

Meal	Description
As you wake up	Have 500 ml of water with or without lemon and spices and wait between 30 minutes and 2 hours until your first meal. Make up the recommended 2 to 3 litres of water, pure or with tea.
Breakfast	Power Foods' fruit and veggie smoothie <b>Alternative:</b> 500 g of a mix of 3 fruits and 2 veggies
Lunch	Power Foods' cereals and seeds shake <b>Alternative:</b> a dish with grains or tubers, veggies and a protein source
Afternoon snack	Up to 2 table spoons of nuts and seeds or raw veggies.
Diner	A dish with a protein source and all the veggies you can eat.
Late night snack (optional)	All you can eat raw and seasoned veggies

**IN A NUTSHELL**

Have our smoothie for breakfast, our shake for lunch, nuts and seeds for afternoon snack and a dish with a protein source and plenty of vegetables for diner; water and teas throughout the day. When you don't have our blends available, replace the smoothie with fruits and veggies and the shake with a dish with grains or tubers, a protein source and plenty of veggies.

**ABOVE ALL**

- Get reed of non recommended foods in your home. It is an illusion to think you will be able to resist them.
- Leave the exceptions to your diet to the social gatherings and make your home a health sanctuary.
- Always have a rainbow salad or a tea in hand for you to have in face of an eating urge.
- Organize your meals in advance and never go grocery shopping on an empty stomach.
- Avoid juices, vegan milks and soups, they are just empty fast absorbing calories.
- Eat a portion of fruit before and two table spoons of nuts after a workout.

**OTHER TIPS**

- Get your food in its natural form and avoid prepacked or processed foods.☒
- Make sure that prepacked foods do not contain sugar, honey, syrups or starch on the ingredient list.☒
- When eating out make sure to order dishes in which you can distinguish all the ingredients.
- Café and other stimulating drinks? Sure, but with no sugar or sweeteners and as long as you have it for pleasure and not to make up for an unbalanced lifestyle.
- For an intensive physical activity, consider having a vegan protein supplement, but make sure it has at least two different sources so that you get all the essential amino acids.
- If you are looking to gain fat or muscle beyond your natural predisposition, know that it is very difficult to do so with a healthy and natural diet, so if that is your goal, maybe you should consider working on your self esteem rather than ruining your health :).
- The excessive intake of meat, particularly red meat, and dairy (including whey protein), forces the industry to raise animals in cruel and environmentally devastating conditions. Therefor, try having it in moderation.
- For your comfort meals, the internet will be your greatest ally. From an avocado toast to a hummus with veggie sticks, there are plenty of healthy alternatives to your guilty pleasures. Just search for a given dish with the word "healthy", for example. Remember to make sure that the recipes contain only the recommended ingredients of this diet plan and if you are currently on our diet coaching program, you are welcome to request our free support through e-mail.

**Now let us go to the recommend food's list!**

## RECOMMENDED FOODS

The listing of the foods by groups aims at ensuring the highest nutritional content and bioactivity possible.

<b>FRESH FRUIT</b> <b>Amount:</b> 300 to 500g per day or zero if you are having Power Foods blends on that day. <b>Time:</b> In the morning, except if you workout in the afternoon in which case you can have up to 80g before. <b>Variety:</b> At least 1 of each group.		
<b>GROUP 1</b> Blackberries, cranberries, raspberries, kiwi, blueberries, strawberries	<b>GROUP 2</b> Apricot, plum, persimmon, guava, loquat, pear, peach	<b>GROUP 3</b> Avocado, lemon, melon, papaya, grapefruit (not grapes). <b>Other fruits, only for weight maintenance.</b>
<b>FRESH VEGETABLES</b> <b>Amount:</b> At least 100g per day. <b>Time:</b> Any time of the day at any meal. <b>Variety:</b> At least 1 of each group per day.		
<b>GROUP 1</b> Chards, watercress, algae, broccoli, cauliflower, endives, spinach, kale, collards, cabbage, red cabbage, arugula.	<b>GROUP 2</b> Pumpkin, celery, artichoke, eggplant, zucchini, asparagus, fennel, turnip, cucumber, peppers, radishes.	<b>GROUP 3</b> Lettuce and other leaves, beetroot, onion, carrot, mushrooms, snapbeans, tomato, sprouts and other vegetables.
<b>NUTS AND SEEDS</b> <b>Amount:</b> 2 table spoons per day (optional if you are having Power Foods blends on that day). <b>Time:</b> Between lunch and dinner. <b>Variety:</b> At least 1 of each group per day.		
<b>GROUP 1</b> Almonds, hazelnuts, pine nuts, sunflower seeds	<b>GROUP 2</b> Walnuts, pecans, flax seeds, chia seeds.	<b>GROUP 3</b> Brazil nuts, (6g max), macadamia, pumpkin seeds, sesame seeds. <b>Other nuts only for weight maintenance.</b>
<b>GRAINS AND TUBERS</b> <b>Amount:</b> up to 100g (cooked weight) or zero if you are having Power Foods blends on that day. <b>Time:</b> preferably at lunch but also fine before. <b>Variety:</b> as you wish according to the list. Brown rice, oats, potato, sweet potato, yams, pasta, millet, quinoa, buckwheat and other whole and unprocessed grains and tubers.		
<b>PROTEIN SOURCES</b> <b>Amount:</b> dependant on the protein source. <b>Time:</b> at lunch (if not having the Power Foods blends on that day) and at dinner. <b>Variety:</b> one source per meal is enough. If you want to mix different sources, you must adjust the amount. For example, you can make a salad with 1 boiled egg (50g) and 75g of cowpeas or 50g of tuna.		
<b>GROUP 1</b> <b>50g per meal</b> Nuts, sunflower, sesame or pumpkin seeds, textured soy*, poultry * cooked weight	<b>GROUP 2</b> <b>100g per meal</b> Tempeh, tofu, vegan meat substitutes (soy, tofu or seitan based), fish, seafood, eggs.	<b>GROUP 3</b> <b>150g per meal</b> Beans and other pulses*, pulses sprouts, chestnuts*
<b>OILS AND SEASONINGS</b>		
<b>Aromatic herbs</b> Rosemary, thyme, garlic, celery, onion, spring onion, coriander, parsley, fennel, peppermint, bay leaves, basil, oregano, etc	<b>Spices</b> Cinnamon, cardamom, curry, cumin, turmeric, ginger, yeast extract, soy sauce, nutmeg, paprika, peppers, etc.	<b>Oils</b> Olive, coconut, sunflower, sesame and other virgen oils, coconut milk