

giggitea

We have constructed this **Flexible Eating Plan** for you to follow during your giggitea experience. For best results the eating plan should be accompanied with the giggitea Detox or Slimming Tea. Try and make sure you get as many 100% natural ingredients as possible. It is all about what we put into our bodies!

BREAKFAST

Bacon and eggs, with a piece of fruit
 Stuffed mushrooms
 Fruit-packed smoothies with coconut milk and almond milk
 Paleo Porridge
 Protein pancakes¹ with blueberries
 Mixed berry & mango fruit salad
 Banana pancakes²

LUNCH

Mango chicken salad with chipotle mayo
 Broccoli soup
 Smoothie bowls
 Buffalo strip steak with vegetables and bacon
 Paleo Plantain Chips
 Fruit Kebabs
 Paleo Scotch eggs

DINNER

Paleo meatloaf
 Slow cooker chicken
 Beef stew
 Garlic chicken with white wine sauce
 Moroccan chicken salad
 Spicy Mackerel Fillet
 Grilled boneless pork chop

SNACKS

Apple slices
 Raw nuts
 Pre-cut carrot
 Celery sticks
 Sliced fruit
 Dried fruit mix
 Giggitea Detox/Slimming

GOOD FOODS

Meat
 Seafood
 Vegetables
 Fruits
 Potatoes

OKAY FOODS

Rice
 Butter
 Cream
 Fries

FOODS TO AVOID

Flour
 Grain
 Wheat
 Rye
 Barley
 Oats
 Pasta
 Tofu
 Noodles

PALEO DIET

Pumpkin seeds
 Carrots
 Cucumber
 Spinach
 Tart fruits
 Nuts
 Wild meats
 Eggs
 Coconut and olive oil

NOT IN PALEO DIET

Refined, processed foods
 Sugars, candy bars
 Sweet fruit, juices
 Grains, bread, beans, GMO foods
 Extracted seeds oils
 Dairy products

COOKING METHODS

Grilled
 Sauteed
 Steamed
 Boiled
 Pan-fried



Recommended Daily Intake

- PROTEINS
- FRUIT & VEGETABLES
- STARCHES

¹ 1 egg, half a banana, a fist of almond flour and cooked in coconut oil.

² Combine 2 whisked eggs with one mashed banana and a large dollop of almond butter (delicious with berries or bacon).