never sat down and got really clear about your goals.

Start each morning by being grateful for your body, your health, and the unique qualities that make you you. You have one body for this lifetime and it's the most significant relationship you'll have. To change your weight you also need to change your relationship to your body. Be aware of the inner critic that makes harsh, judgemental and demeaning remarks about your body, and tell it to shush. Start recognising all that is good, and amazing.

You are unique and extraordinary. Don't define yourself based on comparison of your physical form to the skinny ideal that floods social media. Focus on improving and taking charge of your health, changing your habits to positive ones, simplifying and heading towards being the best you

The freedom declaration

My body and how I nourish it is my responsibility. The decisions I have made up to this moment have all brought me here, and I choose a new future. I choose freedom and empowerment. I choose a future as my best self

signed by me:

BREAKING HABITS

Habits have three parts

- · the cue or trigger,
- · the routine (behaviour) &
- · the reward.

Breaking habits is about creating new routines and finding new ways to achieve the same reward.

CHANGE THE CUES:

Habits are triggered by cues, so removing those cues that derail your healthy eating will help to keep you on track.

- Change situation cues: if a certain place or time of day is a trigger, change the scenery! If being home has you preoccupied with eating, go for a walk, take yourself into nature, listen to a podcast or a TED talk on youtube. If you like to snack after dinner, change the cue (sitting on the couch) maybe take a book and read in bed, or watch a movie. If catching up with friends for coffee tempts you to have cake with your coffee or a glass of wine, suggest a walk instead.
- Remove visual cues before you start give away or pack away foods that are not on the plan and that you find hard to resist- chocolate, chips, cheese.... out of sight helps to keep them out of mind.

CREATE A NEW ROUTINE: e.g. If you tend to snack a lot clean your teeth after eating. Sip water or herbal tea through the day.

FIND NEW WAYS TO GET THE SAME REWARD: How can you recreate the reward without using food? What are other ways you can treat yourself, comfort or calm yourself? What else brings you joy?

HELLO FREEDOM

You're ready to start the first day of the rest of your life!

FREEDOM is all about including variety and keeping foods as unprocessed as possible. For the next few weeks you'll increase protein, add healthy fats and include carbohydrates that come from fruit and vegetables. You can also have alcohol in moderate amounts - no more than 1-2 standard drinks per day with a minimum of 3 alcohol free days per week.

If you are feeling a little bit terrified, that's ok. It's quite normal to be worried that eating fat and larger portions will cause you to regain weight. Don't! Your new weight and metabolism should only fluctuate slightly. We want to reassure you that as long as you follow the FREEDOM meal formula (on the next page) you are going to be fine. If you do gain weight you will need to have a steak day to get you back on track (page 28, point 13).

Take these few weeks to cement those good habits of drinking water, loading up with vegetables and eating mindfully.

- About fruit. Fruit contains a mix of glucose, sucrose and fructose. It also contains some
 important nutrients including fibre and antioxidants. We suggest you start with the lowest carb
 choices such as berries. If you notice any bloating as you reintroduce fruit we suggest you
 discuss fructose intolerance with your health professional.
- About carbs. We know different carbs affect blood sugars differently. The glycemic index (GI) is a measure of how quickly carbs cause blood glucose levels (BGLs) to rise. The quicker BGLs rise, the more insulin your body releases -which signals your body to store more sugar and fat-and the more weight you can gain. Once these 2-3 weeks finish and you begin to introduce non fruit/veg carbs we encourage you to choose the highest fibre, lowest GI choices and keep portions small, around a handful. Quinoa, brown rice, heavy sourdough/grain bread and sweet potato provide more nutrients that white bread, white rice, white pasta which offer very little nutritionally.
- About fat. Your body needs good healthy fats. Fats help your brain stay focused and produce happy hormones. Only sugar and processed carbohydrates will put on the weight. Fat however is calorie dense so don't go overboard with quantities.
- About protein. Increased protein supports muscle repair and growth.
- About self talk. Beating yourself up over a couple of bad choices or bad days makes you feel even worse and can lead to a destructive cycle. Be kind to yourself, learn from it and return to FREEDOM eating at the next meal.
- About treat foods. You might also be thinking you've done the hard yards now you're going to enjoy that slice of bread, chips, cake... this will undo all of your hard work! The next few weeks are about feeling confident in the way of eating that nourishes your body and leaves you free to enjoy variety.

Tips

- · You might find continuing with a meal tracker will help to keep you eating consciously
- Continue to meal plan
- Remember you have the tools to succeed. Once these 2-3 weeks finish, schedule 1-2 fast days a week. This is essentially the well supported 5/2 diet that provides a sustainable pattern of eating to counteract feast days and maintain weight!
- Change your language from I can't eat ... to I don't eat... (e.g. I don't eat sugar) and watch your willpower shift.
- Write a statement about how your body feels, how proud you feel of your achievements and revise your 'why'. Continue to read this morning and night.

THE MEAL FORMULA - FREEDOM

START WITH A LARGE SERVE OF VEGETABLES

Start with a big plate of any type of free & allowed vegetables from the FAST phase



INTRODUCE STARCHY VEGETABLES

Add in carrot, peas, corn, sweet potato, beetrootmoderate amount of starchy vegetables. If you are concerned about inflammation limit tomato, eggplant, capsicum, soy (nightshades)



SATISFY YOUR HUNGER WITH PROTEIN - up to 180a

Marinate in lemon juice, herbs (garlic, ginger) for extra flavour. You can now enjoy fattier cuts of meat and oily fish, tuna in oil.



GET SAUCY

Cook in cold pressed oil

You can now add some cold pressed oil to your favourite dressing

Standard dressing: 2 tsp tamari (soy), 2 tsp dijon mustard, 2 tbsp lemon juice.

- 1. Wasabi &lime dressing 1 tbs wasabi paste, 1tsp lime juice, Mustard, lemon juice and pulp and vinegar & a touch of stevia/salt/pepper/chili.
- 2. Pureed tomatoes with salt, pepper & basil
- 3. 1 tsp Miso paste, juice of 1/2 a lemon &1/2 tsp wasabi
- 4. Tamari with garlic, ginger & lemongrass
- 5. Vegetable stock with lemon juice & mustard
- 6. 1 tbsp apple cider vinegar, lemon juice, 1/2 tsp stevia



ADD HEALTHY FATS such as avocado, olive oil (and other types of oil), goats cheese, nuts and seeds. Use fats in moderation.



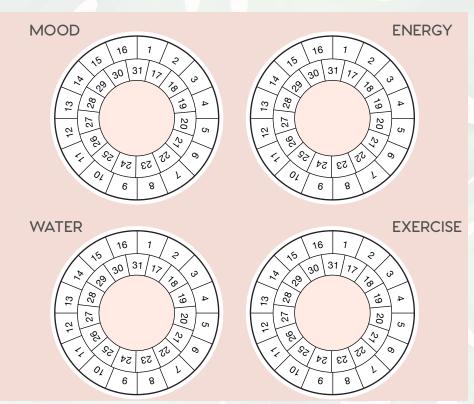
KEEP TRACK

TICK OFF YOUR PROGRESS							1		
2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21
22	23	24	25	26	27	28	29	30	31

RECORD YOUR WEIGHT OR MEASUREMENTS EVERY 3-4 DAYS!

Day	1	4	8	12	16	20	24	28	32
Weight									
Measure									
Measure									

TRACK YOUR MOOD, ENERGY, WATER AND DAYS YOU EXERCISED! Green = Great, Orange = OK, Red = Room to improve



INSPIRED

AFFIRMATIONS

Stay positive and focussed with affirmations that reflect your commitment.

Visit the Louise Hay website where there are 101 positive affirmations to choose from.

www.louisehay.com/101-best-louise-hay-positive-affirmations

These are some of our favourites

I love and approve of myself.

My happy thoughts help create my healthy body.

I deserve all that is good.

My life gets more fabulous every day.

I am constantly discovering new ways to improve my health.

My healing is already in process.

I enjoy the foods that are best for my body.

My life gets better all the time

I am on an ever-changing journey.

I am grateful for my healthy body. I love life

I have the courage to live my dreams

I am in charge, I now take my own power back.

My body appreciates how I take care of it.

I am in the process of positive change.

I drink lots of water to cleanse my body and mind

I release all negative thoughts of the past and all worries about the future Filling my mind with pleasant thoughts is the quickest road to health.

I am healthy, whole, and complete.

I am at home in my body.

I honor who I am.

Life is good.

"I am..." statements are also powerful. Use some of your power words!

And so the adventure begins

The F Word team consists of a naturopath, a dietitian, a nutritional practitioner and a health and fitness advocate.

Professionally, we've racked up close to 40 years of experience and personally we've accumulated at least a hundred collective years passionate about health and fitness.

We've tried plenty of diets, lived low fat through the 90's and each had our journey with weight, body acceptance and individual health challenges. And we know you have too.

We have come together to bring you the F Word because we know losing weight is hard and we know how good it feels to be at a comfortable weight. We have had such huge success with this program already we simply had to share it. We know The F Word works. You'll get results fast and learn how to keep it off.

CONNECT WITH US

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Disclaimer:

The information ideas and suggestions contained in these notes are not to intended to be "medical advice". The F Word team will not accept responsibility for any action or claim resulting from the use of information offered to you.

The F Word drops and diet plan are to be used entirely at your own risk.

ALWAYS Discuss with your doctor if you are taking any medication or have medical conditions that may contraindicate a low calorie eating plan.

thate your journey

We would love for you to join our feast FAST FREEDOM private facebook page - stay inspired, share recipes and tips and help inspire others

TWANT IN