

## The NPC L.E.A.N Protocol

**Breakfast** A cup of coffee or tea, and amounts of herbal teas. You can also make a soda with mineral water and flavoured stevia. You can use one of your fruits here. eg: 1 cup of strawberries or 1 cup stewed apple. A green smoothie with supplements we recommend. Recipes on our Facebook page.

**Lunch and dinner** Both meals are the same - choose either 100gms of meat, chicken, fish or one hardboiled egg - with a big salad. The fish, chicken or steak should fit inside the palm of your hand. Also coffee, tea, herb tea or stevia flavoured sodas.

**Whey:** If you too rushed to cook you can blend a cup of water, some of your milk, some of your fruit and 2 tbsp of good quality isolate whey powder (pure protein) instead of your meat, chicken, fish or egg, just for that meal. You can flavour with stevia also.

**Choose only lean meats and free range chicken.**

**Veal or steak-** free-range only because they are oestrogen hormone free. Estrogens given to cattle promote fattening them up. Do not use fat-marbled steak.

**Chicken breast-** free-range only and no skin

**Fish-** No oily fish like salmon, mackerel, sardines, tuna, trout or kippers.

### Good Fish-

Pike	Fresh White Fish
John dory	Halibut
Orange roughy	Swordfish
Snapper	Bass
Crab meat	Flounder
Jew fish	Lobster
	Shrimp

### Foods can be seasoned with-

Bragg Liquid Aminos (like soy sauce but no fat or sugar, available from health food shops or online)

### A hot vegetable dish, soup or cold

**salad-** Made with only the following fresh vegetables. Two cups total. These vegetables are low in carbs. Use spices and seasonings that are listed above to add flavour. Create an amazing inspiring meal.

Asparagus  
Beetroot

Sea or rock salt  
Pepper  
Vinegar  
Mustard Powder  
Garlic Sweet-Basil  
Parsley  
Thyme  
Marjoram  
Chilli powder  
Lemon Lime  
Celery  
Fennel  
Green Leaves  
Herbs  
Lettuce  
Mushrooms

Beans

Broccoli

Beet-greens

Cucumbers

Snow peas

Spinach

Tomato

Zucchini

Onions

Peppers

Parsnips

Red radishes

Cauliflower

Carrots

Cabbage

**Fruit-** A treat between meals or at breakfast - Total 2 per day. Any type of fruit is ok. Be sensible fruit is a carb and carbs stimulate insulin and thus fat storage. E.g:

Apple

Berries (1 cup)

Large slice watermelon

Orange

lemon

Grapefruit

No No No - avocados, potatoes, olives, nuts, chia seeds, any seeds, tofu, coconut, yogurt, butter, cheese, oils.

**Bread**—2 cruskets, rice cakes, melba toasts or grissini bread sticks per day - but no butter duh!

**Eggs-** 1 free range per day instead of the meat, chicken or fish.

**Liquids**—Only drink tea, coffee, herbal teas, plain water or mineral water in any quantity. Try to drink 2+ litres of water a day. Water is essential. Fill two bottles with purified or filtered water each morning add a pinch of sea or rock salt to help your body absorb it. (Don't use commercial salt from supermarket that has a chemical free flowing agent added). Read all labels. No alcohol or sugar filled sodas. Add 5 drops of flavoured stevia (eg: coco cola flavour) if you don't like water so much.

**Dairy**— Either 1/4 a cup of skim milk per day or 3/4 cup LF Greek Yoghurt or Cottage Cheese in place of protein.

**Flavouring**— Stevia can be used to flavour mineral water, soda water or plain water and foods to make many flavours of sodas. Add ice cubes. Or freeze into ice blocks and eat as many as you like every day.

**FRESH IS BEST**—However if buying store bought prepared foods make sure fat and Sugar content are less than 4g Total.

**For further information contact us directly:**

[www.naturalpathconsultants.com.au](http://www.naturalpathconsultants.com.au)

0421 846 628

[fiona@naturalpathconsultants.com.au](mailto:fiona@naturalpathconsultants.com.au)