GB NATURAL DIET
LOSE 7LBS IN 21 DAYS

No Calorie Counting
No Cravings
100% Natural
A Word of Warning
Changing your diet dramatically can and will have effects on your body. Although everything that I am about to share with you is well researched and totally natural some adverse effects may occur. If you are pregnant or on any prescription drugs then confirmation from your doctor is recommended. OK, that's the legal stuff out the way let's get started.

The Simple Truth
The world is getting sicker, fatter and less healthy. Money rules. Big corporations with big marketing budgets are out to get you. Don't be fooled. Listen to your body and your basic instincts. Always bare in mind that most companies DO NOT have your optimal health in mind when they are selling you fancy foods and drinks.

Getting Back to Nature
Let's not forget where we came from. For millions of years we have evolved eating and drinking foods from nature. We didn't get where we are today eating processed foods, sugar based drinks or low fat ready meals. We don't just come from nature we are nature. Everything we eat and drink becomes us. There is nothing more important for your health than what you eat and drink. Bring life into your body by eating live foods not dead ones!

Let's take a look at the foods that are both good and bad for us and how we can improve our diet.
Gluten has not been around as long as you may think. Many people suffer with this irritating protein. Removing all gluten from your diet will have a profound effect including stopping: bloating, headaches, skin problems, fatigue and so much more. So, no Breads, Pasta, Wheat based sauces etc.

Milk is meant for baby cows not humans. Many people are lactose intolerant and cannot break down the lactose sugar in milk. Milk is not as high in calcium as you may think, there is more calcium in leafy greens. So, no milk, cream or cheese!

Stimulants like sugar, caffeine and alcohol play havoc with your nervous system and blood sugar levels. Sugar is everywhere so beware, if it ends in “ose” it’s a sugar eg. Sucrose, Fructose, Maltose, Glucose etc. Avoid stimulants like the plague.
Vegetables, now we are talking. Eat as many as you can. Eat with the seasons and try to get a good mixture of colours. Try not to boil the nutrients away, steam, eat raw or add to stews. If you do boil them use the water for soups and sauces. Go organic!

Don’t be afraid of meat. Protein is necessary to repair muscle and a vital source of nutrients. Try all types from fish to red meat, white meat and game. Don’t be afraid of the fat, if it’s organic you can eat it, just like our ancestors did!

The science for eating more good fat is overwhelming. The body actually produces its own saturated fat it’s so important to good health. Bad fats are the enemy so only stick to these good fats: olive oil, coconut oil, rapeseed oil, butter, and organic animal fats!
Eggs are an excellent protein source and good for breakfast but not everyone can tolerate them. If you can eat them, great! Make sure you eat the yolk too that’s the best bit and utter nonsense about causing high cholesterol. Go Organic! Some people can also tolerate Natural Plain Yoghurt!

Fruit has changed over thousands of years. Today fruit is loaded with sugar and can potentially disrupt sugar balance. Limit fruit to only when it is naturally in season. Fruit should never replace a meal. Limit to one piece per day!

Rice, Beans and Lentils can all be a great source of slow releasing carbohydrate. But just like fruit they can disrupt sugar and energy levels. Don’t overly rely on these types of foods, treat them as a side rather than a main meal.
Putting Meals Together

**Breakfast**
Ever heard the phase “Breakfast like a King, Lunch like a Prince, Dine like a Pauper”? Well this is a great rule to follow. Load yourself with foods and energy first thing when you need it most. Good breakfast choices are: omelettes, smoked salmon, gluten free porridge, organic bacon, salads, and leftovers.

**Lunch**
Both lunch and dinner meals can be interchanged. Try to eat more during lunch than in the evening. No use having all that energy at night just before bed. Meals can be made up of meats, vegetables, beans, lentils, and rice. Snack on nuts if you need a little something between meals.

**Dinner**
Try to eat light in the evening. Fish is always a good option with a tasty salad. Make up a large meal and then save it for the next days lunch. Try not to eat too late and relax in the evening with low lighting and soothing music. Now is not the time to get all jacked up on caffeine and high adrenaline pumping dramas just before bed.

**Drinks**
We all know the importance of drinking clean water. Aim for 2 litres per day. Drink herbal teas and limit green tea to mornings only.
Everyone is Different
One of the biggest mistakes that I see in the nutrition industry is the belief that there is a one size fits all approach to nutrition.

It is important to learn what foods are right for you. This process is a time for self discovery. It’s a time to try foods and see how your body reacts to them. Do you feel tired, full of energy, satisfied for longer, have abdominal bloating etc.

Keep your meals simple and discover what foods are right for you via a process of elimination. Perhaps you may eat like a vegetarian for a few days or eat more meat for a few days. Listen to your body.

Macro Nutrient Proportions
Some people find they need more fat and others find they need more protein. Again this is about finding out what’s best for you.

Start by dividing your meals into equal quantities of Fat (eg. olive oil, avocado, coconut milk, nuts), Protein (meats, fish) and Carbohydrate (vegetables, lentils, beans).

Now depending on where your ancestors originated from you may be better with more fat and protein (ancestors living in colder climates) or more carbohydrates (ancestors living close to the equator).

So work with your proportions of fat, protein and carbohydrate and see what works best for you. You may also notice a desire for more fats in the winter or protein following activity and exercise.

Natural Preparation
Try not to destroy all your food before you have had chance to eat it. Avoid microwaves, they destroy the molecular structure of the foods and render them useless. Try to eat some food raw and steam as much veg as you can. Eat local in-season veg with less air miles.

Planning
Without a plan you are doomed. Write out your meals for the week. Clear out your cupboards so you are not forced to cheat. Make up big batches of food for lunches. Shop regularly or get organic food delivered.
Conclusions

What Now!
Eating and drinking the way we have evolved to eat and drink is vital for a healthy body and mind. Some of the above Bad Foods may seem a little harsh and even surprising. But the truth is your body will tell you what is good and bad. A healthy body is not tired, carrying excess fat or lacking vitality.

This Nutrition plan is simple. Stick to natural foods. Eat lots of fresh vegetables, meat and good fats like avocado's, nuts, olive oil and coconut oil. Don’t be scared of fat, it’s the media’s biggest selling lie! Stay clear of all Gluten so no breads, pastas and processed sauces. Avoid dairy so no milk, cheese or cream. Butter and Eggs are usually OK. Eliminate sugars and stimulants like alcohol and caffeine.

Try the above way of eating for Only 21 Days and I guarantee you will never look back. Go on a journey of self discovery and see just what foods agree and disagree with you. Listen to your body and eat natural.

Most of all enjoy yourself and fall in love again with all the great foods nature has to offer.

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For Organic Food Delivery within the UK:

www.riverfood.co.uk

www.abelandcole.co.uk

For Further Information on all these Topics see my website:

www.gbpersonaltraining.com