



Here's what to do....

- Follow this 2 week plan, which includes lots of foods high in fibre you may repeat as long as you wish.
- Include plenty of vegetables- focus on green, along with pulses, beans and lentils which are a good source of iron and B12
- Make sure you are eating protein-rich foods – quorn, soya products, lentils, beans, pulses, nuts & tofu (don't just rely on Cheese)
- Please ensure your Dairy alternatives are fortified (particularly if you are vegan)
- No Low fat – Diet foods
- Include TRE if you wish

VEGANS – please feel free to use your favourite substitutes for dairy products

This plan may use some products that you may find unusual such as miso paste, tahini, goji berries. etc.

Please try and add them they are full of essential vitamins and minerals that make up the plan.