

Fast food for the quick-start plan

We all have time pressures and making food choices to enhance your health is much easier if you know you can access food that supports you in every way, fast.

The quick start plan is just to get you started before your first appointment, where we will go into more detail. At this point you can eat any of the following foods plus **fresh meat, fish and vegetables.**

Tips for having great food to hand

Whenever you cook, make more than you need, portion in freezer bags, and freeze it.

If you're using your oven for a meal, cook some meat or fish at the same time, to cool and keep in the fridge for snacking.

Hard boil eggs, cool them in cold water and keep them in the fridge for up to a week (shell on).

Roast 250g of any raw nut in 20g goose fat (or olive oil) for 15 minutes 160° fan, 180° electric or gas 4. Sea salt to taste, cool and keep in an airtight container for up to 2 weeks.

Quick cook ingredients **Freezer essentials**

- **Frozen diced avocado** (saves you having avocados sitting around going brown. Just thaw for an hour)
- **Frozen diced onions**
- **Frozen sliced mushrooms**
- **Frozen vegetables**
- **Frozen chopped chili**
- **Frozen chopped garlic**
- **Frozen cooked mussels**
- **Frozen seafood**
- **Frozen prawns**
- **Frozen raspberries or mixed berries**

No-cook food You are now on the hunt for foods in the supermarkets that have very few ingredients and contain no sugar. Choose full fat versions every time. The list below is just the start because you will discover foods that help your health as you go along. Remember always check the label, and if you can't pronounce or understand an ingredient your body doesn't want it! If it has an ingredient ending in -ose you don't want it because it is another word for sugar. Sugar in all its forms, leads to raised insulin levels and this is what you need to achieve your health and weight loss goals. The one exception is gluten free sausages. Added dextrose is acceptable (if you find some without let me know!) but not added sugar. And always avoid seed oils such as rapeseed, sunflower or anything listed as vegetable oil. Cheap to produce seed oils produce dangerous chemicals called aldehydes, which cause all sorts of problems.

Quick store cupboard essentials

- Canned tuna in water or brine
- Canned pink or red salmon in water or brine
- Any canned oily fish, such as mackerel or sardines BUT they must be in olive oil not sunflower or rapeseed oil. **The ones in tomato sauce tend to have added sugar or sunflower oil so avoid them.**
- Merchant gourmet puy lentils **not the tomato ones**
- Shell on pistachios roasted with or without salt
- Monkey nuts
- M&S dry roasted peanuts
- Mrs Elsworth Haimisha Cucumbers (gherkins without sugar)
- Kalamata olives in brine, add your own olive oil and garlic. **Be really careful if you want flavoured olives as they will probably have added sunflower or rapeseed oil and/or sugar.**
- Waitrose Olive and Sun-dried Tomato Tapenade
- Hot peppers in brine or vinegar
- Awfully Posh pork crackling, only the sea salt flavoured ones
- Ready to use beef, chicken or vegetable stock (M&S are good)
- **Cornflour**

Quick fridge essentials

- Cheese
- Seafood
- Cooked ham no added sugar (e.g. Tesco finest, Aldi etc.)
- Cooked meats no added sugar **avoid shop bought cooked chicken. I have yet to find any that is sugar free.**
- Crispy bacon smoked or unsmoked
- Olive oil Hummus (Waitrose) **avoid types with sunflower and rapeseed oil.**
- Yolksfolk hard-boiled eggs (Tesco)
- Chorizo with no added sugar or dextrose (Waitrose artisan)
- Smoked Salmon (ONLY Sainsburys Light and Mild as it has no added sugar)
- Pâté such as Brussels/Ardennes with no added sugar
- Mixed salad leaves or washed baby spinach
- Double cream

Condiments

- Franks RedHot Original Pepper Sauce
- Dijon mustard (Tesco and Waitrose are no added sugar)
- French's Classic Yellow Mustard
- Chip shop style vinegar (it's gluten free)
- Tamari (gluten free soy sauce)

Last resort sweets not ideal as they raise insulin levels, but the least harmful solutions to a sugar craving.

- Berries such as raspberries, blackberries, strawberries etc.
- Bounce Nut Butter Protein Ball Peanut
- Bounce Nut Butter Protein Ball Almond
- Bounce Nut Butter Protein Ball Coco Peanut

Note that the other flavours have other ingredients I do not recommend