

A top-down view of a cup of frothy coffee on a rustic table. The cup is light blue with a dark rim and is filled with a brown, bubbly beverage. The table is covered with a light-colored, textured cloth. Surrounding the cup are various items: two round, woven baskets made of light-colored twigs, a cinnamon stick, a glass jar filled with dark coffee beans, and a single star anise spice. In the bottom right corner, a small portion of another cup with a metal grater is visible.

JUST ME TEA AUSTRALIA

MEAL PLAN GUIDE

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Just Me Tea

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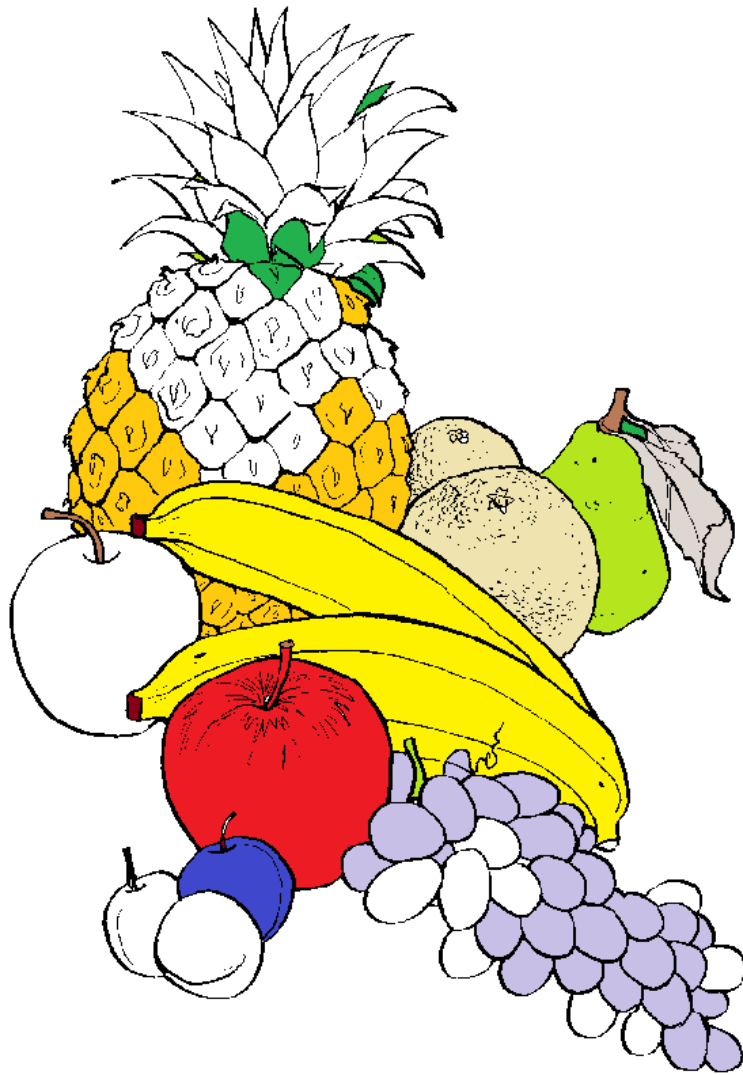
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JMT



Important notes:

It is essential that you use this eating plan in conjunction with our weight loss tea range and your normal exercise routine. Additionally, you can check out our blog for daily healthy eating plans, information and education on our JMT menu.



The most preferred time to drink JMT are times when you snack. Drink tea instead of snacking. Alternatively you can drink our detox tea in the morning just as you wake up and in the evening, therefore replacing snacks with freshly blended fruits and/or vegetables.



The aim of the plan:

The plan for this free meal guide is to aid you in cleansing & detoxifying your system. With a daily extra boost of detoxification from both this meal guide and our weight loss and Teatox range, your personal journey will exponentially improve in both confidence and success!

Detoxification is a natural process of elimination, the removal of 'toxins', or built up waste matter, from your body via the liver, kidneys, bowels and skin.

WHAT YOU SHOULD DRINK

WATER

Apart from our tea, we recommended consuming 1.5 - 2L throughout each day. If you do not normally drink a lot of water, and find it hard to do so, you can add fresh lemon / lime juice to aid digestion.

TEA

It would be essential if you drink JMT tea range for extra benefits. Each program (excluding skinny tea) should be taken twice a day, just as soon as you wake up and before you have your evening meal.

COFFEE

For detoxification it is best to avoid coffee or try to limit yourself to 1-2 cups per day with soy milk. Depending on your reason for undertaking the Teatox your approach toward caffeine limitation or avoidance will be different. If you are undertaking our Teatox for weight loss purposes it is best not to limit your caffeine intake as this may affect your metabolism. However, it is important to take coffee or related substance 30 minutes or more apart from drinking your Teatox tea.



SHAKES & SMOOTHIES

Meal replacement shakes, protein shakes and smoothies are all fine throughout your Teatox as long as they don't contain excess full cream often found in cow's milk in a large quantity (preferably no cow's milk at all if you are looking for vegan alternatives). Examples include almond milk, rice milk, and coconut milk.

Green juices (wheat grass, spirulina, chlorella) – you may buy a liquid supplement from the chemist/pharmacy or try supermarket varieties like Emma & Tom's 'Green power' and Charlie's 'Spirulina Whole Fruit Smoothie'.

- [Fresh pressed vegetable juice](#) (carrot, beet, celery, cucumber, cabbage, spinach, parsley, ginger, greens)

Super juices:

- [Aloe vera juice](#),
- [Liquid chlorophyll](#),
- [Acai berry juice](#),
- [Goji berry juice](#)



ALTERNATIVES

Fats:

Fats are essential for everyday life. They contain vitamins that the body cannot produce and are thus needed. Not all fats are bad, there are also good and beneficial fats too!

Some of these fats will even help the reduction or prevent cardiovascular disease. For example, avocado contains HDL Cholesterol (High Density Lipids) which are considered as 'good' cholesterol that aims to reduce the LDL (Low Density Lipids)- otherwise known as the 'bad' fats in the body that are best to be avoided.

- Avocado
- Almond
- Egg
- Salmon
- Yogurt

Fiber:

Fiber is great for the body. Fiber cannot be digested and therefore are combined with the foods consumed to allow easy digestion. Thus fiber will help bloating and indigestion complications. A dangerous way to increase bowel movement are utilize excessive amounts of senna extracts, which may have an adverse reaction in regards to laxative effects. However, in moderation, senna extracts may be beneficial in smaller quantities in addition to a healthy diet and lifestyle.



Proteins:

Proteins are essential to increase muscle tone. In addition, they are crucial for metabolic processes and hormone regulations within the body. Proteins are the prime factors for necessary cell function and enzyme productions. The sub units of Proteins are called amino acids and are used in DNA synthesis and synthesis of other proteins.

- Chicken (minor)
- Fish (minor)
- Tofu
- Eggs
- Beef (minor)
- Lentils
- Beans

Carbohydrates:

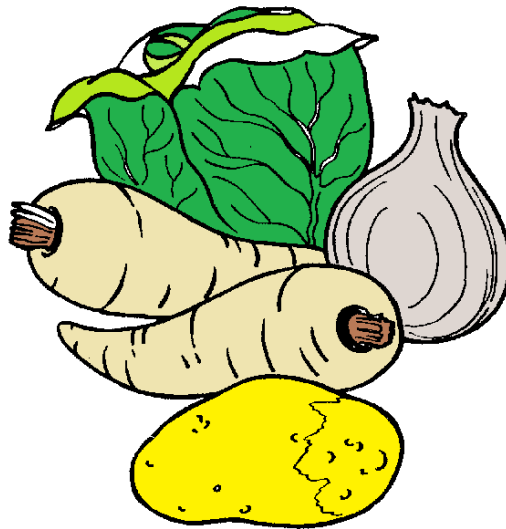
Carbohydrate are complex sugars, these are foods such as bread, pasta, wheat... (gluten products). Carbohydrate are essential for ATP production, which are the body's energy production. These are used in cellular functions which also includes metabolic functions. We require ATP to do daily activity.

- Brown Rice
- Whole grain bread
- Muesli



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.
- ❖ Keep your whole meal bread into pairs and place in freezer bags ready for quick access.
- ❖ 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 transaturated 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!
- ❖ Try to buy unsweetened or plain yoghurt's for example and add your own fruits to sweeten it.





***Just Me Tea Australia** recommends the use of this meal plan purely as a guide. For best benefits to overall health and wellbeing, a healthy lifestyle should include a varied diet with moderation.



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