

Healthier Alternatives

<i>Milk</i>	<i>Almond, hemp, Brazil nut, oat or rice milk</i>
<i>White Bread</i>	<i>Sprouted-grain Ezekiel products, rice paper, Nori rolls, organic corn tortillas or choose organic whole wheat, rye or spelt bread.</i>
<i>Cereal</i>	<i>Sprouted buckwheat granola, buckwheat, quinoa or millet porridge, buckwheat pancakes and for those without wheat (gluten) sensitivity, try un-toasted muesli or rolled oat porridge.</i>
<i>Mayonnaise</i>	<i>Hummus , ripe avocado, olive or eggplant tapenades</i>
<i>Pasta</i>	<i>Spaghetti squash, spiralized raw vegetables, soba or vermicelli rice noodles</i>
<i>White Rice</i>	<i>Brown rice, wild rice, Forbidden rice and quinoa</i>
<i>Steak</i>	<i>Wild tuna, mackerel steak or portobello mushrooms , seitan (gluten)</i>
<i>Unhealthy Snacks (Chips, Dips, Biscuits, Chocolate Bars etc...)</i>	<i>Raw un-toasted and un-salted nuts, flaxseed crackers with pesto, hummus, olive tapenade, guacamole, raw choc hazelnut spread</i>
<i>Unhealthy Desserts (Ice cream & cakes etc...)</i>	<i>Coconut macaroons, raw chocolate fudge, non-dairy coconut ice cream, quinoa and rice pudding , 70% + organic dark chocolate</i>
<i>White Sugar</i>	<i>Raw honey, Rapunzel/Rapadura, stevia (brown, green), raw maple syrup</i>
<i>Ionized Table Salt</i>	<i>Gray sea salt, pink sea salt, seaweed flakes, miso and tamari</i>
<i>Coffee and Tea</i>	<i>Camomile, jasmine, nettle, dandelion, green tea</i>
<i>Soft Drinks</i>	<i>Pellegrino with fresh lime, ginger, lemon, mint, orange, pineapple or cucumber;</i>
<i>Milk Shakes</i>	<i>Berry smoothie, superfood smoothie, green smoothie and life-giving freshly-</i>
<i>Beer, Spirits & Sweet Mixer Drinks</i>	<i>Alcohol is best avoided on a healing diet, but if you don't have a yeast sensitivity, choose clean spirits like saki, rice wine or tequila and organic red or white wine</i>