

We worry about what goes into **your body** so you don't have to...

Brain

Omega 3 makes you smart, so eat oily fish, avocado, nuts and seeds

Skin & Hair

Omega 3 oils, zinc & silica. Add eggs, fish, pumpkin seeds, alfalfa sprouts and avocado to your diet

Eyes

Vitamin A in beta-carotene gives you sharp eyes. Eat a carrot each day

Muscles

Muscles are made up of protein. Eat lean meats, fish, poultry and eggs. Grrr...

Heart

Our hearts need to pump blood that is high in oxygen so eat foods high in iron such as beetroot, spinach and lean meats

Happy Hormones

Ladies need iron from eggs, fish, lean meats, almonds, avocado and prunes. Blood sugar regulation is essential, so increase protein

Waist-line

Protein & low GI carbs keep you slim so go for lean proteins, big salads or whole-wheat wraps if you feel you need a carb boost

Liver

The liver will start to detox as soon as you start juicing. Fresh veggie juices with beetroot, ginger and celery are recommended

PURE
CALIFORNIA

Pure California has worked with nutritionist, Simone Laubscher PhD, to devise three simple eating plans for the new year.

Simone is the Nutritional Expert at The Third Space Medicine. She has helped a number of her patients to overcome issues to do with digestion, eating disorders, fertility and fat loss. She has selected her favourite items from our menu.



Please come to your nearest Pure California to follow Simone's advice

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www.purecalifornia.co.uk



Pure California Detox

Vegetables are easier for your body to digest so going 'veggie' will give your body a proper New Year Detox

Breakfast

Soy porridge
Piece of fruit
Wheatgrass shot
Detox juice (carrot, celery, fennel & beetroot)

Lunch

Salad

Short-grain, brown rice
One handful of protein (e.g. chicken, salmon, turkey)
One handful of carbs (e.g. vegetables)
One tablespoon of fat (e.g. cheese, nuts, seeds)

Bread products

Bean & Avocado Wrap
Hummus Sandwich
Sweet Potato Wrap

Soups or stews

Any vegetable soup but avoid dairy
Vegetable stew on brown rice

Snacks

Detox juice
Fruit salad with nuts & seeds

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Pure California Fat Loss

Remember that a little bit of fat at breakfast and lunch will help stop the 'Cadbury's Craving' at 4 o'clock

Breakfast

Wheat-free muesli with skimmed milk, soy milk or low-fat yoghurt
Berry Burst
Porridge made with skimmed or soy milk

Lunch

Salad

Mixed leaves or Cos lettuce
One handful of protein (e.g. chicken, salmon, turkey)
One handful of carbs (e.g. vegetables)
One tablespoon of fat (e.g. cheese, nuts, seeds)

Bread products

Hummus Wrap
Crunchy Tuna Wrap
Wheat-free Smoked Salmon Sandwich

Soups or stews

Any vegetable soup or stews, apart from those with potato

Snacks

Vegetables & Hummus or Bean Dip
Cheese sticks & apple

Pure California Energy

You need to be kind to your blood sugar levels so include plenty of protein in your diet

Breakfast

Big Breakfast Smoothie
Sugar-free muffin, plus any smoothie with protein powder*
Porridge made with skimmed or soy milk, plus seed mix

Lunch

Salad

Wheat-free pasta
One handful of protein (e.g. chicken, salmon, turkey)
One handful of carbs (e.g. vegetables)
One tablespoon of fat (e.g. cheese, nuts, seeds)

Bread products

Turkey & Avocado Sandwich
Sweet Thai Chicken Wrap
Mozzarella, Tomato & Avocado Sandwich

Soups or stews

Any vegetable soup
Any stew served on brown rice

Snacks

Energy Elixir with Acai
Nuts, seeds & dried fruit
Muffin & nuts

*tastes best in a smoothie with milk or soy milk base