

BONDI BEACH TEA CO.



EATING PLAN 2018

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INTRODUCTION

The Bondi B-Slim Detox program has been produced to ensure maximum results, but to further enhance your results it is best to follow an eating and exercise plan that caters to weight loss and cleansing.

It does not have to be so hard! Once you know the basics of a nutritional diet, there is no need for tedious calorie restricting and counting. You will have all the right ammunition to make the right decisions.

To accompany our tea, we have created this e-book about to help you with meal planning, nutritious food choices and tips to make sure you get the most out of your detox diet plan.



BONDI BEACH TEA CO.

Creating Health One Sip at a Time

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FAILING TO PLAN IS PLANNING TO FAIL



When it comes to diets, eating, exercise and lifestyle changes, you **HAVE** to come in prepared. Otherwise, you can quickly slip back into old habits.

Sticking to a plan is far easier than coming up with solutions at every turn. If you have prepared meals and snacks ahead of time, you are far less likely to grab something 'quick and easy' like fast food or pre-packaged foods, which more often than not, can lead to further weight gain.

For more health ideas, don't forget to visit our Facebook and Instagram pages.

FAILING TO PLAN IS PLANNING TO FAIL

Our top tips for successful meal planning are:

- ✓ Create a meal plan for the week which is comprised of every meal and snack you will consume (mainly weekdays if you work Monday to Friday).
- ✓ Head to the grocery store armed with a grocery list. Make sure you have eaten before you go, this will help you steer clear of impulse buying and snacking.
- ✓ Make sure to prepare snacks. It may seem like extra work at the time, but it will be far easier for you to grab a bag of already cut celery and carrot sticks than it would be to go out and grab a bag of chips.
- ✓ Do some research online for your body type, weight and level of activity to ensure you can create a meal plan specific to your body and lifestyle.
- ✓ Research exact portions size to make sure that you do not overeat.

✓ **DID YOU KNOW?**
Broccoli contains the flavonoid kaempferol. Kaempferol is an anti-inflammatory which helps to fight against cancer and heart disease and has also been shown to be preventative in adult diabetes onset.

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WHICH FOOD GROUPS SHOULD I BE EATING THE MOST OF?

There are four main food groups that you should be eating every day to ensure your body is getting all the nutrients it needs to function, and they are vegetables, protein, healthy fats and complex carbs. If your diet consists mainly of these four groups, you will be able to maintain your body's health and also lose weight at the same time. That isn't to say other food groups should be entirely excluded, but they should be consumed in moderation, as too much can lead to weight gain.

VEGETABLES

Vegetables are one of the easiest ways to instantly boost your nutrition and keep you fuller for longer! Add as many vegetables as you can to your diet (aim for at least three servings per day). Green vegetables are the best for your health and your waist so go ahead and eat as much as you like!

Highly Recommended Vegetables:

- ✓ Asparagus
- ✓ Cabbage
- ✓ Boy Choy
- ✓ Broccoli
- ✓ Brussel Sprouts
- ✓ Lettuce
- ✓ Cauliflower
- ✓ Celery
- ✓ Capsicums
- ✓ Spinach
- ✓ Zucchini
- ✓ Beans



The only vegetables you should use sparingly are potatoes, and corn due to their high levels of carbohydrates (and the temptation to deep fry potatoes) If you cannot get fresh vegetables never fear, frozen vegetables are just as healthy!

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WHICH FOOD GROUPS SHOULD I BE EATING THE MOST OF?

PROTEIN

Protein helps to make you feel fuller for longer, and it also is a vital part of nutrition for building muscle. The leaner the protein, the better so you can make sure you are getting the benefits of the protein and not any extra fats. Some proteins that are great when trying to lose weight are:

- ✓ Lean chicken
- ✓ Turkey
- ✓ Fish
- ✓ Eggs
- ✓ Tofu
- ✓ Lentils and other legumes
- ✓ Lean beef

✓ DID YOU KNOW?

Protein is a core building block for the trillions of cells in the human body. The only material which is more common in the body than protein is water. 18-20% of the body is protein.

WHICH FOOD GROUPS SHOULD I BE EATING THE MOST OF?

HEALTHY FATS

Not all fats are created equal, and not all fats are bad for you. Healthy fats are considered good for you because they increase your blood cell production, help to keep you full and boost your immune system. Try to add some healthy fats into your diet (as well as being good for you, they are super tasty!)

- ✓ Nuts
- ✓ Avocado
- ✓ Coconut Oil
- ✓ Eggs
- ✓ Plain Greek Yoghurt
- ✓ Ricotta Cheese
- ✓ Salmon
- ✓ Olive Oil
- ✓ Butter and Ghee

✓ DID YOU KNOW?

Coconut oil is also great for your skin and hair! It has been proven that coconut oil can penetrate your hair to reduce protein loss which leaves hair looking shiny and healthy and is an excellent moisturiser for dry skin!

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WHICH FOOD GROUPS SHOULD I BE EATING THE MOST OF?

COMPLEX CARBOHYDRATES

It is near impossible to abstain completely from carbohydrates, and with good reason, carbohydrates fuel your body and without them we would feel lethargic and weak. Much like fats, not all carbohydrates are created equally, so you want to consume carbs that are going to give you the most bang for your buck.

- ✓ Whole grains like brown rice
- ✓ Steel cut oats
- ✓ Quinoa
- ✓ Sweet potato and taro
- ✓ Chickpeas

✓ **DID YOU KNOW?**
Sweet Potatoes are fat-free and cholesterol free!

WHAT FOOD GROUPS SHOULD I AVOID?

The truth is, there is a higher rate of failure if you completely ban yourself from eating certain items. The best way to combat this is to plan for you to treat yourself now and then, or create a 'cheat meal' for yourself. This can happen once a week after a week of healthy eating and exercise as a reward. During this meal, let your hair down and eat that pizza or that bowl of ice cream (just make sure not to overdo it and eat the entire box of pizza!).

During your regular meals, you should try to avoid the following as they will significantly hinder your weight loss progress.

- X Alcohol
- X Packaged foods
- X Processed Sugar
- X Corn Syrup
- X Artificial Sweeteners
- X White flours
- X Preservatives

These foods contain excessive calories, empty carbs and can spike your insulin levels making it harder to lose weight (or even put weight back on!).

✓ DID YOU KNOW?

Sugar is highly addictive; it triggers the same part of our brain that is triggered to release dopamine as hard drugs do!

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TIPS FOR HEALTHY EATING

While it may be tempting to skip meals to save calories, it has been proven to sabotage your weight loss goals. When you skip meals, your body goes into starvation mode, so when you finally do eat, your body holds on to everything for dear life because it thinks it is starving. Skipping meals also can increase your chances of binge eating when you eat again.

Don't mindlessly eat. Make sure whenever you sit down for a meal that you are conscious in the present moment and not distracted by your phone or other technology. Mindful eating helps us to acknowledge our body's signs to the brain about when we are full so that we do not overeat and helps us curb cravings.

Treat yourself! Life would be a boring, pit of emptiness if you never treated yourself. Just make sure you have planned ahead for your cheat meal or day and worked hard for it. A cheat meal every week will not derail your detox diet so long as you maintain your eating and exercise regime every other day.

Consider what liquid you are drinking. Soft drinks, juice, milk, alcohol, cordial - all contain energy and ultimately calories that can quickly add up throughout the day. Make the switch to water and teas to quench your thirst, not only will it save you on calories, but it will keep your body hydrated. A well-hydrated body is a healthy body.

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WHICH TEAS SHOULD I ADD TO MY DIET?

As well as your Bondi B-Slim Detox blend, there are a heap of other teas that can help you in all kinds of different ways!

[BONDI PURE GREEN - ORGANIC MATCHA GREEN TEA](#)

Matcha Green Tea has been used for many centuries as a healthy, delicious drink that helps to alkalize and detoxify the body. It means literally "powdered green tea" and is created from whole green tea leaves and then ground down into a fine powder.

Green tea can speed up your metabolism, regulate body temperatures, strengthen your heart health and decrease your chance of a stroke. It also contains high levels of L-Theanine, and many people report feeling happy, calm and relaxed.

Matcha contains the same amazing benefits as green tea does, but 3 x more concentrated! One serving of matcha is equal to 3 cups of green tea.

By adding our Bondi Pure Green Matcha Tea (which is 100% organic) to your detox diet, you will boost your metabolism and increase your overall results of your detox.

[FRESH FACE COMPLEXION TEA](#)

When you undertake a detox, your body releases a lot of toxins that may come out through your pores. This may result in blemishes arising. To help combat this, utilising the ingredients in our Fresh Face Complexion Tea will have your skin glowing in no time.

As well as this, our tea is made with Burdock root which is reported to help purify your blood, help with acne and can even reduce eczema! Licorice root is also present which can aid with dandruff and body odour and orange peel which is loaded with vitamin C to create healthy hair.

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WHICH TEAS SHOULD I ADD TO MY DIET?

[BONDI ACAI BERRY TEA](#)

All this tea drinking will definitely increase your bodies health and help to detoxify your body! Moreover, what better way to boost your health than with acai berries. Acai berries are one of the healthiest foods on the planet and are considered a superfood because of their amazing medicinal and health properties.

With a blend of ingredients such as raspberry leaf to help with menstrual cramps, hibiscus to help your complexion, hair and blood pressure and hawthorn berries which help with discomfort and cramps - this tea is a fantastic addition to our detox diet or to drink during your menstrual cycle..

[BONDI UNWIND TEA](#)

If you just need a chill-out, our unwind tea is amazing for a relaxing wind-down. Drinking our blend of herbal unwind tea will decrease your stress levels, promote relaxation and may relieve tension. Created by herbalists specifically with the aim of providing a stress-free tea! Team this with our other teas to make sure you get a little you time throughout the day.

DID YOU KNOW? Stress can cause chest pain, high cholesterol, cardiac problems, depression and a whole other host of assorted problems. It also can cause hair loss!

[BONDI SNOOZE TEA](#)

Not only is a good night's sleep beneficial for our brains and bodily functions, but it also allows our bodies to rest from the exertions of the previous day. If you don't get enough sleep, your body can store extra fat, slow down your metabolism and stress your body out. Bondi Snooze Tea promotes a good night sleep, is caffeine free, and contains soothing and calming ingredients like chamomile, lemon balm and rooibos.

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SHOULD I EXERCISE DURING MY BONDI B-SLIM DETOX?

Exercising is one of the best things to do to accompany your Bondi B-Slim Detox as well as healthy eating. It will boost your detox, weight loss, get you moving, keep you smiling and motivated and increase your overall body health.

You don't have to become an athlete overnight to make sure exercise becomes a regular part of your schedule. In fact, it is better for your body to adjust and for your mind to create a healthy habit if you slowly increase your activity levels with each day that goes past.

Start Small. First of all, recognise changes to improve your movement throughout the day. Take the stairs instead of the escalators. Walk to your colleague to talk instead of emailing them. Stretch in your chair, sit less and stand more. These small changes all add up and also get you motivated to move more.

Commit to regular activity. Maybe it is going for a walk every day for 30 minutes. Maybe it is running around the block, walking the dog, cycling to work. Just choose something that is not overly strenuous on your body, but is still exercise and commit to it. Do this for a week and then slowly add in further exercises or workouts.

Have a mix of cardio and strength training. Once you have reached the stage of committing to a weekly activity, this is when you can increase to cardio and strength workouts.

CARDIO WORKOUTS

Aim for somewhere between 25-45 minutes for a cardio workout session. Throughout the workout you can do loads of different things, cycling, swimming, running, a dance class, a fitness video, skipping - whatever it is just making sure you get your heart rate pumping.

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SHOULD I EXERCISE DURING MY BONDI B-SLIM DETOX?

STRENGTH TRAINING

Don't skip on strength training, lifting weights and strengthening your muscles are just as important, if not more important than straight up cardio. When you lift weights, your body tones up, leaving you with a healthy and strong figure. Not only can you lose weight, but you will become the healthiest version of you as well! With all things, make sure you consult a trainer before lifting weights so that you can be taught the correct way to train without hurting your body.

Everybody is different, though, so we recommend that you consult a health or fitness professional before undertaking any drastic changes. When in doubt, ask.

COMPONENTS OF A BALANCED PLATE

When you are putting together your meals or meal planning, try to include these on your plate to ensure maximum health benefits!

CARBOHYDRATES - this is where the majority of your energy comes from and should roughly comprise of about 25% of your diet. Make sure to choose complex carbohydrates (as mentioned above) to ensure a sustained release of energy throughout your day.


VITAMINS - There are so many essential vitamins that your body needs, but when comprising a healthy meal. Be sure to pay particular attention to the intake of vitamin A, vitamin C, vitamin B and vitamin D. You should be able to obtain all of these vitamins simply by eating plenty of fresh fruit and vegetables rather than a multivitamin.

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SHOULD I EXERCISE DURING MY BONDI B-SLIM DETOX?



MINERALS - Minerals can help with the release of energy from food, they also interact with your organs and promote growth. Example: Iron helps your body with energy and calcium works towards healthy bone and teeth. The most important minerals to ensure are plentiful in your diet are iodine, potassium, sodium, iron and calcium.

UNSATURATED FATS - Healthy fats come that come from dairy, meat and fish will help to absorb vitamins, provide a slow energy release and help you regulate your body temperature. As discussed above, healthy fats do not hinder any weight loss goals in the right portions (around 70 grams per day).

PROTEIN - Your main source of protein comes from meat, but you can also get protein from legumes, nuts and some vegetables. They help to keep you fuller for longer, promote the healthy development of muscles and are perfect for detoxes!

FIBRE - Fibre will contribute to filling you up and aid with digestion. It also keeps your cholesterol levels in check. Foods rich in fibre are oatmeal, bran and vegetables. Try to get around 30 grams per day.

WATER - When undertaking a detox, a weight loss plan or any form of exercise, it is crucial to make sure that you are well hydrated. Water hydrates your body, helps to facilitate the movement of all other components and can also aid in breaking down fat absorption. Try to drink at least 2 litres of water per day.

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BREAKFAST

MEAL IDEAS

Start your day the right way by providing your body with the right amount of fuel necessary to make sure your body functions productively. Breakfast is the best time to add fruit to your diet if you would like to as it gives your body ample time to burn the energy. Something light and not too heavy will ensure you don't end up feeling sluggish.

BERRY AND YOGHURT SMOOTHIE

Delicious and easy to make

Handful of berries (blackberries, strawberries, etc.)

One banana

½ a cup of plain greek yoghurt

Liquid of your choice (milk, coconut water, water)

SMASHED AVO WITH POACHED EGGS

Classic and tasty breakfast

2 slices of wholemeal bread

½ an avocado

2 poached eggs

Salt, pepper and lemon to taste

SWEET POTATO AND BLACK BEAN BURRITOS

Bringing a little bit of Mexico to your mornings!

Wholemeal tortilla

Mashed sweet potato

Black beans or kidney beans

1 teaspoon of chilli powder

1 teaspoon of cumin powder

Avocado

Salt and pepper to taste

Fry the beans with the spices, add to the sweet potato and avocado on the tortilla.



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MEAL IDEAS

BREAKFAST

OVERNIGHT OATS

Perfect for on the go breakfast

- ⅓ cup of oats
- ½ cup of almond milk
- 1 teaspoon of chia seeds
- 1 teaspoon of vanilla extract
- 2 tablespoons of slivered almonds
- ½ banana sliced and a handful of berries

Combine all dry ingredients and almond milk overnight and add fruit on top in the morning.

HEALTHY PANCAKES

A guilt free way to treat yourself!

- 115g of coconut flour
- 2 eggs
- ⅓ cup of milk
- ⅓ cup of water
- Knob of butter to fry
- Fruit to top



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MEAL IDEAS

LUNCH

The best time to include some complex carbohydrates in your diet to ensure a steady but slow release of energy throughout the rest of your day! Try to make sure that you have a good mix of vegetables and protein as well as your primary source of carbohydrates for the day.

BROWN RICE BOWL WITH CHICKEN

This can be prepared in bulk and frozen for the rest of the week!

- 1 ½ cups of brown rice
- 2 cups of chicken stock (low salt)
- ½ kilo of chicken breast
- ½ kilo of broccoli
- Handful of spring onions
- Salt and pepper to taste

TUNA WRAP

Quick and easy and super tasty

- 1 wheat free wrap
- 1 small can of tuna (spring water is best)
- Handful of spinach
- Small amount of mayonnaise (whole egg is best)

CHICKPEA, AVOCADO AND SUNDRIED TOMATO SALAD

Healthy alternative to white pasta

- 1 can of chickpeas, drained
- 1-2 avocados
- 2 cups of shredded red cabbage
- ⅓ cup of sliced black olives
- ½ cup of sliced sundried tomatoes
- ½ cup of olive oil
- Sliced spring onions to taste



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MEAL IDEAS

LUNCH

WATERMELON, TOMATO AND FETA SALAD

It may sound like a weird combo, but it is SUPER delicious and good for you!

- 1 cup of cubed watermelon
- 1 cubed tomato
- $\frac{1}{3}$ cup of crumbed Danish feta
- A splash of balsamic vinegar dressing

SALMON NOODLE BOWL

Food doesn't have to be boring! Try adding some Asian influence to your dishes to enhance the flavour!

- 1 salmon fillet (no skin)
- A handful of soba buckwheat noodles (or wholemeal pasta if unavailable)
- 5 asparagus stalks cut into thirds
- 1 tablespoon of sesame oil
- $\frac{1}{2}$ a cucumber cut into squares
- $\frac{1}{2}$ an avocado cut into squares
- Salt, pepper and lime to taste

MEAL IDEAS

DINNER

For dinner, make sure you have a well-balanced plate of protein, carbs and vegetables. A good rule of thumb is $\frac{1}{4}$ carbs, $\frac{1}{4}$ protein and $\frac{2}{4}$ vegetables for a healthy dinner! Make sure to not overdo it on the carbs, as your body will be resting soon and could store any excess in carbs as fat.

MIDDLE EASTERN RICE SALAD

Transform plain old rice into a filling and healthy dinner and add some protein (chicken or fish) to your plate.

- 1 tablespoon of olive
- $\frac{1}{2}$ cup of chopped spring onions
- 1 can of drained chickpeas
- 3 cups of cooked brown rice
- $\frac{1}{2}$ cup of chopped pitted dates
- $\frac{1}{4}$ cup of chopped fresh parsley
- $\frac{1}{2}$ teaspoon of cumin and salt

QUICK CHICKEN ROAST

This chicken will be the fastest roast chicken you have ever cooked! Add some steamed green vegetables to the side, and it will be perfect, easy, healthy meal.

- 6 thyme leaves
- 4 anchovies in oil, drained and sliced
- 2 teaspoons of dried oregano
- 1 teaspoon of chilli flakes
- 2 tablespoons of olive oil
- 2 garlic cloves
- Zest of one lemon
- 8 chicken thighs
- 2 sweet potatoes diced



MEAL IDEAS

DINNER

Beef Stir Fry

Stir fry's are fantastic for healthy and quick dinner options as you can throw in any vegetables or protein that you have readily available!

- ½ a kilo of beef sirloin
- 1 ½ cups of broccoli florets
- 2 carrots, thinly sliced
- Spring onions, roughly chopped
- 1 teaspoon of minced garlic
- 2 tablespoons of soy sauce
- 2 tablespoons of sesame seeds

VEGGIE FRITTATA

A easy way to use up what you have in the fridge.

- 8 eggs
- 4 ½ cups of assorted vegetables such as zucchini, capsicums and onions
- OPTIONAL:** ½ cup of shredded cheese



MEAL IDEAS

SNACKS

When life gets hectic, it is all too easy to grab unhealthy snacks to get you through until your next meal. However, if you prepare before those 3 pm cravings, you can still have the ease of a fast snack, but much healthier!

NUTS

Nuts are packed with all the right things that you need in a snack and your body! Protein, Fibre and essential healthy fats, void of sugar and also have minimal carbohydrates, and if that wasn't enough they taste great!

Although most nuts are higher in calories than some other snacks (because of all their natural, healthy fats), they keep you fuller for longer and provide you with more health benefits than the same amount of calories from a snack like chips.

The best nuts for a detox or overall health are almonds, brazil nuts and walnuts!

Make sure you got for unsalted nuts, as your body does not need the added salt in most pre-packed nuts, also try to avoid peanuts, as they are the most calorie dense and have the least amount of health benefits.

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MEAL IDEAS



VEGETABLE STICKS

You can't beat this classic healthy and nutritious snack. It may be the easiest of all of these snacks to prepare, and you can pick and choose whichever vegetables you prefer! Just grab some veggies, thinly slice into sticks and then bag up to grab whenever you need something to munch on.


Celery, carrots, cucumber, capsicum, mushrooms - whatever you like, you can even dip into homemade or store-bought hummus for a little bit more of a treat!

HEALTHY VEGETABLE CHIPS

Often, when we are craving potato chips, we are craving the crunch and the saltiness from them and not the calories. Unfortunately, when you are detoxing or trying to lose weight, chips do not hold back their calories from your waistline because you just needed a bit of a crunch.

What you can do however is to swap out the potato for something healthier. There are so many versions of the classic chip that you can create at home easily and save yourself the extra calories!

Kale chips, Sweet potato chips, zucchini chips, beetroot chips - the possibilities are endless! Just make sure to thinly slice any vegetable that needs to be sliced, sprinkle with some spices and a small amount of salt and olive or coconut oil and bake until crisp!



GOOD LUCK ON YOUR JOURNEY

All of us at Bondi Beach Tea Co. wish you all the best on your journey to better health.

For us eating well is a form of self-respect. We love to look at our hashtag #bondibeachtea, and read at all the incredible accomplishments our community has made. We find a lot of inspiration from them.

"I do my best to eat healthfully without depriving myself of the things I love. 'Everything in moderation' is a mantra that works for me. I also find that doing food elimination cleanses or juice cleanses when the seasons change helps to reset my body. For me, it's about balance and budgeting calories. If I have a splurge one day, I'll be sure to be strict about my calories the next."

Kate Hudson

Finally, well done on making it to the end of our eBook.

As a special gift from us, use the code: EPEBOOK30 when checking out from www.bondibeachtea.com.au

and

get 30% off your order!!!

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