

The best weight loss approach we found in-clinic. Includes best and worst foods, quick start plan, larder list and much more. Easy once you know how...

Lose Your **BELLY FAT** Plan

Gluten and dairy free
low GL
diet

Michaela Rose

Natural Health Consultant, DN (Med)

purehealthclinic
alternative and complementary healthcare

Disclaimer

The following plan is based on my opinion as a natural health consultant only; it is not meant to take the place of your medical professional advice in any way and should not be relied upon as such. It is designed to give you a base understanding of a health issue and pointers to help you forward towards a resolution.

Always check with your doctor or chosen health practitioner before making any changes to your diet, medicines or supplements. Always exercise common sense. I accept no responsibility whatsoever for illness arising out of failure to seek medical advice from a doctor. Thank you.

Copyright

All rights reserved. No production, copy or transmission of this publication may be made without written permission. No paragraph of this publication may be reproduced, copied or transmitted without written permission in accordance with the Copyright Act 1956.

Contents

Welcome	4
The Science	7
Testing	10
Belly Fat Supplement Protocol	11
The Belly Fat Diet	12
<i>Quick Food Guide</i>	14
<i>Meals To Enjoy</i>	17
<i>One Week Quick Start Plan</i>	24
<i>Best & Worst Foods</i>	27
<i>Dining Out</i>	30
<i>Larder List</i>	31
<i>Notes & Tips</i>	36
After the Plan	41

Welcome

Thank you for downloading the Belly Fat Plan. In your hands, or on your screen, you now have a way to help resolve your weight problems using a unique approach.

Just to clarify, this is a self-help programme and you are not my patient. You should be under the care of your local health professionals. I get so many requests for help and see so much confusion in this field but it is impossible for me to see everyone. So, this is my answer to try and get the help to you out there who need it.

My aim is to guide you through the maze given what I have learned as a researcher/practitioner over the past 30 years. Work with what you learn via this plan and your professionals to achieve your aims.

Sometimes, it can be nice to chat with others who have been there and worn a very similar T-shirt! To help, I have set up the [Purehealth Facebook Group](#), so use that to chat with others and me whenever you feel the need.

I need your help...

This factsheet took a lot of time and effort to produce and is based on over 30 years' clinical experience. But, I am offering it at low cost for you because I know it can help a lot of people trying to get themselves well.

In return, please subscribe to the newsletter and use the links for tests and products within the document. This doesn't cost you any more, but it gives me a bit of commission which helps pay for all the time spent creating these resources. Thank you from me, and everyone else who benefits.

[Subscribe to my monthly newsletter here.](#)

[You can purchase tests here](#) (hover over Test Intro to see all the testing sections).

[All products can be purchased here](#) (use Micki Rose in practitioner). There is also a full [Trusted Suppliers List](#), which we keep updated with all the codes etc you need for other suppliers, including US ones.

[You can find all ebooks and factsheets here.](#)

[Subscribe to the YouTube channel here. \(See the test results videos there too!\)](#)

You can also [buy me a coffee or two here](#) if you want to.

Thank you so much. I truly hope it helps you,

Micki

Introduction

If you struggle with your weight, have too much fat around your middle and crave sugar all the time, then you need a low GL (glycaemic load) diet. So far, so simple. However, many people also have food sensitivities and this exacerbates weight gain mainly due to chronic inflammation causing bloating and water retention. It's amazing how a food sensitivity can make you gain that 'stuffed cushion' sort of look! You know: where you remember how small your wrists used to be and now they feel sort of puffy?

I found over many years that people struggling to lose weight only did so when we removed the key allergens and, nowadays, those mostly turn out to be gluten and dairy. Hence the need for this book. It's a combination of low GL to control insulin and an allergen-free diet to remove this very common block to weight loss.

Ok, let's get to it...may all your cravings go and belly fat drop off...!

The Science: Belly Fat & Insulin Resistance

We know that most experts agree that losing weight, especially from around the belly, benefits our health. But we also know that losing weight is sometimes flippin' hard!

It is a fact that waist circumference is often a big indication of future possible heart disease and diabetes problems. But just how do you shift the belly fat and offset those increased risks? That's what this book aims to help you answer.

Some experts think certain types of people have a body that, for whatever reason, makes too much insulin; a sort of carbohydrate metabolism problem. Add this predisposition onto a typical western diet full of the wrong foods for us and no wonder we find it hard.

In general, it's believed that a typical weight gain downward health progression might be:

*eat a higher carb diet, excess glucose is turned into fat in the liver leading to...
weight gain, especially round the belly, which causes...
more excess glucose and insulin, which leads to...
insulin resistance, which encourages...
even more weight gain, especially on the belly, giving a higher risk of...
metabolic syndrome, which can progress to...
diabetes and heart disease!*

Ah! Not nice. But this is why eating a low GL diet is so important. We know that a lot of people's blood sugar control is up the swanny and that the more carbs we eat, the worse this is going to get. A lot of research shows that most people benefit from blood sugar control. And I know as a nutritionist that the best way to control it is through diet. We simply have to limit the amount of insulin we make to avoid becoming insulin resistant.

Insulin Resistance

Insulin is made by the pancreas in order to transport excess glucose after we've eaten into muscle and fat cells, either to be used as energy there and then, or stored for later use. As soon as we eat, the brain senses a rise in glucose and sends a signal to the pancreas to start producing insulin.

Once it's done its job, insulin levels drop back to normal. If we eat too much food that converts rapidly into glucose (high GL foods), or have a hormonal problem like Polycystic Ovary Syndrome (PCOS) where we tend to make more insulin than we need in response to food, or fat gain around the middle has made us less sensitive to insulin, the insulin level remains high after the meal and we make more fat. Not what we want at all!

In some circumstances, the insulin receptors are simply not working well and so we might be making the right amount of insulin but it's not able to be used properly and so the pancreas is told to keep producing more and more and we become flooded with the stuff.

Once we start breaking down the glucose or storing it, we get a sudden drop in glucose levels – a blood sugar dip. This is when you might feel ravenously hungry, foggy headed, dizzy, irritable, unable to focus, crave sugar, alcohol, bread, cereal or chocolate, start sweating, blush, feel anxious, start a headache – the list goes on. So, we eat again, and usually something that makes our glucose level rise sharply again as we need a fast hit (sugar, biscuit, chocolate etc). This then makes you feel sleepy or lethargic after eating and the whole cycle starts again.

At this point, you simply aren't getting enough fuel to the body so you are constantly wanting (and probably denying yourself) more food. Over time, this pattern repeats itself ad nauseum. Meanwhile you get fatter and fatter especially around the belly, more tired and less able to concentrate whilst eating less and less.

So, it starts as a blood sugar control problem, but as your insulin levels rise higher and higher, we stop being so responsive to it as it is high all the time. This is insulin resistance (IR).

IR is now accepted widely as a risk factor for diabetes and heart disease.

The Link With Hormones

Certain oestrogens, mainly oestradiol, improve insulin response in the body. So, during female or male menopause, when oestrogen levels are dropping, you become much more likely to have insulin resistance. It's no wonder we tend to struggle with body fat at this time of life. We need to get the oestrogen levels up to help control the insulin.

In some people, insulin receptors in the ovaries can trigger the release of more male hormones rather than oestrogens. Higher levels of androgen (male) hormones encourage insulin production and hence more male pattern weight gain around the middle. Sadly, higher belly fat means a higher production of male hormones and therefore more insulin and on to more belly fat – it's a vicious cycle.

In terms of cardio risk, hormone imbalances like these mean we can lose the heart-protective effects of oestradiol and make more of the 'unhealthier' oestrone. Higher levels of the androgenic male hormones lead to higher cholesterol and plaques in the arteries. Insulin resistance is a major precursor for diabetes. Diabetes itself raises the risk of heart disease.

So, this is one theory why being overweight or eating a high carb/GL diet leads us to have a greater than average risk of diabetes and heart disease. Not a pretty picture, is it?

Testing

I've listed the latest [insulin and pre-diabetes tests here](#). [Hormone tests are here](#). And [cardio, if you need that, is here](#). Lab tests constantly change so rather than link to direct ones here, I keep those pages up to date all the time so you get the best tests available, always.

You'll see in the insulin/diabetes test section, I favour the Metabolomic or Cardiometabolic Profiles, which include lots of really useful markers. Do look at them. The leptin measurement included is particularly interesting because leptin controls appetite. People who are hungry all the time can often have low leptin levels – and it explains a lot!

Insulin will rise in pre-diabetes and only later drop as the pancreas becomes worn out and you become diabetic, so you are looking for raised insulin and probably raised glucose. If the person has high glucose with lipids such as triglycerides, HDL and LDL cholesterol also imbalanced, then it is even more likely and they are heading for metabolic syndrome ie. cardiovascular and diabetes high risk.

Other clues to IR might be:

- you have only 1 or 2 periods a year
- your waist measures more than 35"
- your triglyceride fat levels are on the high side
- your HDL cholesterol is on the low side
- your blood pressure is more than 130 on the top figure, or the lower figure is more than 85

Belly Fat Treatment Plan

It's been discovered in trials that lowering weight by 8-11lb (4-5kg), eating a higher protein, lower carb, low GL diet to control blood sugar and doing 3-4 hours of exercise a week can reverse insulin resistance.

Getting enough sleep and the right nutrients for controlling blood sugar are also key. Chronic insomnia or even getting a partial night's sleep on a frequent basis is correlated strongly with insulin resistance. Check my [Insomnia factsheet here](#) for ideas to combat it.

The key nutrients and herbs needed for blood sugar control are Vitamin D, magnesium, zinc and chromium. One of my favourite approaches is to use [Get Up & Go Powder](#) as a base, add [Cinnachrome for chromium and cinnamon](#) and extra [Vitamin D](#) according to [test results](#).

The Get Up and Go contains glucomannan fibre as *Carboslow*, which I have found excellent over the years for keeping a person full and balancing blood sugar. Carbs cannot digest down as quickly with it so you don't get a big glucose or insulin spike. You can also get extra [Carboslow Powder](#), which you take before main meals so you don't eat as much.

An antioxidant such as alpha lipoic acid can also be crucial especially if the person is quite far along. It can do a lot to protect damage to eyes, nerves etc. The [R form](#) is much better than the normal type, although a bit more costly. It will pay dividends.

Obviously, please check with your practitioner before taking anything – and do bear in mind: these things work! So, if you are on a diabetes drug or anything like that, I have often seen the dose for the meds need to drop because the two combined is too powerful. Monitor, always.

Diet-wise, there are many Low GI and Low GL books out there that will help you. Remember, though, that Low GL is much more accurate as it takes account of the amount of carbohydrate in a food not just the GI score. In some lists, you'll see that some fruits are high GI, for example. But, if you take into account that much of it is water and the actual carbohydrate amount is quite small, the GL score is really low.

Many low GL diets, though, still contain quite a bit of what I would term foods that are a no-no for weight loss: wheat, dairy and, to some extent, gluten. These three can all cause weight gain due to intolerance, water retention and bloating. It's a good thing to have a holiday from them, not forever, but it forces you to eat differently, learning a better pattern of eating for life, with much less dependence on these foods.

Wheat and dairy are the two most common allergens I know can thwart any weight loss efforts, with gluten coming in third. So a little gluten but not from wheat may not hurt, but for best results stick to the diet for at least for 6 weeks and then you may be able to relax it. But, if you find you start to gain weight again, get them straight back out – you need more time off them!

The Belly Fat Diet

You are aiming to stick to this for 6-12 weeks. Your diet should be based around organic meat, fish, eggs, nuts, seeds, fruit, veg, salad, sprouted beans and seeds, gluten free grains and pulses. You will not be eating any gluten or dairy foods and sugar is very limited. It's a medium protein, lowish carb, non-allergenic, blood sugar-balancing, healthy and nutritious diet.

Remember The Basics

- Always choose organic and free range wherever possible, especially with animal foods to avoid harmful endocrine-disrupting chemicals and hormones
- Cook for as little time and at the lowest temperature possible to retain nutrients and avoid trans fats. Grill, stir-fry, poach, casserole, slow cook
- Do not buy or store food in plastic packaging
- Choose Low GL always, or put high fibre and protein with medium GL foods
- Eat plenty and regularly. Graze through the day with small meals every 3-4 hours to keep your blood sugar stable
- Remember to drink plenty of water. Don't let it slip.
- Watch food labels like a hawk – things change all the time!
- Adapt the diet guidelines if you are allergic or intolerant to other foods

Quick Food Guide

Foods To Eat Lots Of:

Beef, lean, any cut or minced

Fish, especially deep sea and oily. Not tuna unless organic. (At least 3 times a week)

Poultry: chicken, turkey. Not fried (except stir-fried). No skin.

Game: pheasant, ostrich, duck and goose (no more than once a week)

Eggs: low heat omelette, boiled or poached is best

Veg. Lots of. Include a daily salad and veg with your main meal. Squash, pumpkin, avocado, carrot, swede, beetroot and sweet potato in moderation – always have with high protein and fibre

Sprouts: any pulse sprouted. Add to salads or use in stir fries

Fruit: fresh or frozen. 3 portions a day. Limit dried fruit and soak first

Nuts & Seeds. Fresh, unsalted, unroasted. Use in cooking or for snacks. One handful per day recommended. Tahini in hummus. Minimise peanuts.

Fats: cook only with olive oil, use flaxseed oil or extra virgin olive oil as dressings (with lemon, mustard or whatever you like)

Seasoning: a little sea salt is fine, tamari, herbs, spices, mustard, seaweeds

Sweet Stuff: Fruit preferably. Limited Xylitol ([Zylosweet](#)) for sprinkling and in cooking. Blue Agave Syrup in moderation. The odd square of 'proper' dark chocolate is fine unless it makes you crave more sugar. A teaspoon of honey here and there is fine.

Water. Lots of. Aim for 4 pints of pure, filtered water a day. Preferably reverse-osmosis filtered. Warm with lemon in the morning.

Alcohol. With meals. 6 glasses a week max. Best GL in descending order: neat spirit, white wine, red wine, beer.

Drinks: water (sparkling if you must), green tea is especially good for a Low GL diet, Redbush (Rooibosch) tea, Caro, Dandelion coffee, herb and fruit teas. Avoid anything caffeinated or with sweeteners, sugar or chemicals in. Tomato juice. Small glass of fruit or veg juice 50/50 with water.

What Not to Eat Lots Of:

Dairy Foods: anything from another species like cow, sheep, buffalo or goat. No milk, cheese, yogurt, cream, butter or dairy spreads.

Gluten: no wheat, rye or barley or anything made with them. Some people are also sensitive to oats so avoid these if you need to.

Grains generally and legumes (peas, beans and peanuts): eat in moderation as these contain major anti-nutrients that can block digestion and absorption of foods, compromise your body and slow down your ability to heal yourself. Although they are mostly good for you, they are high in carbs as well as protein so you could easily overdo it. Sprouted pulses and grains or sourdough varieties are much better for you so add these to your salads. Soak grains like rice or oats overnight to neutralise some of the anti-nutrients and make them more digestible. See below for specific recommendations

Grains: Oats, quinoa, rice, polenta and buckwheat. In moderation. No more than 3 times a week. Corn pasta is great if combined with protein. Brown basmati rice is the lowest GL rice and short grain rice is best for a sluggish bowel, but have only a small amount with plenty of protein and fibre.

Legumes: Lentils, aduki beans, black-eye beans, miso, mung beans, white beans (for example haricot, cannellini, borlotti, butter), shoyu, peas, tempeh, tofu. In moderation. No more than 4 portions a week. If you have an underactive thyroid, soya is not a brilliant food for you, so eat it in moderation.

Meals To Enjoy

These are the meals I go for. Simple, no-nonsense, good quality, not-chained-to-the-kitchen-for-hours type eating. These meal choices are to give you lots of ideas and hopefully fire your imagination. Adapt them as you see fit – within the rules of the eating plan – and don't eat boring food! Enjoy, but don't go mad.

Eat plenty, regularly and often but keep your portion sizes under control. If you sometimes stray, don't worry about it – you are aiming for an 80/20 rule of eating. Eighty per cent of the time get it absolutely right and your body will start to regulate itself in terms of weight and health.

If you are not making enough progress, stick to it 100% and then relax after a bit. The things you can relax on then are to include more pulses and grains, but continue to avoid the gluten and dairy, of course. Remember always to eat lots of veg and salad for fibre and nutrients. And get plenty of variety – don't eat the same boring meals day in, day out. Have fun. Get addicted to the a food channel or Pinterest and see how many other ideas you can devise. Surprise yourself! I have [over 800 recipes for a start here](#) for you.

Breakfast

- Fruit Smoothie made with berries and any other low GL fruit, a dollop of plain, live soya yogurt and a shake of linseeds, ground almonds and a tablespoon of flaxseed oil. Add the contents of a [probiotic capsule](#) as an added healthy bonus.
- Half a melon filled with mixed berries, topped with a dollop of plain, live soya yogurt and a sprinkling of seeds
- Jumbo oat porridge made with water, half water/half soya milk or a squirt of soya cream, sweetened with a little Zylosweet or agave syrup or a selection of fruit, especially strawberries. If sensitive to oats, use rice or millet flakes but add plenty of fibre as nuts and seeds.

- Boiled eggs or omelette
- Weekend grill-up with 100% meat or gluten-free sausage, mushrooms, tomatoes and poached or fried in olive-oil eggs
- Bowl of gluten-free muesli soaked overnight in soya milk, topped with lots of nuts, seeds and berries
- Kippers – naturally smoked and undyed
- Large bowl of soya yogurt with strawberries, pumpkinseeds and walnuts
- [Get Up & Go Low GL Shake](#)
- Oat or gluten free muesli with soya milk and lots of fruit, linseeds and nuts on top
- Fruit Compote (mixed fruit, cooked gently until soft) with ginger, cinnamon and a squeeze of lemon juice
- Scrambled eggs with naturally smoked salmon

Mid-Morning Snack

- A hard-boiled egg
- Piece of fruit and small handful of nuts and/or seeds
- Raw crudités (broccoli, celery, mushrooms, pepper) with a salsa or hummus dip
- Mug of veg soup
- Piece of chicken breast or a slice of lean beef with a tomato or two
- 2 oatcakes and some dip, half a mashed avocado or no sugar or salt peanut butter

Lunch

- Chicken or turkey breast and salad
- Fish and salad
- Beef slices and salad

- Half an avocado filled with prawns and cress, with salad
- Chicken and veg soup (preferably home-made so you know what's in it) or Tomato and veg soup. Have with some oatcakes and hummus if needed, or a large salad
- A small or large half baked sweet potato with olive oil and black pepper with naturally smoked mackerel fillet and salad
- Large mixed leaf salad with lots of variety, with sundried tomatoes, antipasti such as aubergines in olive oil, artichokes or sundried tomatoes and pine nuts
- Basmati rice salad with plenty of pine nuts, sundried tomatoes, raw broccoli and cherry tomatoes mixed in with olive oil.
- Lettuce or egg wraps: use a large lettuce leaf or a thin omelette to make a wrap-type sandwich, stuffed with your choice of goodies and salad
- Poached eggs on a slice of gluten-free toast
- Left over salmon or tuna steak with salad
- Gluten-free pitta or naan bread to make a sandwich occasionally
- Get Up & Go smoothie
- Slice of tortilla (probably left over from the dinner) and salad
- Small mixed bean, red onion and black olive salad with lots of dark green leaves, raw veg and some nuts
- Miso soup with sticks of pepper, cucumber, carrot, a few chunks of tofu and finely chopped spring onion
- Caesar salad made with black olives and anchovies or tuna and a hard-boiled egg
- Cooked chicken kebab with pieces of chicken, mushrooms, onions and pepper. Serve with salad and half a jacket sweet potato or a small amount of rice, quinoa or millet
- Crudités (cucumber, celery, pepper, mushrooms) with a dip
- Tinned fish (mackerel, sardines, wild salmon, crab or tuna rarely) with salad and a couple of oatcakes

Lunching Out & About or in a Cafe

- Plain or mushroom omelette with salad
- Chicken, fish or egg salad (ask for olive oil rather than dressing)
- Small jacket potato with fish, coleslaw (make sure what's in the mayo, often sugar-loaded!) or baked beans (make sure no wheat or sugar) or chilli or chicken in mayo with a large salad
- Steak and salad
- A mixed bean (tinned is fine), green bean, red onion and sweetcorn salad with olive oil and lemon dressing, served with a couple of oatcakes
- Poached or fried eggs with mushrooms and tomatoes – and a few chips pinched off somebody else's plate!
- A tub of hummus and a couple of carrots, plus a handful of nuts or a cooked chicken breast sitting in the car.
- Remember to take something with you if you're going to be out at lunchtime. Put a cool box in your boot and keep some oatcakes, nuts, a Smoothie, a tub of hummus or whatever in there so you're prepared. Always keep a pack of nuts and stop and get an Innocent Smoothie and a salad box and you're away
- A flask of soup, smoothie or Get Up & Go, a slice of tortilla, or a couple of hard-boiled eggs and a salad box

Mid-Afternoon Snack

- As mid morning ones
- 3 or 4 squares of 70+% cocoa chocolate
- A smoothie
- Get Up & Go
- Handful of cherries or grapes

Evening Meals

- Spanish Omelette (Tortilla) made with onions, sweet potato and lots of veggies with a salad

- Roasted veggies with chicken, beef, turkey, fish or veggie alternative
- Vegetable, meat or shellfish (prawns, scallops) stir-fry with bean sprouts
- Tofu and veg tomato casserole
- Chicken, turkey or fish with a tomato sauce and veg
- Veg and lentil soup with added tofu, chicken or fish
- Nut roast with tomato sauce and roasted veg
- Veg stew with a little rice, some chicken or nuts for protein with half a jacket sweet potato
- Fish stew
- Large main-meal salad: chilli beef, roasted aubergine slices or smoked trout, for example
- Ratatouille with plenty of courgettes, broccoli, tomatoes, aubergine served with a little brown basmati rice or quinoa, or add half a tin of cannellini beans
- White fish fillet served with a chunky tomato, basil and olive salsa and some soft polenta
- Corn spaghetti Bolognese – meat, veggie or Quorn, with plenty of basil and wilted spinach, garlic and pine nuts on the side
- Sliced polenta fried in olive oil and chilli served with roasted veg
- Tofu, meat, fish, bean or king prawn curry served with a little brown basmati rice, quinoa or a small gluten-free naan bread
- Thai coconut prawn, chicken, tofu or veg curry made with thai paste, ginger, chilli and coconut milk
- Tomato, veg, spinach and chickpea casserole with a fried tofu slice or a little brown rice
- Meat or bean or Quorn chilli with a few corn chips or brown rice
- Sea bass or trout with broccoli, courgettes and almonds
- Shredded cooked duck breast (not coated) a little sweet chilli sauce and strips of veggies like carrot, cucumber, pepper in a lettuce leaf wrap
- Steak, salad, mushrooms, tomatoes, half a jacket sweet potato and onion rings coated in gluten free flour batter
- Gluten-free or all-meat sausage and soft polenta, or a little mash made with potato, sweet potato and swede with lots of veg and gluten-free gravy.
- Mexican Taco shell with chilli minced beef or Quorn and salad

- Peppers, cabbage leaves or courgettes stuffed with quinoa, pine nuts, olives and herbs

Sweet Things

It's a good idea at the start to give yourself a few weeks off anything sweet. I know this sounds harsh, but experience with patients has shown me the only way to stop sugar cravings is to stop sweet stuff completely. After about a week, your palate starts changing. After 2 weeks, your cravings will be much fewer or gone. After a month, you can start having a little of what you fancy without needing it! If you do still crave, stop again and consider taking some [chromium](#). If cravings generally are driving you mad, try [CraveArrest!](#)

- A few nuts coated in melted dark chocolate. Make these up by melting the chocolate, stirring the nuts in and spreading them on a plate to harden. Keep in the fridge for about a week – if they last that long!
- A couple of pieces of fruit
- A bowl of fruit salad – make a big bowl up at the beginning of the week and keep covered. Serve with some soya yogurt and chopped nuts or seeds
- Fruit and chocolate sauce (4-5 pieces of 70% dark chocolate melted and poured over)
- Stewed fruit, compote or baked fruit with soya yogurt. Add some gluten-free muesli on top for a crumble-type pud
- A big bowl of organic strawberries or cherries. If you must have cream, try a Soya variety
- Any of the breakfast or snack ideas
- Half a melon filled with ginger and raspberries or strawberries and mint
- A few pieces of 70% dark non-dairy chocolate such as Green & Blacks
- Baked apples sprinkled with cinnamon, vanilla, mixed spice, chopped nuts and soya cream
- Grilled fruit (pears, nectarines, peaches are nice) with Zylosweet sprinkled over or a few pieces of dark chocolate melted or chopped over

- Fruit Soup such as plum or strawberry
- Fruity Jelly (home-made to avoid sweeteners and additives)

Evening Snacks

- A small dish of good quality olives
- Small portion of plain or spiced popcorn
- A carrot and some dip
- Anything off the breakfast ideas
- Few squares of 70% chocolate (not if you had some in the day!)

One-Week Quick Start Plan

Get your shopping in on Sunday and start on Monday – the traditional day to start a new healthy eating plan. Note this plan is not calorie-counted or measured in any way, so you can mix and match meals or swap anything you like; it's simply here to give you a place to start if you need one.

All the meals are taken from the 'Meals To Enjoy' section and I have tried to make the meal plan realistic to fit in with daily life. It's probably not perfect, but it's good enough – and that's how your attitude should be. You don't have to let it take over your life – and you should enjoy your food. I have assumed you are like me and work Mon-Fri, don't have much time in the morning, are too tired to cook on Friday night after a long week and have a family roast on Sundays. I have also assumed it's easier to take leftovers to work for lunch the next day.

Start the day with a glass of hot water and lemon, drink lots of pure filtered water through the day and other drinks of your choice. Eat slowly, preferably with no distractions and chew well.

Monday

Breakfast: Bowl of Fruit Smoothie sprinkled with seeds

Snack 1: handful of mixed nuts and a pear

Lunch: Slices of Beef/Chicken/Turkey from yesterday's Sunday dinner with salad

Snack 2: 3-4 squares of dark chocolate

Dinner: Spanish Omelette and roasted veggies

Supper Snack: Dish of olives

Tuesday

Breakfast: Melon, berries and yogurt

Snack 1: Couple of oatcakes and some hummus

Lunch: Left over omelette and salad

Snack 2: Pumpkin seeds and a few cherry tomatoes

Dinner: King Prawn stir-fry

Supper snack: Few squares of dark chocolate

Wednesday

Breakfast: Muesli, berries and soya milk

Snack 1: few olives

Lunch: Chicken or crab/mayo lettuce wraps

Snack 2: nuts and fruit

Dinner: Tofu and veg casserole with quinoa

Supper snack: bowl of strawberries with soya cream

Thursday

Breakfast: Soya yogurt, seeds, chopped nuts and fruit

Snack 1: Raw broccoli and hummus

Lunch: Tin of sardines in tomato sauce and salad

Snack 2: Piece of fruit and some pumpkin seeds

Dinner: Chicken kebabs or organic salmon fillet and a little brown basmati rice, millet or quinoa with roasted tomatoes and pine nuts

Supper snack: Bowl of spicy popcorn

Friday

Breakfast: Fruit Compote and soya yogurt topped with flaked almonds

Snack 1: small Innocent smoothie and a few nuts

Lunch: left over chicken kebab or salmon and rice

Snack 2: few squares of chocolate

Dinner: Thai Curry takeaway and portion of bean sprouts. Glass of wine.

Saturday

Breakfast: non-buttered, naturally smoked kippers

Snack 1: handful of cashew nuts

Lunch: Mushroom omelette (at home or out)

Snack 2: Dish of olives

Dinner: Steak and salad

Supper snack: Strawberries and soya cream

Sunday

Breakfast: Mushrooms, tomatoes and 2 meat/gluten-free sausages

Snack 1: some raw veg like carrot or broccoli pinched while making lunch!

Lunch: Sunday roast (meat or nut) with roasted veggies and GF gravy, followed by baked apple. Glass of wine.

Snack 2: I would hope you're too full!

Dinner: Salad leaves with olives, pine nuts and antipasti

Supper snack: handful of cherries or half a melon

Best & Worst GL Foods

The following Best & Worst Lists do not contain any gluten or dairy items. They were compiled by using Patrick Holford's GL Database at Holforddiet.com and other sources. I can't see the database now, but he has brought out several books to help over the years. [This](#) is the one I most often recommend if you need more help. In my list below, the foods are listed generally in order so the top one in each category in Best has the lowest GL and the top one in Worst has the highest GL.

BELLY FAT PLAN

BEST	WORST
<p>Best Low GL Veg</p> <p>Avocado, Green beans, Kale, Broccoli, Asparagus, Onion, Tomato, Peas Aubergine, Beansprouts, Brussel Sprouts, Cabbage, Cauliflower, Celery, Courgette, Cucumber, Endive, Fennel, Garlic, Lettuce, Mange tout, Mushrooms, Peppers, Radish, Rocket, Runner Beans, Spinach, Spring Onion, Watercress</p>	<p>Worst Low GL Veg</p> <p>Potatoes, especially baked potato, French fries, new potatoes and mash, Sweet potato is better but have half a small one, Parsnip.</p>
<p>Best Low GL Fruit</p> <p>Berries of any kind (blackberries, blueberries, strawberries, raspberries), cherries, grapefruit, pear, half a small melon, a big slice of watermelon, plums, orange, apricot, peach, apple.</p>	<p>Worst Low GL Fruit</p> <p>Dried fruit – especially dates, raisins, sultanas, figs, Banana, Fruit canned in syrup, Pineapple (can have 1-2 thin slices) or Mango (1 slice)</p>
<p>Best Low GL Breads & Alternatives</p> <p>Oatcakes, Pumpernickel, Rice bread (1 small slice), Gluten Free Multigrain bread or Gluten Free White Fibre Enriched bread (1 small slice)</p>	<p>Worst Low GL Breads & Alternatives</p> <p>Rice cakes</p>
<p>Best Low GL Breakfast Cereals</p> <p>Porridge, Granola, Gluten-free Muesli, Get Up & Go Shake, Muesli</p>	<p>Worst Low GL Breakfast Cereals</p> <p>Rice Krispies, Cornflakes, Coco Pops, Crunchy Nut Cornflakes, Grapenuts, Frosties</p>
<p>Best Low GL Grains</p> <p>2 taco shells (corn-based, watch there's no wheat), Quinoa (boiled, Cornmeal/Polenta, Kamut, (boiled)</p>	<p>Worst Low GL Grains</p> <p>Millet porridge, white and brown rices.</p>
<p>Best Low GL Takeaways</p> <p>Tom Yum/Oriental Soup, Moussaka, Teriyaki Chicken and Brown Basmati Rice, Chicken Curry and Brown Basmati Rice</p>	<p>Worst Low GL Takeaways</p> <p>Fish & Chips, Egg Fried Rice, Noodles (any type)</p>
<p>Best Low GL Dairy Alternatives</p> <p>Soya Milk (no sugar), soya yogurt, coconut milk</p>	<p>Worst Low GL Dairy Alternatives</p> <p>Rice Milk</p>
<p>Best Low GL Drinks</p> <p>Green tea, fruit and herb teas, Tomato juice, Soya smoothies, Carrot juice (small glass), Virgin Mary</p>	<p>Worst Low GL Drinks</p> <p>Lucozade, Fanta, Coca Cola, Cranberry Juice drink, Pineapple juice</p>
<p>Best Low GL Jam/Spread</p> <p>Peanut Butter (no salt or sugar) and I imagine other nut butters, Pumpkinseed Butter, No sugar pure fruit jams</p>	<p>Worst Low GL Jam/Spread</p> <p>Sugar- or sweetener-containing jams and marmalades</p>
<p>Best Low GL Peas & Beans</p> <p>Soya beans, Peas, Hummus, Pinto beans, Borlotti</p>	<p>Worst Low GL Peas & Beans</p> <p>Haricot/Navy beans and Black-Eyed Beans are the</p>

BELLY FAT PLAN

BEST	WORST
beans, Split Peas, Butter beans, baked beans (not in sugar), Kidney beans, Chickpeas (canned or boiled), Broad beans	highest scoring at 12/13 so not too bad if you had them with a lot of fibre
Best Meat, Fish & Eggs Pretty much anything as it's all low GL. Best choices would be eggs, skinless chicken or poultry, oily fish such as wild salmon, mackerel or sardines and tofu, lean organic mince or steak	Worst Low GL Meat, Fish & Eggs From a health point of view, avoid processed proteins such as quorn and soya mince alternative, buy wild or organic fish and eat tuna of any type sparingly
Best Low GL Pasta & Noodles All are quite high so best avoided unless you have it with a lot of protein and fibre eg with meat and salad. Best are gluten-free maize starch pasta and rice noodles	Worst Low GL Pasta & Noodles Rice Pasta, Corn Pasta
Best Low GL Snacks Olives, Nuts, Seeds (not many nuts and seeds have been tested, but I assume as they are high protein, their GL score will turn out to be low), Popcorn (plain and in small amounts), Oatcakes with nut butter, fish or meat, fruit	Worst Low GL Snacks Corn chips, Pretzels
Best Low GL Sweeteners Xylitol, Agave	Worst Low GL Sweeteners Honey, Sugar

Dining Out

If you're planning to dine out for dinner, you can call the restaurant in advance, look at their menus online or simply go with a good idea of what you might have. The idea is to enjoy yourself, but be firm about what you want. Never assume a waiter or chef knows what you are talking about. My experience is that they don't, especially in some of the posher restaurants where you think the chef would be more switched on and imaginative, so be specific!

If you don't eat out often, have whatever you fancy – it won't hurt. I find it easier to have just a main course, or a starter and main course if I'm really hungry and leave the dessert until I get home! A G&T before and a couple of glasses of good white wine or sparkly will be fine if you want to indulge. Otherwise, have plenty of still water with some lemon on the table. A decaff black filter coffee at the end is fine too.

Best choices of restaurant for you are Thai, Asian, Japanese and Indian, although you can eat out anywhere if you choose well off the menu.

- **Thai.** Hot pickles and a Thai tofu or chicken coconut curry with a portion of bean sprouts or a little rice. I take my own Tamari sauce to use instead of soy sauce which is made from wheat.
- **Indian.** A meat or fish Balti, asking for no butter ghee and only a tiny amount of oil. Avoid the poppadoms, rice and naan bread. Some lentil dahl might be a nice addition, or some sag aloo (spinach and potato). Always check what's in it.
- **Japanese.** Miso soup. Fish, chicken or tofu teriyaki or steamed or raw fish. Try not to have too much of the sticky rice which is very high GL.
- **Chinese.** Always say no MSG (monosodium glutamate) which is used mostly in Chinese food, but can be used in Thai or Japanese too so beware). It is a serious body irritant and made with wheat. Ask them to use your Tamari rather than soy sauce, or add your own at the table. I would choose chicken satay or a soup to start and a king prawn, vegetable and ginger dish for main.

Again, watch the sauces – they contain wheat, soy sauce and MSG, so go for the quick cooked ones. A sizzling beef plate might be another choice.

- **Other restaurants**, go for simple egg, meat and fish dishes with salad or veg. Avoid pasta and pizza, and those awful salad bars in some restaurants. For Sunday lunch have your normal lunch with lots of veg and a couple of roasties, but take your own gravy granules.

Larder List

It's really important to make sure you have the right foods in your cupboards when you're following a good diet. If you don't have the foods you need to avoid in, you can't eat them, can you? More than that, when you come in hungry from work or wherever, you've got plenty of stuff in to snack on and you're less likely to go for a chocolate bar, crisps or biscuits. It pays to be prepared. I always advise my patients to work out what they're going to have each meal time for a week and get the shopping in before starting.

So, here's a larder list I tend to use. It's based around the Quick Start Plan so you can get going right away, but it'll be a good standard shopping list to keep anyway. You can get pretty much everything in your local supermarket, but there's nothing to stop you using a local healthfood shop or a mail order company either. As always, buy as much organic, seasonal and locally-grown stuff as you can. Where it's really important to choose organic, I've said 'organic'. Of course, you will need to dovetail it with the needs of other members of your family, but this is a healthy diet for most people – just add a few more grains like brown rice, wholemeal bread and pulses for them.

Before you start, if you need to, have a good clear-out of the cupboards at home, ditch your microwave and get an extra or bigger fridge and a freezer. Think of it like sorting your wardrobe out, only this is much more important – and if you follow the plan, you'll be doing too that soon enough to make way for lovely new clothes...!

Shopping List

Fruit & Veg

- Lots of low GL fruit, especially berries inc. organic strawberries, a melon, cherries, apples, apples for baking, plums, pear – whatever is in season or you fancy
- Fruit compote or make your own (plums, peaches, apricots, berries, rhubarb etc)
- Lots of veg including stuff for stir fry, for roast dinner, for kebabs and veg with meals, especially cherry tomatoes, broccoli, carrots for dipping, peppers, beansprouts, mange tout, green beans, asparagus etc for stir fries, sweet potato, squash, courgettes, fennel (for roasting), mushrooms, iceberg lettuce for making wraps
- Fresh herbs (basil, coriander, flat leaf parsley)
- Garlic, ginger and chilli
- 2 bags of organic salad leaves plus watercress, spinach and rocket

Nuts & Seeds

- Bag of mixed nuts, bag of cashew nuts and bag of chopped nuts
- Pine nuts
- Seeds: mixed, pumpkin, linseed

From the Fridge or Freezer

- An organic free range chicken
- Extra chicken for making kebabs if you think you'll run out of chicken
- Organic salmon fillets (or seabass, mackerel or trout – can be frozen)
- Couple of Innocent Smoothies (berry ones – avoid banana and mango)
- A tub of Hummus (or tahini, a lemon, tin of chickpeas, garlic and olive oil to make your own)
- Free range organic eggs
- Organic king prawns
- Marinated or plain tofu (firm)
- Steak (lean, good quality, free range and organic)

- 100% meat or gluten free sausages
- 2 large pots of plain live soya or coconut yogurt
- Pure Spread (green tub)

Grocery

- 2 bars of Green&Blacks 70% chocolate – plain or Maya Gold
- Marinated olives – good quality
- Oatcakes (gluten free, Nairns or Village Bakery)
- Gluten-free muesli (or make your own: jumbo oats, brown rice flakes, millet flakes, bag of nuts, bag of seeds, linseeds)
- Soya milk (unsweetened and organic)
- Mayonnaise (good quality, dairy free)
- Tin of tomatoes
- Tomato puree
- Olive oil
- Soya Dream or Soya/Coconut alternative
- Tin of sardines or mackerel in tomato sauce
- Tin of good quality crabmeat
- Vegan, gluten-free bouillon powder for stock
- Popcorn kernels
- Bottle of dry white or red organic wine if desired
- Nut roast if not eating meat for Sunday lunch
- Non gluten/dairy gravy
- Antipasti (eg roasted peppers, aubergines etc in jars)
- Paprika

Store Cupboard Items

- Rebush teabags, green tea, herb or fruit teas
- Decaff fair-trade organic coffee
- Tomato juice
- Carrot juice

BELLY FAT PLAN

- Gluten-free Multigrain Bread (put in freezer and toast slices as you need them)
- Get Up & Go (Low GL) Shake
- Jumbo oats
- Corn taco shells
- Quinoa
- Polenta (cooked and sliceable and grain)
- Light Coconut Milk
- Nut butters (no sugar or salt: peanut, almond, cashew etc)
- No sugar pure fruit jam (St Dalfour is a good brand)
- Tins of Pulses (chickpeas, cannelloni, butter beans, baked beans (no sugar), kidney beans, mixed beans
- Frozen Peas
- Yellow split peas (dried)
- Lean organic minced beef or lamb. Organic meat, fish or seafood on offer – stock your freezer up whenever you see it
- Corn Pasta & Rice Noodles (for occasional use!)
- Lots of olives and antipasti like sundried tomatoes, aubergines in olive oil, roasted red peppers, artichoke hearts etc
- Lots of nuts and seeds (preferably keep in the fridge or sealed jar if opened)
- Zylosweet (Xylitol) or agave syrup as sweeteners
- Herbs and spices (most useful are garam masala, cardamom pods, cumin seeds and powder, coriander seeds and powder, turmeric, dried chillies, lemongrass, thai spice mixes, star anise, mixed spice (for fruit compotes), dried herbs like tarragon, basil, mixed herbs and paprika)
- Olive oil, extra virgin olive oil
- Soya or gluten-free flour (for baking)
- Ground almonds
- Naturally smoked salmon slices and kippers
- Parma ham
- Innocent smoothies or pure juices (always dilute)

Notes & Tips

I wrote these tips as explanations as I was devising the diet. They're the things I say to my patients all the time when explaining how to eat healthily. So, since you're not sitting in front of me as a patient, here they are; they will help.

All soya or coconut yogurt should be live and plain – no chemical, fruity nonsense ones.

Never cook food in a microwave.

Avoid non-stick or plastic cooking stuff. Invest in some stainless steel or ceramic-coated pans, a stainless steel steamer insert or bamboo steamers that go on top of your pans and some stainless steel utensils. A crock casserole pot or a 3-in-1 non-plastic slow/rice cooker with a steamer included and a wok or deep pan with a lid is also really useful.

Food should be organic, local, seasonal, sustainable and free-range wherever possible.

Make your own muesli by combining a pack of organic jumbo oats with a pack of mixed seeds and mixed nuts, then store in a glass jar. Put a couple of tablespoons in your bowl and cover with soya milk. Let it sit for 5 minutes (or overnight) and soak the milk up – this makes it more digestible and you can get on with your shower.

Don't store things in plastic or use plastic wrap – use glass, ceramic, non-PVC or beeswax wrap.

Ready-made Innocent smoothies based on berries and avoiding banana and mango are fine to have.

Get a popcorn maker and make your own popcorn – add some spice like paprika or cumin for a lovely change.

Chocolate has not been GL tested, but we assume it is low. Choose non-dairy 70% dark chocolate.

Dips might be hummus, salsa, guacamole (home-made – watch the ingredients in shop-bought) or any other ones you see in Low GL books such as chopped egg and hummus/ sardine and yogurt.

When eating out, be specific with what you want and don't want – spell it out for your waiter. No dairy means no yogurt, cheese, butter, margarine or cream, but you are OK with eggs and mayonnaise (although the light versions inexplicably often have cream in them so watch out.) No gluten invariably means no flour, pasta, soy sauce, batter, gravy thickened with flour, no stock cubes etc.

When I say 'salad', use your imagination. Include spinach, watercress and rocket leaves (organic bags are fine), antipasti such as sundried tomatoes, artichokes, peppers or aubergine, pine nuts, cashew nuts, cherry plum tomatoes, olives, raw broccoli etc. Or have a lettuce, cucumber and tomato variety. Make it interesting and nutritious.

Feel free to dress salads with olive oil and balsamic vinegar or mustard (watch the labels), or use a little good quality mayonnaise. Avoid 'light' ones that will contain artificial sweeteners and often dairy.

If making soups, avoid stock cubes and use your own or Marigold Bouillon powder, the gluten free, vegan and low salt variety.

If buying tinned fish, buy those in tomato sauce and only wild salmon and pacific tuna. Avoid any in oil, unless organic and cold pressed olive or sunflower.

To make roasted veggies, simply chop up veg like courgette, carrot, onion, fennel and pepper with a little sweet potato or squash. Put in a bag with a little olive oil and

some herbs, shake to coat, spread them out on a baking tray and cook until done. Add some vine tomatoes towards the end.

To make a quick curry, fry off some onion, garlic, ginger and chilli. Add spices such as a teaspoon each of turmeric, cumin powder, coriander seeds, cumin seeds (or garam masala), a couple of cardamom pods and a few fenugreek seeds. Fresh, dried or lazy chilli, garlic and ginger from supermarkets is fine. Brown your meat if using or add your veg, add a cupful of water and simmer for about 15 minutes. Then add your fish, prawns or tofu if using, simmer for about 5 minutes or until it's done. Serve with a swirl of soya yogurt or a dish of soya or coconut yogurt and cucumber on the side.

For a Thai curry, simply fry off some ginger, and Thai paste (make sure it's gluten and dairy free) in a pan, add your veg, chicken, tofu, beef or prawns and pour in a tin of light coconut milk. Simmer gently until done. Serve with shredded spring onions on top. Do not serve with jasmine rice as it's too high GL – use brown basmati or, even better, cauliflower rice instead.

Final Flourishes

To finish off, here are some other useful tips to help your health, fat & weight loss and insulin control generally.

Have a 13 hour fast three times a week. This is much easier than it sounds! Eat dinner before 8pm and then don't eat breakfast until after 9am (or 9pm and 10am, for example: you get the picture). Why? Because this triggers the fat burning mode and autophagy, which is a posh word for the detox and repair process that happens when the body isn't dealing with food. Clever, huh?

Favour fish. If you lower your carbs and sugar down and focus on fish, rather than meat, it will boost your efforts. Fish is very anti-inflammatory and easy to digest. I found personally when I was eating fish, veg and fruit only – a naturally healthy and Low GL diet - the weight dropped off effortlessly.

Slow down carb digestion and therefore avoid insulin spikes. If you are eating carbs, say at a special meal once in a while or even in your normal day to day diet, you can offset that by using more fibre, specifically konjac fibre or glucomannan in [Carboslow](#). I have seen this type of thing help regulate blood sugar and aid people avoid slipping into diabetes so it's worth considering.

The obvious. Get some exercise. It doesn't have to be a lot. See my [free 10 Minutes Mind & Body Exercise book and other tips here](#).

If you find this helps you go so far, but then you plateau, make sure you are not overeating carbs; that will be the one thing that slows your belly fat loss down. Don't overeat generally – portion size still matters even if you're doing the GL diet. If you're hungry, follow the tips for Carboslow and chromium use. Also, check out Patrick Holford's [Hybrid diet](#), which combines a low GL diet with a keto approach.

Don't forget what we said about hormone imbalances being involved. Check those out and correct as necessary. [Hormone tests are here](#). And don't forget your [thyroid](#).

And make sure you are digesting well; that your gut and liver are in tip-top condition. Check the [Gut Plan out here](#).

If you need help to change the way you see food, find a good hypnotherapist or use this great [Paul McKenna CD](#).

See how this diet fits within my [4 Step Weight Loss Programme factsheet here](#).

After the Plan

For best results, stick to this way of eating for a good 6-12 weeks. After that time, you could try adding in a little gluten (as rye bread, perhaps, or barley in soups and casseroles).

If all is fine, after a few weeks, add in a little wheat pasta and bread to see how you get on. After that, try a little dairy. Your body will tell you if you are fine to reintroduce those foods. If you get symptoms, leave them out for longer and maybe think about doing the [Gut Plan](#) to give you gut and liver an MOT.

If all is going well, stick mainly to the principles of the diet with a little wheat and dairy about a couple of times a week. Once you have reached your goal weight, you can relax it a bit more and you're then aiming for eating this way 80% of the time and the other 20% of the time won't matter as long as you don't go too mad!

That's it, folks!



I hope this works for you. Stick with it – it can change lives! But remember, if you mess about, it won't work. In fact it can make you put weight on if you up the protein without lowering the carbs enough, so plan, plan, plan and then get started.

Watch for inch loss and compliments first, then the scales will slowly change – and remember slowly means sustainable, so look for about a pound a week loss and you'll keep it off.

Get to it, and good luck! Let me know how you get on in the [Purehealth Facebook Group](#); I love to hear! Send me some lovely before and after photos so I can jaw-drop and feel smug 😊

I need your help...

This factsheet took a lot of time and effort to produce and is based on over 30 years' clinical experience. But, I am offering it at low cost for you because I know it can help a lot of people trying to get themselves well.

In return, please subscribe to the newsletter and use the links for tests and products within the document. This doesn't cost you any more, but it gives me a bit of commission which helps pay for all the time spent creating these resources. Thank you from me, and everyone else who benefits.

[Subscribe to my monthly newsletter here.](#)

[You can purchase all tests mentioned here](#) (hover over Test Intro to see all the testing sections).

[All products mentioned can be purchased here](#) (use Micki Rose in practitioner).

There is also a full [Trusted Suppliers List](#), which we keep updated with all the codes etc you need for other suppliers, including US ones.

[You can find all ebooks and factsheets mentioned here.](#)

[Subscribe to the YouTube channel here. \(See the test results videos there too!\)](#)

You can also [buy me a coffee or two here](#) if you want to.

You can chat with people if you need to here: [Purehealth Facebook Group](#)

Thank you so much. I truly hope it helps you,

Micki

Other Books by Micki

If you've enjoyed this book, take a look at:

[The Gut Plan](#)

[The Gut Test Results Guide](#)

[The Hormone Test Results Guide](#)

[Women's Hormone-Balancing Meal Plan](#)

[10 Minute Mind & Body Exercise](#)

You can see all [tests](#) and [factsheets](#) on the website.