

# The *Real* Deal

Easy 4-step approach for weightloss, metabolic health  
and a better relationship with food.



[www.realhealthandwellness.com](http://www.realhealthandwellness.com)



Hello there!

Congratulations on taking positive action and downloading the Real Deal! This easy, 4-step approach is the result of years of experience helping people to overcome food addiction, take back control and feel the way they want to feel.

I hope it makes things easier for you, answers some questions and opens up a whole new way of thinking about food and health.

To get all the low-down and support you need to implement this (and so much more) into your life, head over to my Free Facebook Group (the Real Health and Wellness Hub) and join the wonderful community there so you, too, can start to love your life!



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*Jan xx*

# 4 foods to eat every day

Every day aim for approximately  
300g protein foods (1 egg = 60g)  
250g unprocessed starch  
550g non-starchy veg (and low sugar fruit)  
4 tablespoons healthy fat (butter, lard, olive or coconut oil)

Raw weight

## What's unprocessed starch?

**Non-gluten grains** such as gluten-free whole oats, brown rice, quinoa and buckwheat (buckwheat is not wheat, it's not even a grain, but is a seed), **beans and lentils**, and **root veg, tubers and squashes** such as sweet potato, beetroot, winter squash, pumpkin, spaghetti squash, and butternut squash.

## What are the best protein choices?

Opt for grass fed, free-range, organic.. Eat as much oily (SMASH) fish as you can. Plant based protein includes beans, legumes and seeds such as pumpkin or chia.

SMASH stands for Sardines, Mackerel, Anchovies, Salmon and Herring..

## What's low sugar fruit

Apples, pears, peaches, plums, oranges, tangerines, grapefruit, lemons, any berries, kiwi fruit, any melon

PS: non-starchy veg are everything except root veg, tubers and squashes.



# 4 foods to avoid every day

These are all Ultra-processed foods (UPFs). UPFs are defined as those that contain more than five ingredients, or contain ingredients that you wouldn't normally find in a kitchen.




Sugar



Processed/fast food



Foods made from processed starch (baked goods, cereals, pasta)



Industrially processed trans-fats (so-called vegetable oils)

# 4 Lifestyle Choices

That will protect your health

**1. Avoid the risk of ingesting plastics** which act as endocrine (hormone) disruptors. Do not put hot food or liquid into plastic containers, heat food in plastic or allow cling film to touch hot food as the chemicals leach out of the plastic and into the food, and drinks.

**2. Be aware of the chemicals you are putting on your skin and hair.** Parabens, phtalates, BPA, triclosan, sodium lauryl sulphate and many other ingredients in personal care products are also hormone disruptors and are easily absorbed through the skin to create an extra burden on the liver. Check out [www.ewg.org](http://www.ewg.org) for more information.

**3. Eat as much organic food as you can reasonably afford** in order to limit exposure to pesticides and fertilisers. To cut down costs, familiarise yourself with the Clean Fifteen (non organic foods which are safe to eat) and the Dirty Dozen (foods which contain the highest levels of agricultural chemicals) [www.ewg.org/foodnews/](http://www.ewg.org/foodnews/)

**4. Bring joy and calm into your life as much as you can.** Movement, mindfulness, gratitude, nature, hugs, laughter are all ways we can re-connect with our real selves, switch off stress and feel better about life. Try and incorporate at least one of these into your day.





# List of addictive foods

These are the foods that  
sabotage your best efforts

**Sweeteners:** All kinds of sweeteners, whether natural or artificial, are linked to a range of health problems. Research shows an impact on dopamine function which may be associated with mood swings.

**High fructose corn syrup** has been compared to corn alcohol in terms of its impact on health.

**Flour:** Once a plant has been ground into a powder such as flour, it is absorbed into our system quickly creating imbalances which our body works hard to overcome. Flour products include biscuits, baked goods, any kind of bread, and pasta. All kinds of flour are refined by definition.

**Processed Fats:** Transfats are associated with heart disease, systemic inflammation and some cancers.

**Dairy:** Dairy products are composed of lactose (sugar), fat, and caseomorphines. Dairy is designed to make a baby calf grow from 100 to 600 pounds in a year.

**Caffeine:** Caffeine is associated with fatigue and mood swings including irritability and sleep problems. Caffeine appears to have a 2-3 week withdrawal syndrome.

**Wheat:** Modern wheat has a gluteomorphin which may be associated with irritable bowel and mood disorders. Also exclude close relatives of wheat including kamut, rye, and spelt.

**Soy:** Soy has been associated with hormone imbalances.

**Genetically modified foods:** Insecticides have been genetically inserted into these foods which massively disrupt our microbiome

**White potato:** White potatoes are a very high-glycaemic food. in all forms. Chips are fried in pro-inflammatory oils, baked potato skins are high in carcinogenic Advanced Glycation End Products (AGE's)

**Puffed Grains:** Puffed grains include rice cakes and popcorn. The structure of the grain is altered which increases glycaemic value and de-natures the fibre.

Note how many of these foods  
are found in UPFs



## Shopping List (for 1 person for 7 days)

This list assumes that 20% of fruit and veg will go to waste in trimming and allows for shrinkage of animal protein in cooking.



- Cold pressed oils (coconut, olive)
- Spices (avoid blends that contain salt, sugar or dextrose)
- Mineral salt (sea salt, rock salt)
- 1.75 kg Low-sugar fruit (maximum)
- 3.0 kg Non-starchy vegetables (minimum)
- 1.75 kg Unprocessed starch (inc starchy vegetables)
- 1.5 kg Proteins
- 1 dozen eggs
- (If not using eggs, increase proteins to 2.25kg)



This is only a guide - feel free to use this as a starting point and make it your own!

# What's next?

Here's how to get extra support so you can really start to feel the benefits

- [Join my free Facebook Group](#) - the Real Health and Wellness Hub. A lovely community of like-minded people all on the same journey, weekly calls, your questions answered, and a bit of fun along the way
- Enroll now for the [Really Fab Monthly Membership Group](#) launching at the end of July. Sign up now to get 3 months at 30% discount!
- Work with me privately 1:2:1 to resolve health issues, understand exactly what is going on in your body and get the information and support you need to take back control. Here's the link to [book in for an initial free consultation](#)
- Drop me an email: [fran@realhealthandwellness.com](mailto:fran@realhealthandwellness.com)







Join my monthly membership group and get all the support, accountability, information and resources you need to honour your own goals and start loving your life!

- Finally! The information you need to reduce inflammation and oxidative stress so you can alleviate pain, lose weight and slow down ageing. Start loving your life!
- A totally different approach that will make it surprisingly easy to overcome cravings, do exactly what is best for your unique body and feel comfortable in your own skin
- Success at last! Support, accountability, Group Coaching, weekly meal plans, recipes and shopping lists to help you take action, overcome self-sabotage and honour your own goals.





Feel free to get in touch if you would like more info, to talk about your specific situation or to discover how best I can help you

[fran@realhealthandwellness.com](mailto:fran@realhealthandwellness.com)



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