

BE HERE WELL

WEEK 2 GUIDELINES

Credits: In terms of nutrition, these guidelines make reference to and are adapted from the excellent program “Get Wildfit”, created by Eric Edmeades. Refuel Renew Release serves as an excellent introduction and ideal stepping stone to the concepts taught in 90-day Get Wildfit program. If are interested to learn more or take the course, please visit <https://getwildfit.com/>, I also reference and credit Dr Mindy Pelz for fasting information. You can find her on Youtube by searching @DrMindyPelz

YOUR ASSIGNMENT THIS WEEK:

- Fruit first thing in the morning, 30 minutes before any other meal
- Increase the amount of vegetables with each meal
- Continue the Green Energiser Mild daily
- Continue to avoid produced foods, additives, preservatives, colouring
- Take a holiday refined sugars (see the list below, check the labels!)
- Take a holiday from refined sugary foods: bread, grains, oats, pasta, rice, potatoes, biscuits, cakes.
- Keep deep breathing 5-5-5
- Start 4x4x4x4 before bed
- Keep drinking 6-8 glasses of water (1.5 - 2 litres) daily

- Meditate for 10 mins/day or more
- Journal about your blocks and empowering beliefs
- DANCE!

TIPS

1. Have a large amount of water first thing in the morning
2. Have the fruits in one sitting or over a longer period of time, whichever suits your taste and schedule.
3. Have the Green Energiser Mild in the morning, after fruit and before any other meal. It contains fruits.
4. Check the Ingredients Lists on food labels and make sure it does not contain any added sugars (below you will find a list of different names that are all sugars)
5. Note that in the Nutritional Content table on food labels, you might still find naturally occurring sugars. That is ok. Keep checking the Ingredients List.
6. If any type of Sweetener has been part of your diet, you can continue to have it, but DO NOT ADD ANY NEW SWEETENERS. Honey is still ok this week.

FURTHER TIPS FOR WHEN CRAVINGS STRIKE OR ENERGY IS LOW

1. Drink some water and wait 10 minutes
2. Take a brisk 20-minute walk
3. Keep checking which hunger might be driving your choices

This Week Available In Abundance

Everything that you have been eating, that does not contain added refined sugar (note the list of different names below).

Increase your vegetable and fruit intake. Try something new again this week!

To Be Removed This Week

Remove food items that have any added sugar in the Ingredients List.

Refined sugar food sources: Biscuits, cakes, pastries, bread (including grains, oats, wheat), pasta, crackers, rice and white potatoes (sweet potatoes are ok this week).

Vegans may choose to use cauliflower rice, chickpeas, lentils and mung beans (preferably soaked and sprouted to remove antinutrients and improve digestibility), sprouted bread or rye bread.

SUGAR NAMES

<ul style="list-style-type: none"> • Agave nectar • Barbados sugar • Barley malt • Barley malt syrup • Beet sugar • Blackstrap molasses • Brown rice syrup • Brown sugar • Buttered syrup • Cane juice • Cane juice crystals • Cane sugar • Caramel • Carob syrup • Castor sugar 	<ul style="list-style-type: none"> • Coconut palm sugar • Coconut sugar • Confectioner's sugar • Corn sweetener • Corn syrup • Corn syrup solids • Crystalline fructose • Date sugar • Dehydrated cane juice • Demerara sugar • Dextran • Dextrin • Dextrose • Diastatic malt 	<ul style="list-style-type: none"> • Diatase • Ethyl maltol • Evaporated cane juice • Florida crystals • Free-flowing brown sugars • Fructose • Fruit juice • Fruit juice concentrate • Galactose • Glucose • Glucose solids • Golden sugar • Golden syrup • Grape sugar 	<ul style="list-style-type: none"> • High-fructose corn syrup (HFCS) • Honey (in Ingredients Lists) • Icing sugar • Invert sugar • Lactose • Malt syrup • Maltodextrin • Maltol • Maltose • Mannose • Maple syrup • Molasses • Muscovado • Muscovado sugar • Oat syrup • Organic raw sugar 	<ul style="list-style-type: none"> • Palm sugar • Panela • Panocha • Powdered sugar • Raw sugar • Refiner's syrup • Rice bran syrup • Rice syrup • Saccharose • Sorghum • Sorghum syrup • Sucrose • Sugar • Syrup • Tapioca syrup • Treacle • Turbinado sugar • Yellow sugar
---	---	--	--	--

Source: Wildfit

List of Fruits

Acai Berry	Date	Lucuma	Prickly Pear/Cactus Pear
Apple	Dragon Fruit/Pitaya	Lychee	Prune (dried plum)
Apricot	Durian	Mamey	Prunes
Asian Pear	Elderberry	Sapote	Purple mangosteen
Avocado	Feijoa	Clementine, Satsuma, Mandarin	Quince

Banana	Fig	Mango	Raisin
Barberry	Galia	Mangosteen	Rambutan
Berries	Ginger	Marionberry	Raspberry
Bilberry	Goji berry	Melon	Raspberry (Black/Golden/Red)
Blackberry	Gooseberry	Miracle fruit	Redcurrant
Blackcurrant	Grape	Mulberry	Redcurrant
Blood Orange	Grapefruit	Nance	Rhubarb
Blueberry	Grapes	Navel	Salak
Boysenberry	Guava	Nectarine	Salal berry
Breadfruit	Honeydew	Noni	Salmonberry
Canary/Juan Canary Melon	Huckleberry	Ogen	Santa Claus/Christmas Melon
Cantaloupe	Jabuticaba	Olive	Sea buckthorn Berry
Cantaloupe/ Muskmelon	Jackfruit	Oranges	Serviceberry
Carob	Jambul	Papaya	Seville
Casaba Melon	Jujube	Passion Fruit	Sharlyn
Charentais	Juniper berry	Peach	Starfruit
Cherimoya	Kiwano/Horned/ Melon/African	Pear	Strawberry
Cherry	Cucumber	Persian	Tamarillo
Citron	Kiwifruit	Persimmon	Tamarind
Clementine	Kumquat	Physalis	Tangelo
Cloudberry	Lemon	Pineapple	Tangerine
Coconut	Lime	Plantain	Tomato
Cranberry	Lingonberry	Plum	Ugli fruit
Crenshaw	Loganberry	Pluot	Valencia
Currant	Longan	Pomegranate	Watermelon
Damson	Loquat	Pomelo	

Source: Wildfit

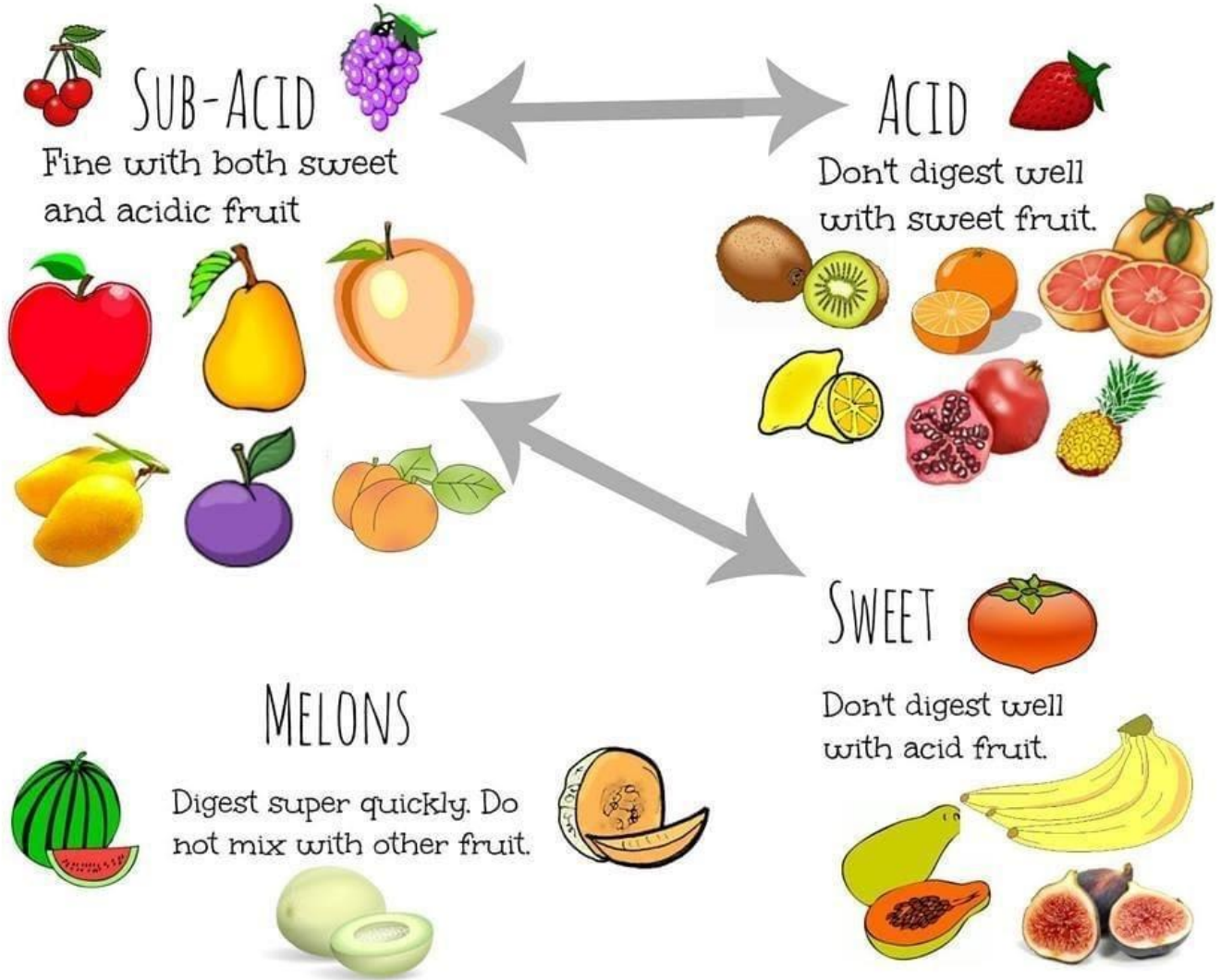
List of Vegetables

Acorn squash	Chard	Kohlrabi Greens	Root vegetables
Alfalfa sprouts	Chayote	Lacinato	Rosemary
Amaranth	Chili pepper	Lavender	Runner beans
Amaranth	Chinese Broccoli/Kai-lan	Leaf- Green, Red	Rutabaga
Leaves/ Chinese	Chives	Leeks	Rutabaga
Spinach	Cilantro/Coriander	Lemongrass	Sage
Anise	Collard/Spring greens	Lentils	Salsify (usually Purple Salsify or Oyster Plant)
Artichoke	Corn	Lettuce	Scallions
Arugula	Corn salad	Lima Beans	Sea Vegetables
Asparagus	Corn/Maize	Lotus Seed	Shallots
Aubergine	Courgette	Maize	Skirret
Avocado	Cucumber	Mangetout or Snap peas	Snap Beans
Baby Corn	Curly Kale	Marjoram	Snow peas
Bamboo Shoots	Daikon	Marrow	Soy beans
Banana squash	Daikon Radish	Mung beans	Spaghetti squash
Basil	Dandelion Greens	Mushrooms	Spinach
Bean sprouts	Delicata	Mustard greens	Split peas
Beet	Dill	Napa Cabbage	Squash
Beet Greens	Edamame	Navy beans	String Beans
Beetroot	Endive	Nettles	Sugar snap peas
Belgian Endive	Escarole	New Zealand	Sunchokes
Bell Peppers - Green, Red, Orange, Yellow, Capsicum	Fennel	spinach	Swede
Bitter Melon / Bitter Gourd	Fiddlehead	Nopales	Sweet Peas
Black-eyed peas	Frisee	Okra	Sweet Potato
Bok Choy	Galangal	Olive	Swiss Chard
Borlotti bean	Garlic	Onion, Red, Yellow	Tabasco pepper
Broad beans	Gem squash	Oregano	Taro

Broccoflower (a hybrid)	Gherkin	Ornamental	Tat soi
Broccoli	Ginger	Paprika	Thyme
Brussels Sprouts	Grape Leaves	Parsley	Tomatillo
Burdock Root/Gobo	Green beans	Parsley Root	Tomato
Butter Beans	Green Onions	Parsnip	Topinambur
Butternut squash	Green peas	Patty pans	Tubers
Cabbage - Green, Red, Savoy	Greens	Peas	Turnip
Calabash	Habanero	Pickling Cucumbers	Turnip Greens
Calabrese	Hearts of Palm	Pimento Pepper	Wasabi
Capers	Herbs and spices	Pinto beans	Water chestnut
Caraway	Horseradish	Plantain	Water Spinach
Carrot	Hubbard squash	Pumpkin	Watercress
Cassava/Yuca	Iceberg	Purslane	Wax Beans
Cauliflower	Jalapeno	Radicchio	White radish
Cayenne pepper	Jerusalem artichoke	Radish	Winter Melon
Celeriac	Jicama	Rapini	Yams
Celery	Kale	Rhubarb	Yuca
Celtuce	Kidney beans	Romaine	Zucchini
Chamomile	Kohlrabi		Peppers - Anaheim, Banana, Cayenne, Cherry, Chipotle, Fresno, Habanero, Hungarian, Jalapeno, New Mexico, Poblano, Serrano, Sport, Thai, Bell, Cubanella, Pimento, Sweet

Source: Wildfit

FRUIT COMBINING



Source: Wildfit

GREEN ENERGISER SMOOTHIE (MILD)

Drink this after your morning fruit, and before meals.

This mix makes at least two x 500ml servings.
(Make one and refrigerate one for tomorrow.)

- 1-4 apples
- 5 stalks of celery
- Half a cucumber
- 2 handfuls of spinach
- 1 avocado
- Water as needed



TIPS

Best served cold!

Chop all vegetables and blend (with a Vitamix, Nutribullet or Ninja etc) to get the consistency you want.

Have a minimum of 1 serving a day, each morning

Pre-make your batches and store them in the freezer in single serve jars for convenience

Adjust the amount of apples, or add in spices (e.g. ginger), water, coconut water, lemon to taste.

Source: Adapted from the Wildfit recipe "Alkagizer Mild"

Journaling Questions - Overcoming Blocks & Awakening Courage

If you know what your goals and ideals are, what's stopping you in your tracks? What's preventing you from having/doing that already?

What are the blocks, patterns or recurring thoughts coming up around your goals?

- Health and Wellness
- Love, Connections and Relationships
- Wealth and Career
- Creative Expression

I invite you to suspend those reasons why you think or feel that you cannot achieve your goals. That's just your inner critic talking - the part of your brain that prefers familiarity, your thinking brain demanding proof, asking "why don't we go back to what we know?". Your thinking brain is designed to keep you safe.

What you have, who you are, and what comes naturally to you is good enough. It is your superpower, and it's why you are here on this Earth. Don't let that voice in your head slow you down!

Your psychology, aka your mindset or your heart-set, is the main thing that will determine your success. What you believe determines your thoughts, your actions, which determines your reality.

So what new, empowering beliefs do want to have around your goals? What would the *You* who has achieved all that you desire, believe?

New Empowering Beliefs!

- Health and Wellness:
- Love, Connections and Relationships:
- Wealth and Career:
- Creative Expression:

	Buffer Zone						
Week 2	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meditated							
Journalled							
DANCED!!!							
5x5x5 Breathing							
4x4x4x4 Box Breathing before bed							
3+ pieces of fruit on an empty stomach							
Green Energizer Mild							
6-8 glasses of water							
In season food in abundance!							
Removed refined sugars							
Avoided processed foods & chemicals							