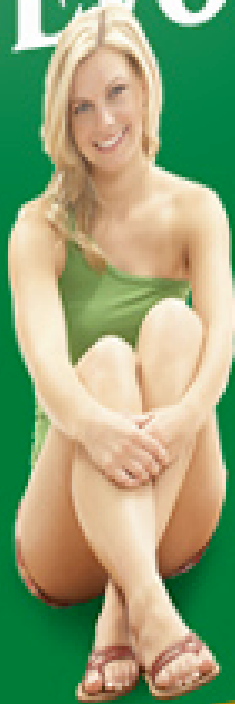


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EVOLUTION DIET



*"How to
improve your health
the natural way"*

Greg Brookes

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The Evolution Diet

A new body is waiting for you in just 30 days!

No cravings

No starving

No calorie counting

100% Natural

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How many diets have you tried?

Have you tried surviving on cabbage soup or eating nothing but protein? Most people have tried all sorts of elaborate diets but end up either putting on more weight, having extreme cravings or feeling so sick that they just can't continue.

Over the years of working in the health and fitness industry, I've discovered what fat loss programmes work through scientific research and trial and error. The evolution diet I have found to be by far the most effective and as you read on you will see why. In fact, once you have stuck to the rules you **will** feel much better, fitter and healthier. Not too mention the great fat loss!

Evolution explains why most diets fail

We only have to look back at our evolution to see why most diets fail. Many diets rely on a starvation principle that heavily limits the amount of calories you can consume on a daily basis. This does cause weight loss short term by muscle wastage and water loss but very little of this weight is actual fat. These starvation diets actually cause us to store fat for survival and in turn put on more weight in the long term.

Heavy calorie reduction causes a severe reduction in leptin (protein), which in turn signals a starvation response in our body. This response reduces our metabolic rate and increases our hunger. It is believed that this response originates back to our ancestors and the "Hunter Gather Days", when food was often scarce. Our body developed a way to conserve its most valuable energy source, body fat, in order to survive longer.

So starvation or heavy calorie restricted diets are not the answer. Not only do these diets cause you to put on more fat in the long term (yo yo dieting) but they also slow down your metabolism, the exact thing you need to increase to burn more fat.

The best way to lose fat is to eat natural

Everyone is different and we all have different requirements for vitamins, minerals and general nutrients; a lot of this is determined by our genetics and cannot be changed. However, we do all have one thing in common – we evolved eating natural foods. Foods that we picked from trees & bushes, dug out of the ground or animals that we chased down and killed.

Although the world has evolved at a very rapid rate our body has not. We are still uncomfortable sitting for long periods of time, require regular exercise, get headaches and eye problems using computers, suffer in really over crowded spaces etc.

Our body still craves and requires the natural foods we ate and drank many years ago. Processed foods, simple sugars, contaminated water, and artificial stimulants are still alien to our body. All of these unnatural products (toxins) are stored in our fat cells while our body decides what to do with them.

We are suffering from an internal anxiety as our body stores toxin after toxin.

Following this diet will strip you of toxic fat

Follow this diet for 30 days and your body will release all of these toxic fat cells. The ugly fat will disappear! In order to achieve this you need to return to the natural foods that we have evolved to eat and process comfortably.

This is how it works

This is an **all or nothing** diet. Any cheating will immediately toxify your system deeming all your other hard work useless. If you are not ready to commit to this 100% then don't try it. It is really that important. Carry this diet through for only 30 days without cheating and the results will be life changing. I have seen it with my own clients time and time again.

1. Eat only the foods on the "Healthy, what your body is crying out for" list.
2. Avoid the "Totally Forbidden" list at all costs, no exceptions, not one!
3. Eat freely and regularly, don't go hungry.
4. You will get withdrawals (cravings, headaches) from stopping the stimulants but this *will* pass within 3 days or so.
5. Drink plenty of water to flush out the toxins, aim for a 2 litre bottle per day. Bathroom visits will reduce as your body gets use to the increase in fluids. If not add a pinch of sea salt.
6. Read labels, often manufacturers are sneaky and put ingredients in you wouldn't expect.

The "Totally Forbidden" List

What you must avoid fromuntil.....

Stimulants	Sugar	Dairy	Wheat	Processed Foods
Tea	Sugar	Milk, inc. Rice, Soya	Pasta (Buckwheat is OK)	Cakes
Coffee	Fructose	Cream	Bread	Biscuits
Alcohol	Maltose	Cheese	Most Cereals	Puddings
Fizzy Drinks	Dextrose	Yoghurts Except Plain natural live	Couscous	Pastries
Cigarettes	Sucrose		Most Flours	Tinned Foods
Hot Chocolate	Honey		Gravy / Stocks	Ready Meals
Green Tea	Brown Sugar		Gnocchi	Pre-packaged Food
	Icing Sugar		Liquorice	Sweets / Candy
	Caster Sugar		Wheat Muesli	Chocolate
	Lactose		Noodles (Buckwheat is OK)	Crisps / Chips
	Galactose		White Rice	Sausages / Bacon
	Glucose		Soy sauce	Dried Fruits

Avoid these foods 100%, any cheating ruins the diet. Fact!

Remember it's only for 30 days!

“Healthy, what your body is crying out for”

Meat	Fruit	Vegetables	Dairy	Extras
Beef	All Fruit	All Veg.	Butter	Olive Oil
Pork	Oranges	Cabbage	Eggs	Black Pepper
Chicken	Pears	Carrots	Plain Live Yoghurt	Natural Sea Salt
Turkey	Kiwis	Cauliflower		Coconut Oil
Lamb	Berries	Avocado		Sesame Oil
Liver	Bananas	Sweet Potatoes	Breads	All Natural Nuts
Kidney	Cherries	Broccoli	Spelt	Lentils
All Fish	Tomatoes	Leeks	Rye	Quinoa
Rabbit	Apples	Courgettes	Sourdough	Buckwheat
Venison	Plums	Mushrooms	Teas	All Seeds
Veal	Pomegranate	Aubergine	Peppermint	Oats (Porridge)
	Grapefruit	Green Beans	Camomile	Herbs

This list is by no means complete and you should feel free to try out new meats, fruit and vegetables as often as possible. Try following the **rainbow** shopping method ensuring you have as many colours in you shopping basket as possible.

All of the foods above will offer you so much more nutrients, and give you much better results if you buy **ORGANIC**.

I get all of my Fruit and Vegetables delivered by www.riverford.co.uk this way I always have the best and most nutritious **organic** foods in the house. It's cheaper too!!

Here are some meal ideas to get you started

Breakfast

1. Oat based Cereal with Organic Natural Yoghurt (add your own fruit)
2. Omelette with onions, mushrooms, peppers, Leeks
3. Porridge with banana
4. Eggs on rye toast or non wheat toast

Lunch / Dinner

Beef

1. Beef Stew – carrots, onions, swede, peas, homemade stock – with potatoes, broccoli
2. Beef Chilli – fresh red chillies, red kidney beans, tomatoes, ground cumin, ground coriander, tomato puree, garlic – brown rice or jacket potato
3. Beef Steak – broccoli, sweet potato, spinach
4. Beef Stir Fry – red peppers, bean sprouts, baby corn, carrots, mange tout, oyster sauce, buckwheat noodles or brown rice
5. Roast Beef – Potatoes, roasted butternut squash, French beans, peas, parsnip

Chicken

1. Steamed Chicken Breast – leeks, spinach, carrots, potatoes
2. Chicken Chasseur – tomatoes, carrots, onion – New potatoes, sugar snap peas
3. Chicken Stir Fry – bamboo shoots, mushrooms, yellow pepper, bean sprouts, broccoli
4. Stuffed Chicken Breast – pancetta (no additives), chestnut puree – green beans, asparagus, sweet potato
5. Chicken Salad – baby leaves, avocado, tomato, cucumber, radishes

Pork

1. Pork Chops – Cabbage, swede and carrot mash, peas
2. Pork Casserole – chopped apricots, tinned tomatoes, onion, garlic – broccoli, new potatoes
3. Roast Pork – sweet potato mash, leeks, sprouts, peas
4. Pork Meatballs –tomatoes, fennel, onion, egg for binding, thyme, lentils
5. Pork Stir fry – carrots, onion, mushrooms, bean sprouts, water chestnuts

Lamb

1. Lamb Chops – roasted beetroot, savoy cabbage, mashed potatoes
2. Lamb Taggine – apricots, prunes, tinned tomatoes, onion, cinnamon, quinoa and fresh coriander
3. Rack of Lamb – braised red cabbage, cauliflower, peas, new potatoes
4. Lamb Hotpot – diced potatoes, diced carrots, celery, peas, onion, vegetable stock
5. Shepherds Pie – mashed potatoes, carrots, peas, onion, homemade lamb stock

Fish

1. Poached Salmon – spinach, green beans, new potatoes
2. Prawn Stir Fry – mixed peppers, Chinese leaf, red onion
3. Poached Cod Loin – tomatoes, onion, garlic, fresh basil, buckwheat
4. Smoked Haddock Chowder – fish stock, cubed potatoes, onion, spinach
5. Baked Sea Bass – sugar snap peas, watercress, new potato, fresh lemon slice

Salads

1. Nicoise – green beans, tuna, boiled egg, anchovies, fresh spinach
2. Greek Salad – Cucumber, black olives, red onion, tomato
3. Chicken Ceasar – romaine lettuce, chicken breast, anchovies, boiled egg, red onion
4. Smoked Mackerel – rocket, watercress, spinach, cherry tomatoes
5. Bean Salad – cannelloni, borlotti, chick pea, butter beans, red onion, cucumber, tomato, iceberg lettuce, fresh coriander, parsley, chillies
6. Brown Rice, Green Bean, Spring Onion, Lemon Juice, Olive Oil

Soups

1. Butternut squash & sweet potato – onion, cumin, garlic, water
2. Spinach & Chickpea – onion, ground coriander, ground cumin, fresh chillies, water
3. Carrot / Parsnip / Coriander – onion, garlic, ground coriander, water
4. Vegetable – carrot, potato, swede, parsnip, peas, onion, water
5. Tomato & Lentil – water, onion, basil

Snacks

1. Nuts, not roasted or salted – almonds, brazil, walnuts etc.
2. Fruit – any just vary what you eat each day
3. Hard Boiled Eggs
4. Small tins of tuna fish
5. Water

Good preparation is the key!

1. Clean out your cupboards of all the foods on the "Totally Forbidden" list, this way temptation is not an option while at home.
2. Plan what meals you are going to eat during the next few days. Don't be left wondering what you are going to eat later that night when you are tired and don't have the energy to go shopping.
3. Carry food and water with you wherever you go, if you feel hungry then snack. Good choices are nuts and fruit.
4. Can you buy a lunch from the "Healthy" list of ingredients near where you work? If not take it with you. I'm always disappointed with the food that I can find at lunchtimes. Make up a good salad with chicken or tuna the night before.
5. Shop for food on a regular basis, this keeps things fresh

Don't get caught out. Plan, plan and plan some more. No preparation is a recipe for failure.

The Best Cooking Methods

Preparation of foods can make a huge difference to the nutritional content left in the food.

1. Raw Fruit and Vegetables are always best. Choose organic, they are unbeatable.
2. Steaming food is the next best way to preserve the goodness in foods. I use a plug in steamer on a daily basis and they are really cheap and quick too.
3. Boiling vegetables for long periods of time will cause most of the nutrients to seep out into the water. If you have to boil, then boil your vegetables for short periods of time and then use the left over water to make soups and sauces.
4. Light frying of meats is OK but use butter or coconut oil at low temperatures, cover the pan and cook for longer.

Avoid microwaves at all costs. Not only do they kill all the nutrients in the food but they change the molecular structure of the food so it's unrecognisable to your body.

The Results

If you follow this diet to the letter, no cheating, then you will notice a rapid amount of fat loss. Your body no longer needs to store toxins in your fat cells and your cravings should be practically non-existent due to a balancing of your blood sugars. You will notice an increase in energy levels and your sleep patterns will improve.

Once the 30 days are complete you are free, if you choose, to begin adding other foods back into your diet. Try wheat and dairy products. Move through this process gradually and take note of the impact the foods have on your body. Do they make you feel bloated? Tired? Leave you feeling hungry? Quickly increase your weight? You may notice that some foods just don't agree with you and are better off left well alone. Remember everyone is different!

To complement your diet I recommend regular bouts of exercise, 3 times a week is enough. Exercise is important to help raise metabolism by increasing muscle tone. Long cardio sessions are counter-productive and time consuming. For more information on short but effective exercise sessions please contact me.

Good luck! You've got a new body waiting for you in just 30 days!!

Greg.

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