

Thin Tea

EATING PLAN





WHAT FOOD CAN I EAT

- For best results the eating plan should be accompanied with the ThinTea Detox.
- Try and make sure you get as many 100% natural ingredients as possible.
- Weight loss is 80% diet and 20% exercise! It is all about what we put into our bodies!
- We do not need to eliminate any of the food groups, each food group provides the body with important nutrients that the others cannot provide on their own!
- Also eating foods from each food group teaches the body to tolerate all foods and therefore weight loss is permanent rather than weight being regained when food groups are reintroduced to the body.

FOOD GROUPS

PROTEINS

Make sure every meal contains a combination of at least ONE food from EVERY one of the following food groups!

- Chicken
- Beef
- Lamb
- Turkey
- Fish
- Free range & cage free eggs
- Pork
- Short Bacon
- Tofu
- Lentils

**COMPLEX
CARBS
(STARCHES)**

- Quinoa
- Brown rice
- Rye bread
- Coconut flour
- Muesli

**VEGETABLES
(MINIMUM 3 PER DAY)**

- Asparagus
- Bean sprouts
- Bok Choy
- Broccoli
- Brussels sprouts
- Carrots
- Cabbage
- Cauliflower
- Capsicum
- Celery
- Cucumber
- Dark & leafy greens
- Eggplant
- Fennel
- Garlic
- Ginger
- Green beans
- Fresh herbs
- Leek
- Lettuce
- Mushrooms
- Onion
- Parsley
- Snow peas
- Spinach
- String beans
- Zucchini



GOOD FATS

+
DAIRY

Fats increase your immune system through increasing white blood cell production, detoxing our bodies also help to increase our immune system.

Therefore a balanced diet together with the **THINTEA DETOX** will help you to build your immunity and enhance your health.

- Raw nuts
- Avocado
- Organic nut butter
- Coconut oil
- Extra virgin olive oil
- Eggs (free range)
- Feta cheese
- Greek yoghurt



**HEALTHY
SALAD DRESSING
IDEAS**

Busy Balsamic Dressing

- 1tsp balsamic vinegar + 1tsp olive oil + a pinch of salt.

Lucky Lemon Dressing

- 5tsp lemon juice + 1tsp olive oil + a pinch of salt.

Sumacilicious Dressing

- 1tsp sumac + 2 garlic cloves (minced) + 5tsp of lemon juice + 1tsp olive oil + a pinch of salt.

Sweet Pop Dressing

- 1tbsp olive oil + 2tsp organic honey + 2tsp apple cider vinegar + ½tsp poppy seeds + ½tsp Worcestershire sauce.

Bee Happy Dressing

- 1tbsp olive oil + 2tsp rice wine vinegar + 2tsp honey + 1tsp sriracha.

**HEALTHY
SALAD DRESSING
IDEAS :**

Oregano Kisses Dressing

- 1tbsp olive oil + 2tsp balsamic vinegar + 1 small garlic clove (crushed) + a dash of oregano + a dash of black pepper.



**OREGANO
KISSES
DRESSING**



NO NO'S!

- Alcohol
 - Soft drinks (including diet versions)
 - Foods with preservatives
(basically ALL packaged foods)
 - Sugar
 - Cut down on salt
 - Table sugar
-
- Table salt
 - Corn syrup
 - Candy
 - Cake
 - Bread/Pasta made with white flour
 - All baked goods made with white flour
 - Most packaged cereals
 - Margarine
 - Vegetable oils (sesame and rice oil included)
 - Artificial sweeteners

PLANNING IS THE KEY

- Select your meals for the week and buy everything you need at once, that way you don't overspend and overeat!
- Make green vegetable juice and seal it in jars in the fridge ready for quick access!
- Cut a whole celery bunch and place in a container with water. Pack a handful each morning to snack on throughout the day!
- Cut up ½ red cabbage, capsicum and other vegetables for easy access.
- Keep your whole meal bread into pairs and place in freezer bags ready for quick access.
- Divide and freeze your lean fish or chicken breast into 150g portions and defrost when needed (so you don't over eat!).
- Hard boil ½ dozen of eggs and store in the fridge for up to 4 days.



TIPS

- Have a glass of water before you eat to determine whether you are actually hungry (because we are usually just thirsty)
- Drink at least 2L of water/day (buy yourself a BPA free water bottle and carry with you throughout the day)
- Have at least 1 serving of protein a day
- Buy yourself a steamer... So quick and easy to use !
- Eat breakfast, and eat smaller meals throughout the day.
- Enjoy healthy fats and avoid unhealthy fats! You can add monounsaturated and polyunsaturated fats to your diet but try to avoid saturated and trans fats.

- Add calcium for strong bones. Eat vegetables especially leafy greens! They are high in calcium. Some of the best sources include broccoli, asparagus, cabbage, green beans and Brussels sprouts.
- Eat naturally sweet foods like fruit. Try to keep fruit handy instead of candy or cookies!
- Sweeten food yourself. Try to buy unsweetened or plain yoghurt's for example and add your own fruits to sweeten it.



MEAL IDEAS

BREAKFAST IDEAS

Try beginning your day with a glass of refreshing ice water with lemon!

Breakfast is the most important meal of the day! Having a high fibre breakfast will help keep you fuller for longer and avoid excessive snacking before lunch!

- **Colourful breakfast plate**

2 poached eggs + avocado + grilled tomato/onion/baby spinach.

- **Sweet n fresh fruit bowl**

25g oats (organic muesli is much healthier) + 50g of fresh berries + natural low fat yoghurt.

- **Protein boost**

2 egg whites + avocado + 1 wholemeal or rye toast.

- **Carb-Less Delight**

1 large flat mushroom stuffed with chopped tomato/chives/ham/capsicum.

- **Banana Pancakes**

1 ripe banana + 3 eggs + 1tbsp of coconut flour + organic butter for frying.

- **Energy Bowl**

Juice 5 fresh strawberries and 200g of watermelon juice + topped with 30g of muesli + a small handful of acai berries.



**BANANA
PANCAKES**

MEAL IDEAS

LUNCH IDEAS

If your going to have a busy day, don't forget to have a lunch with includes complex carbs!

- **Cabbage Salad**

Cabbage + red onion + carrot + red capsicum and add one of your protein foods. Top it off with one of our healthy salad dressing options.

- **Chicken Muffins**

Organic chicken mince + grated zucchini + carrot + onion + capsicum + sesame seeds + chopped bacon + thyme + organic butter for muffin tray.

- **Quinoa Tabouli**

1 bunch of parsley + ½ a red onion + 40g quinoa + 2 tomatoes + lucky lemon salad dressing (see page 4).

- **Beetroot Protein Salad**

2 poached eggs + 100g sliced beetroot + ¼ diced Spanish onion + 2tbsp of chopped fresh mint + lucky lemon salad dressing.

- **Grilled Chicken Salad**

Grilled chicken + cucumber + avocado + mushroom + goats cheese + macadamia nuts + drizzle with apple cider vinegar.

- **Steak**

Scotch Fillet Steak - (cooked using coconut oil) + sweet potato mash + steamed snow peas and broccoli.

- **Chicken or Prawn Rice Paper Rolls**

Slice 4 vegetables of your choice into strips and wrap in rice paper rolls with grilled chicken or prawn. Use light soy sauce as dressing.

- **Tuna Salad**

1 can of tuna (95g) + lettuce + 50g sweet corn + ¼ of Spanish onion + busy balsamic dressing.

MEAL IDEAS

DINNER IDEAS

- **Protein n' Vegetables**
150g of grilled/poached/steamed lean fish, salmon or chicken breast + steamed broccoli/carrots/cauliflower/zucchini
- **Minestrone Full of Fibre**
200g diced tomatoes + ¼ white cabbage + 1 carrot + 1 zucchini + 1tsp vegetable stock. You can add beans/lentils/quinoa for extra protein to keep you feeling full.
- **Garlic Prawns n' Vegetables**
Use 1tsp of coconut oil to fry 4 minced garlic cloves and 1 thinly sliced onion and until golden. Add prawns and stir.
- **Beef Stir Fry**
Lean organic beef + snow peas + broccoli + carrot + baby corn + spinach + homemade honey mustard sauce.

- **Coconut crumbed schnitzel**

Chicken breast fillets + coconut flour + egg + coconut flakes
(shallow fry in organic butter or coconut oil)

- **Lettuce Burrito's with lemon and pepper chicken**

Heat 1tbsp Lightly pan fry 150g diced chicken breast, ½ diced red capsicum, with 4tbsp of lemon juice and a sprinkle of cracked salt and pepper.



**BEEF
STIR FRY**

SIDE DISHES

WITH YOUR
PROTEIN
MEATS

Grill some of your favourite protein and have...

- Sweet potato mash
- Tomato + cucumber + feta cheese + olive side salad
- Boiled quinoa with sun dried tomatoes
- Roasted cauliflower and broccoli
- Boiled peas and corn



SWEET
POTATO
MASH



SNACKS

- Fresh fruit
- Fresh berries (blue, black, straw, cran, acai, goji, rasp)
- Air popped popcorn (limit your salt to 1tsp max)
- Raw almonds or mixed nuts (1 handful)
- Vegetable juice (Celery/carrots/cucumber/beetroot/ginger...)
- Kale chips (crack some organic salt on washed/dried kale and bake until crunchy)
- Opt for fruit that is small, dark and thin skinned for maximum nutrient content - All berries are the best choice

SLEEP

It is important to get a least 8 hour of sleep every night. Sleep naturally regenerates your body and assists your body to absorb all nutrients effectively.

With a good night's rest you will find you have more energy throughout the day and less of an appetite.

Better digestion because of sufficient sleep ultimately leads to weight loss and many other health benefits. Try our SLEEPY SLUMBER tea for a deeper and better quality sleep.



Thin Tea

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