

## SHOPPING LIST

### *Clean Eating Restart Programme*



#### FRUIT

- Lemon
- Kiwi
- Pineapple
- Papaya
- Berries
- Apples
- Pomegranate
- Grapefruit

#### NON-STARCHY VEGETABLES

- Green leafy ( spinach, kale, rocket, watercress, lettuce)
- Brassica ( Brussels sprouts, broccoli, cauliflower, radish)
- Asparagus & Artichoke
- Courgette & Aubergine
- Tomatoes, cucumber, celery
- Peppers, onions, mushrooms

#### STARCHY VEGETABLE

- Pumpkin & Squash
- Carrot
- Beetroot
- Sweet Potatoes
- Celeriac
- Corn
- Peas
- Parsnip

#### ORGANIC FISH & MEAT

- Wild salmon
- Sardines
- Mackerel
- Trout
- Anchovy
- Chicken
- Grass-fed, pasture-raised meat
- Turkey

#### NUTS & SEEDS

- Almonds
- Black sesame seeds
- Brazil nuts
- Chia seeds
- Flax seeds
- Macadamia nuts
- Pumpkin seeds
- Walnuts

#### ADDITIONAL SOURCES OF PROTEIN

- Skyr, Greek yogurt, kefir
- Cottage cheese, ricotta
- Hummus
- Eggs
- Parmesan
- Kidney beans
- Lentils
- Tofu

## SHOPPING LIST

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#### FATS & OILS

- Coconut oil
- Ghee
- Butter
- Lard
- Extra virgin olive oil
- Roasted sesame seeds oil
- Flax seeds oil
- Walnut oil

#### ALTERNATIVES TO SWEETENERS

- Honey
- Stevia
- Coconut sugar
- Maple syrup
- Dates
- Xylitol (extract from birch)
- Maca powder
- Dark chocolate ( min. 70%)

#### GLUTEN-FREE GRAINS

- Oats
- Buckwheat
- Amaranth
- Wild black rice
- Millet
- Quinoa
- Corn

#### SAUCES & CONDIMENTS

- Balsamic vinegar
- Dijon mustard
- Soy sauce & Tamari sauce
- Apple cider vinegar
- Tahini paste
- Pesto
- Curry paste

#### HERBS & SPICES

- Cinnamon
- Vanilla
- Turmeric
- Cumin
- Fresh herbs (basil, mint, dill, oregano, bear garlic, chives, rosemary)
- Fresh ginger

#### CUPBOARD STAPLES

- Coconut milk
- Almond milk
- Coconut flakes
- Peanut butter
- Himalayan salt
- Sea salt
- Bone broth
- Vegetable stock

## WHAT IS YOUR HEALTH & WELLBEING GOAL?

**Would you like to :**

- **Learn how to use the ingredients from the shopping list?**
- **Learn more about personalised nutrition & clean eating?**
- **Lose the belly fat and build more muscle mass?**
- **Beat the bloat & have regular stool ?**
- **Increase energy & gain mental clarity?**



**I would be delighted to guide you & empower you on your journey to the best version of yourself !**

**See below my Health & Wellbeing programmes**

### **PERSONALISED 21-DAY RESTART PACKAGE WITH BONUS INVESTMENT : 770 CHF**

- **Comprehensive Initial Consultation** ( 90 minutes via ZOOM)
- **Second Consultation** ( 60 minutes via ZOOM)  
to specify action plan, goals & dietary changes for the next 21 days
- Personalised macro-nutrients calculation & menu plan
- 21 days of **DAILY** Food & Mood diary review  
( short messages to evaluate macro-nutrients , point out any alternatives, portion sizes, food reactions & changes
- Assistance with shopping for new items from the shopping list
- Supplement programme to support mental, emotional and nutritional deficiencies, cravings & sustainable weight loss
- Recipe book and cooking instructions using new ingredients ( PDF forms)
- Bonus - FREE access to recording on stress management & mental health

### **GROUP 21-DAY RESTART PACKAGE WITH BONUS INVESTMENT : 297 CHF**

- Live & recorded ZOOM & FB group calls ( 60 minutes ,Tuesdays & Thursdays)
- Food & Mood Diary discussions during the group calls & answers to group questions to keep you on the right track & avoiding mistakes & food traps
- Supplement programme recommendations to support mental, emotional & nutritional deficiencies, cravings & sustainable weight loss
- Recipe book and cooking instructions using new ingredients ( PDF forms)
- Bonus - FREE access to recording on stress management & mental health

## COMPREHENSIVE INITIAL CONSULTATION INVESTMENT : 170 CHF



- This consultation is offered as a standalone or as a part of an [ongoing package](#)
- Typically represents 4-6 hours of my time
- Consultation is via Skype, Zoom, Whats App & in person in my office (Picassoplatz 4, Basel-Stadt) or at any agreed location

### Before our meeting I will:

- Reviewing your completed 18-page health questionnaire form
- Analyse all your provided biochemical test results
- Research, review and analyse your medication & supplements
- Reviewing thoroughly your 5 day food diary & lifestyle tracker
- Prepare additional questions for our one to one meeting

### During our 60-90 minutes consultation I will:

- Explain the functional medicine approach, human physiology, hormonal imbalance, body & mind connection
- Talk you through the biochemical interaction & your blood results
- Point out dietary mistakes from your diary & lifestyle tracker
- Suggest strategies that would help you optimise your Health & Wellbeing

### After our consultation I will:

- Summarise agreed action plan and supplement recommendations
- In case you do not purchase complete package, I am still available via email (1x 15 minutes) for additional questions related to your action plan
- My goal is to support you on your journey to establishing healthy habits

## NUTRITION COOKING - INTERACTIVE WORKSHOP ( 3 HOURS) INVESTMENT : 97 CHF

Let me show you how easy the weekly planning and preparation can be!

- Hands-on cooking workshop packed with valuable tips & tricks on meal planning & preparation of highly nutritious clean eating meals
- Personalised nutritional advice for specific dietary requirements (vegan, vegetarian, lactose-free, gluten-free, IBS, low FODMAP, low GI, ketogenic)
- Topic of sugar imbalance, cravings and emotional overeating & intermittent fasting
- Recipe handouts ( including downloadable PDF forms)