

BE HERE WELL

## WEEK 1 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:

- Have 2-3 pieces of fruit on empty stomach - first thing in the morning, 30 minutes before any other meal
- Set up your space/cupboard for success!
- **Increase** the amount of vegetables with each meal
- Start the Green Energiser Mild daily
- **Avoid** processed food, additives, preservatives, colouring
- Start **breathing** 5-5-5
- **Drink** 6-8 glasses of water (1.5 - 2 litres) daily
- Get a journal and **write down your intentions**

- **Journal** for 5 minutes, or one page
- Meditate for 5 minutes, or more
- Start to observe your dialogue

## 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 water & fruit and before any other meal. It also contains fruits.
4. Explore which hunger(s) may be driving your choices
5. Swap out your bad oils

## This Week Available In Abundance

Below is a list of fruits and vegetables - Try something new!

## To Be Removed This Week

Processed food, additives, preservatives, colouring

### 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/<br>Muskmelon | Jackfruit                       | Oranges       | Serviceberry                |
| Carob                    | Jambul                          | Papaya        | Seville                     |
| Casaba Melon             | Jujube                          | Passion Fruit | Sharlyn                     |
| Charentais               | Juniper berry                   | Peach         | Starfruit                   |
| Cherimoya                | Kiwano/Horned/<br>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

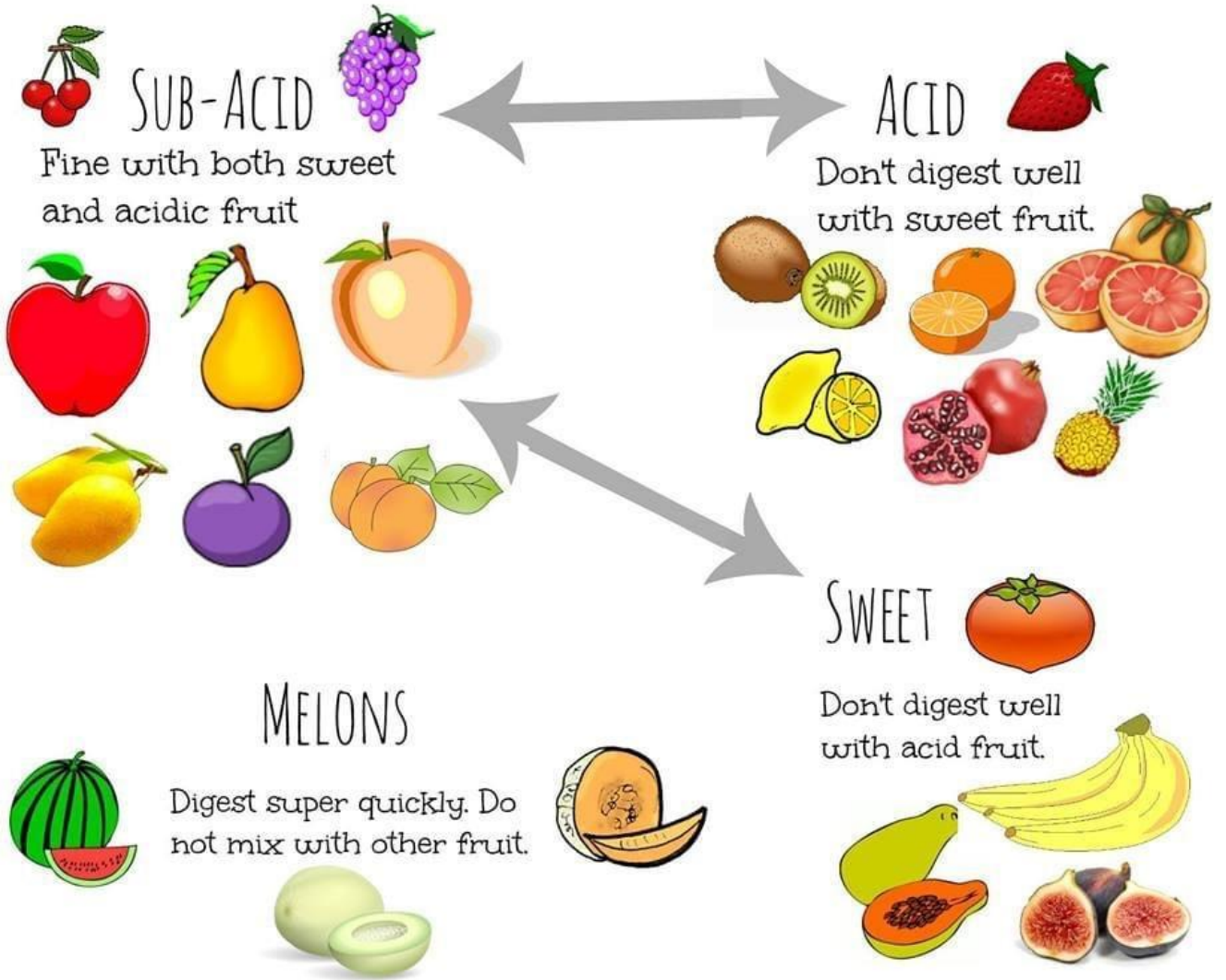
## List of Vegetables

|   |                          |                        |  |
|---|--------------------------|------------------------|--|
| 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   |

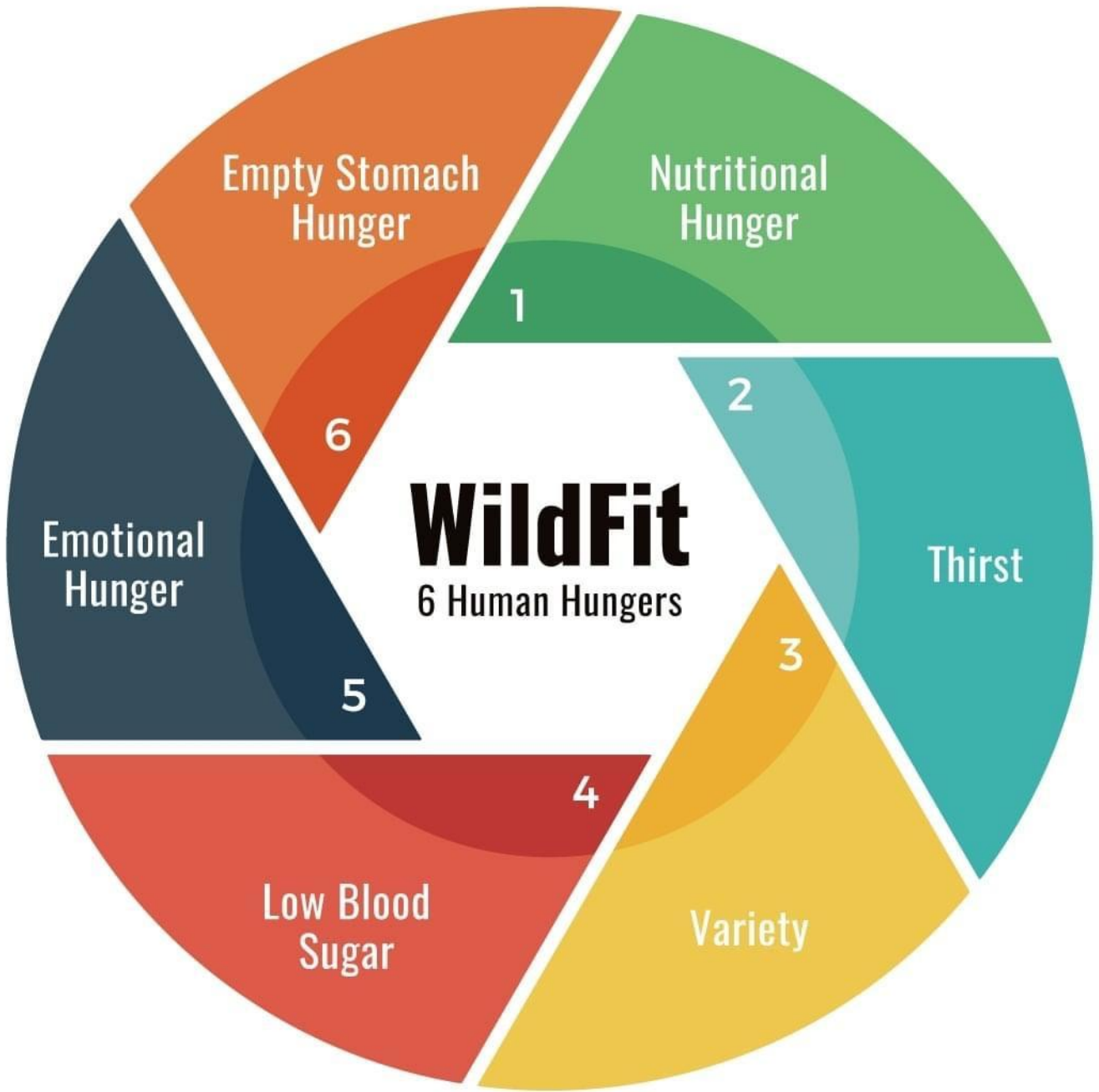
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|-----------------------------|---------------------|--------------------|---|
| Broccoflower (a hybrid)     | Gherkin             | Ornamental         | Tat soi   |
| Broccoli                    | Ginger              | Paprika            | Thyme   |
| 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      | Potato             | Watercress  |
| Cassava/Yuca                | Iceberg             | Pumpkin            | Wax Beans   |
| Cauliflower                 | Jalapeño            | Purslane           | White radish  |
| Cayenne pepper              | Jerusalem artichoke | Radicchio          | Winter Melon  |
| Celeriac                    | Jícama              | Radish             | Yams  |
| Celery                      | Kale                | Rapini             | Yuca  |
| Celtuce                     | Kidney beans        | Rhubarb            | Zucchini  |
| Chamomile                   | Kohlrabi            | Romaine            | 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



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 number 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

Ask yourself, if money was no object, what is my ideal/heart's deepest desire in my:

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

Write down your heart's desires in each of these areas **IN THE PRESENT TENSE**, i.e. as if they have happened already.

Read these at least once a week, ideally every morning before you meditate.

Defining your goals is not only a crucial step in moving towards the life you desire but also in feeling proactive, fulfilled and purposeful in life.

Writing these **in the present tense** is also a very important step in reprogramming your subconscious mind.

These intentions and desires are likely to change and evolve over time as your consciousness grows and expands. They don't have to be locked in stone.

If you're not sure, just make a start with something small. If you have a complete mind blank in one area that's perfect too. All is coming as you expand your self-awareness and introspective skill even further.

Remember, who you *want* to be is who you truly are.

Use this week's meditation to contemplate these four areas, and then use your journal to reflect.

| Week 1                                  | Saturday | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|----------|--------|--------|---------|-----------|----------|--------|
| Meditated                               |          |        |        |         |           |          |        |
| Journalled                              |          |        |        |         |           |          |        |
| 5x5x5 Breathing                         |          |        |        |         |           |          |        |
| 2-3 pieces of fruit on an empty stomach |          |        |        |         |           |          |        |
| Green Energizer                         |          |        |        |         |           |          |        |
| 6-8 glasses of water                    |          |        |        |         |           |          |        |
| In season food in abundance!            |          |        |        |         |           |          |        |
| Avoided processed foods & chemicals     |          |        |        |         |           |          |        |
| Noticed my 6 Human Hungers. Which one?  |          |        |        |         |           |          |        |