

oneBODY FITNESS

Dedicated to getting Real Women.... Real Results

Top 5 things you need to ELIMINATE from your current Diet!! Here is an example of some of the foods you should try and avoid in your diet (especially for the first 14-21 days!!!)

Alcohol

This toxin places great stress on the kidneys and liver as your body tries to detoxify itself. Alcohol is also a sugar that produces an insulin response, creating a blood sugar imbalance, therefore an increased ability to store fat. In addition, how many times have you made poor food choices after drinking alcohol? ...plus how crap do you feel the next day...is it really worth it?? NO!

Processed Foods

Only food in its most natural form should cross your lips...nothing with ingredients you can't pronounce, no E numbers, no long life, pre cooked or pre-packed! It's time to start living like a caveman ladies...basically you should live on fresh meat/fish, fresh fruit and vegetables...if a caveman couldn't catch it then it shouldn't cross your lips....have u ever really looked at the ingredients in some of these microwave meals???

Wheat & Gluten

For many people these products are completely indigestible or stress the body way too much when it comes to trying to digest them. Ever get that bloated feeling after you've eaten? Felt like you could do with a 20 minute

nap after your meal? Felt sluggish after lunch? YEAH I hear u yell!
Say goodbye to wheat and gluten and you'll be saying goodbye to a sluggish metabolism and bloated tummy and you'll be saying hello to tons of energy and a flat tummy! ..WOOHOO!!

BEWARE! Wheat is found in many products, so be careful to avoid bread, pasta, cakes, biscuits, pastry etc. Also be aware that wheat and gluten are often used to thicken soups and gravy...so get reading those labels, don't be lazy...educate yourself whilst shopping.

Sugar

White, brown, beet, molasses, honey, fructose, maltose, dextrose and corn...each and every kind of sugar has got to go-including its substitutes!

All of these create an insulin response and increase the body's ability to store fat. Ever had that 2pm craving for your favourite chocolate bar?

Think you've got a sweet tooth? Sugar is like a drug; the more you have it the more you want it! Banning sugar will help avoid energy dips and cravings.....even worse are "Sweeteners"< if you use these in hot drinks you would be better off with a spoonful of sugar (ooo this makes me wanna break into song)

Dairy

With the exception of eggs, goats cheese, and full fat live yoghurt, avoid dairy like the plague, due to the fact it is heavily processed, using methods such as pasteurization to prolong shelf life. And its methods such as these that are used to produce 'low fat' products the ones the media tell us are good for us! It's imperative to remember that fat isn't the bad guy, sugar is!