

Welcome

Congratulations & Welcome to the 21 Day Turnaround

Remember...

Don't expect miracles. They might happen, but if they don't, don't be disheartened, be open minded and go with the flow.

You decided to embark on this journey. The decision is made and there is no need to revisit that. Follow the plan and my advice and see what happens.

Be active in the FB group. This is where you get support from fellow travellers and from me. If you haven't done so yet, register..... link below

It is going to be fun! Weight loss and diets don't have lightness, even though it is all about getting lighter, it can be a grim process. This is different. You are going to discover more about food and eating. Interesting, exciting, and fun.

You won't feel hungry. The food will feed your body what it needs...plenty to eat in a slightly different way. A way that will not make you hungry and a way that you can maintain for the rest of your life.

Don't focus weight loss; that will be a natural result. I recommend not to weigh yourself during the 3 weeks. Only at the beginning and the end.

You'll get 21 tips and ideas on what to eat, how much and when, what to drink and how much exercise you should do. Don't be worried, the exercise is just walking or any other sport you like.



Ready, Steady, Go...

You're now a member of club of women ready to make changes in their eating habits, to get healthier, lose weight and feel great. We're going to have fun with eating healthy food and having new experiences. Together!

You have signed up for a 3-week plan that will help you to change your way of eating for the long term. But before you start here are a few things to keep in mind.

1. Join the Facebook group and visit for the twice-weekly Q&A sessions.
2. Make a cup of tea and read-through all things I've sent you. Get organised and take action on each item.
3. Change is gradual and sometimes we forget. The 21-Day Turnaround is just the beginning to get you started.

CONNECT ON FACEBOOK

EATWRIGHT FOREVER

21-DAY TURNAROUND - PANTRY GUIDE

BUY ENOUGH TO SUPPLY 7-10 DAYS OF EATING. SOME ITEMS WILL LAST LONGER LIKE NUTS AND TINNED FOOD.

Fruit - 2 pieces a day, choose colour, not grapes or pears.

Vegetables - endless supply, choose colour, not potatoes.

Meat, lean - turkey, beef, chicken, game, sliced-off-the-bone

Fish - fresh salmon, mackerel, trout, sardines, anchovies

Fish tinned - in water or olive oil only, or as pate.

Vegan 'meats' - quorn, soya, tofu, tempeh

Nuts - hazelnuts, pecan, brazil, walnuts, almonds, desiccated coconut

Cheese - sheep, cow, goat. Low-fat & low carbohydrate - check the packet

Cottage Cheese - plain, low fat

Milk - organic, skimmed, only for tea or coffee

Yoghurt - Greek 0% fat, soya, almond, coconut

Almond, Soy, Hazelnut Milk - unsweetened

Eggs - large, organic

Bread - (ideally none), wholemeal, gluten free, 0.5% carbohydrate

Crackers - gluten-free, Nairn Oatcakes or wholegrain crackers

Oil - extra-virgin, organic olive oil and/or hazelnut oil and/or coconut

Spread - grass-fed, unsalted, butter or ghee

Stock cubes - Kallo organic, low salt

Tea - organic, herbal, especially green tea.

Seeds (fibre) - chia seeds, flaxseed, sesame, sunflower, pumpkin

Chocolate - pure raw organic cacao powder

Herbs - dried or fresh, fresh ginger, turmeric, tomato paste, mustard

Seasoning - Himalayan pink or Celtic salt, ground black pepper

Ohter - gluten-free oats & Buckwheat flakes, Psyllium fibre

EATWRIGHT FOREVER

21-DAY TURNAROUND - NO-NO LIST

SEARCH FOR THESE ITEMS IN YOUR PANTRY AND REMOVE THEM - HIDE THEM AWAY OR GIVE THEM AWAY.

Vegetable Oils - sunflower, rapeseed, sesame.

Binders - e.g. cornflower.

Soft Drinks & Squashes

Fruit Juice

Sweet Soy Sauce

White Table Salt

Dairy - cow's milk, cheese & cream. Skimmed organic in tea/coffee

Biscuits, Cakes & Pastries

Sweets & chocolates

Crisps

Margarine

Breakfast Cereals & Muesli

Sweeteners - sugar, honey & artificial

Prepared Herbs & Spice Mixes & Marinades- especially Chinese 5-spice

Sauces - in packets, jars & bottles

Ready-Meals & Takeaways

Chutney, Pickled Onions & Gherkins

Pasta

Rice

Ice cream

Potatoes

Cashews, Peanuts & Macadamia Nuts

Alcoholic drinks