

BePURE™

# Whole Food Eating Guide

*Reset & Revitalise Your Healthy Lifestyle with BePure*







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BēPURE™

# How-to Guide

*In this how-to guide you will find some brief guidelines to follow, and also some useful tips to support you in getting the best results to reset and revitalise your healthy lifestyle.*

# Top Tips for Getting the Most out of This Guide

- ***Make a commitment.*** To stick to following this guide as well as you can.
- ***Cook once, eat twice.*** Throughout this guide we have either given you dinner recipes which you can cook and eat the leftovers for lunch the next day or that are very simple to prepare.
- ***Go shopping before you start.*** Hunger is the downfall of all good intentions, while preparation is the key to success. It's important to stock your fridge and pantry with nutritious options so that you can make meals or snacks that will help support you feeling fantastic.
- ***Take liberties with in-season vegetables.*** Use what you have fresh in your garden and at your local farmers market. Fresh is always best!
- ***Stay positive and enjoy your food!*** Proper digestion is essential to processing your food effectively and getting all the desired nutrients. Try not to sit at your desk and eat, or grab something on the run.
- ***When you're hungry, think "I'm thirsty".***
- ***Carry around a jar of raw nuts and seeds for emergency snacks.***

## PROVIDING YOUR BODY WITH WHAT IT NEEDS

Even if you have a superb nutrient rich diet like this one outlined in this Whole Food Eating Guide, you're still going to struggle to provide your body with all of the micro-nutrients it needs to function optimally, and enjoy the great energy levels and vibrant health you want.

That's why we highly recommend you add the essential nutrients packed into BePure One™ and BePure Three™ to your diet daily.

**BePure One™ is the ultimate daily supplement.** Providing over 56 of the highest quality ingredients, including essential vitamins, minerals and antioxidants your body can easily absorb and use. All packed into a base of wholefood organic green leafy vegetables, with a uniquely special mineral formulation to provide what's missing in New Zealand's soils.

**BePure Three™ is a super high strength omega 3 supplement.** Our modern diet has caused an imbalance in omega 3 to 6 ratios, we're getting too much omega 6 which is pro-inflammatory.

To reduce inflammation it's therefore essential to supplement with a high strength omega 3. BePure Three™ offers unsurpassed purity and value.

**Adding BePure One™ and BePure Three™ to your diet is just \$2.40 a day if you subscribe to the Every Day Health Pack.**

## A NOTE ABOUT COST AND QUALITY

We believe your health is your most important asset and encourage you to always eat the highest quality food you can afford within your budget.

You will notice with most of the recipes we have put optional ingredients. If you're on a tighter budget, you will be able to leave out the optional ingredients to save cost.

If you don't have fresh herbs growing in your garden, and you wish to limit the amount of herbs based on your budget, feel free to omit some from the recipes and instead just use parsley, mint, and basil. (All available in pots at the supermarket or local markets).

# The Importance of Detoxification

Everybody will have a different level of toxicity. The BePure Whole Food Guide helps the body re-balance and repair damage. We encourage you to use this as a guide to how you should plan to eat all the time.

## DETOXING

Once the body starts to detox (with the help of BePure One™ and BePure Three™) it will begin to clear out the 'sludge', especially if there has been years of poor habits. For some people you may begin to feel worse before you feel better. Don't worry this is normal, keep up your fluid intake and contact the BePure Nutritional Health Support if you need some more advice: [info@bepure.co.nz](mailto:info@bepure.co.nz) or 0800 52 54 52.

## DAILY BOWEL MOVEMENTS

It is important to make sure that you are moving 30 cm of faecal matter per day. Daily bowel movements are the basis of good health, ensuring that the body is efficiently clearing out toxins and preventing them from being re-absorbed back into the system.

If your transit time is slower than 24 hours – you are constipated. Which means toxic waste sits in the bowels to putrefy, ferment and be reabsorbed.

If you are having problems moving your bowels daily consider the following remedies;

- **High quality magnesium** – such as BePure Magnesium Restore™ – taken before bed, starting with the recommended amount.
- **Blackstrap Molasses** – 2 tablespoons of molasses with 1 tablespoon of coconut oil stirred in hot water and drunk last thing at night (do not do this if you have no gall bladder).
- **Psyllium Husks** – take 1 teaspoon morning and afternoon in a glass of water away from supplements, work up to a dessert spoon twice a day over a couple of weeks until transit times are in less than 24 hours
- Making sure you are getting enough **probiotic foods** in addition to adequate hydration is also crucial for proper transit time.

# Whole Food Eating 101

The number one BePure principle when it comes to food is to eat healthy whole foods that make you feel full for the longest period of time. As a general guide to get you started, below is a chart outlining what we recommend you eat most of, and what to try and limit or avoid.

## EAT MOST

Leafy greens

Vegetables  
(Preferably home-grown, spray-free or organic)

Free-range nutrient dense meat (Choose meat that has limited processing, additives and preservatives. Don't trim off the fat)

Free-range organic eggs

Fresh herbs

Raw nuts and seeds

Herbs and spices

Organic spray-free fruits

Cold-pressed extra virgin coconut oil  
(high heat cooking)

Organic butter (medium heat cooking)

Extra virgin olive oil (low heat cooking)

Purified water

Herbal teas

Water with lemon juice

Unsweetened cranberry juice

Sparkling water (with mint and cucumber)

Raw honey

Apple cider vinegar

## AVOID

Low fat food options

Gluten, wheat and refined grains

Refined sugar (only use natural sweeteners in small amounts such as raw honey, real maple syrup, stevia and dates)

Bread, crackers, pastry and wraps

Potato chips

Raw or processed soy (except tamari)

Soft drinks (all fizzy drinks except sparkling water)

Coffee

Black tea

Alcohol

Vegetable oils eg. corn, soy, canola and sunflower

Packaged food

Anything with added flavours, artificial sweeteners and preservatives

When using dairy use whole dairy (avoid low fat or reduced fat), choose raw milk if possible





## Leafy Greens

### When the recipe asks for leafy greens, what do we mean?

Leafy greens are when you eat the dark leaf of the vegetable plant to get the maximum chlorophyll, phyto-nutrients, vitamins and minerals.

We recommend you try to eat leafy greens 2-3 times a day, preferably straight from your garden to ensure the water-soluble vitamins are not diminished.

Note: after two weeks of being picked, vegetables have lost approximately 50% of their water-soluble vitamins (including 80% of the B vitamins).

#### GUIDE:

- Grow your own first
- Buy local and spray-free second
- Opt for supermarket organic third

#### USE YOUR CHOICE OF:

- Spinach
- Silverbeet or swiss-chard
- Kale
- Cavolo nero
- Broccoli or beetroot leaves
- Rocket
- Mesculin salad greens



## Water

Our body is made up of 60% water, so making sure that you are getting optimal amounts of chlorine, fluoride-free, structured re-mineralised water is essential for incredible health and energy.

Water transports nutrients throughout the body, aids in digestion, regulates temperature, facilitates all pathways of detoxification, protects our joints, promotes healthy bowel movements, improves mental concentration and relieves fatigue.

### HOW MUCH WATER SHOULD YOU BE DRINKING?

It is important to drink the right amount of water for you according to your weight. To work this out the formula is: **0.033 litres per kg of body weight.**

Which roughly equates to the following amounts:

60 kg = 2 litres

75 kg = 2.5 litres

90 kg = 3 litres

105 kg = 3.5 litres

Only high quality water counts as water, tea and coffee does not count.

If you drink one coffee it takes two glasses of water to break even as far as hydration goes.



# Water

## WHAT'S THE BEST WATER TO DRINK?

Most of our diets and lifestyles are slightly more acidic which can cause a whole bunch of different functions within the body to not work as well, like the digestive system and kidney function for example, so the best water to drink is pure, mineralised and slightly alkaline.

For most people we do not recommend drinking tap water as most tap water is going to have chlorine and fluoride, and both of these can be problematic.

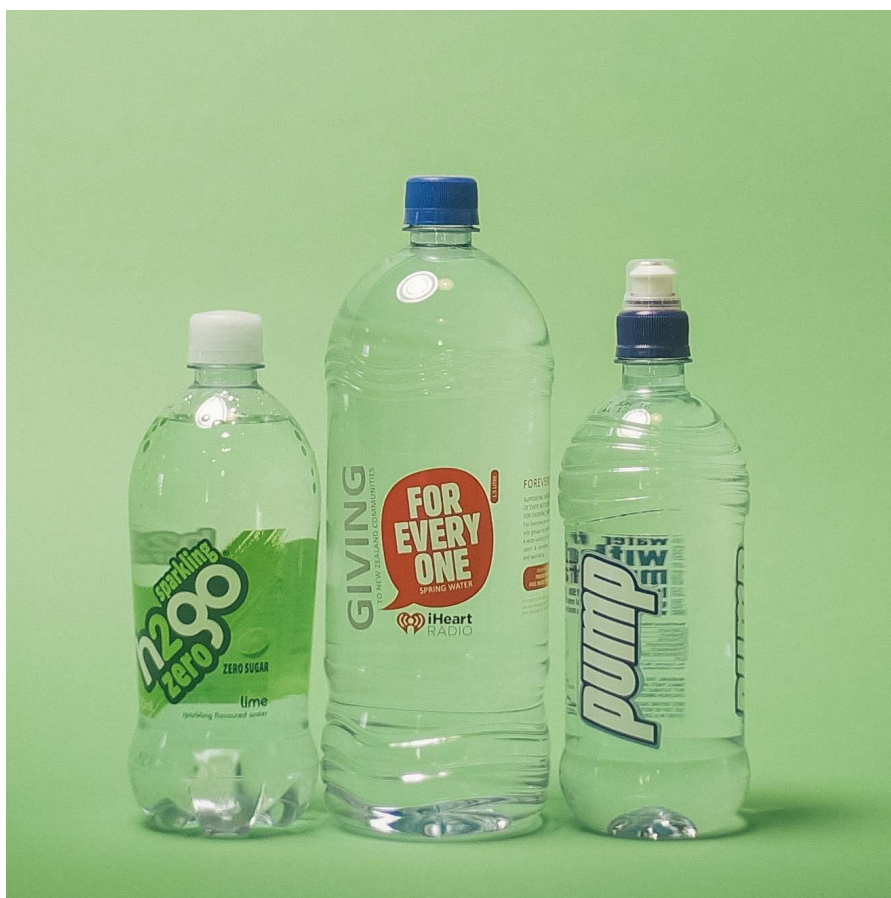
**Chlorine:** Is basically like a mild bleach that has a bad taste and has been put in water to kill any bad bacteria. When you start drinking a lot of it, it starts killing the bacteria in your mouth and gut.

**Flouride:** Blocks iodine in the body. With 72 pathways of iodine in the body, anywhere iodine should be doing its job you're going to get decreased function because of the fluoride.

## HOW DO YOU GET PURE WATER?

For most people we recommend a water filter that is going to take away the chlorine and reduce the fluoride, add minerals and slightly alkalise your water.

It took me 4 years to find water filters that I could use and recommend. These are both available on the BePure store: [www.bepure.co.nz/store](http://www.bepure.co.nz/store)



## IS IT OK TO DRINK FROM PLASTIC BOTTLES?

The problem with drinking from plastic bottles is that the plastic leeches chemicals like pcb's dioxins which are xeno-estrogenic and mimic estrogen in your body.

When you start getting too much estrogen it blocks the estrogen receptor sites, that then means your body essentially becomes insulin resistant, making it very difficult for your body to lose fat.

Once you've had your water filtered, try to make sure you drink from a glass or stainless steel bottle.

## WATER SUMMARY

- For optimal health and energy it's important to be well hydrated.
- Drink the right amount of water for your body weight: 0.033 litres per kg of body weight.
- Drink pure, mineralised and slightly alkaline water.
- Avoid drinking from plastic bottles.
- Drink your water from glass or stainless steel bottles.



# Alcohol

Alcohol is a pure carbohydrate and basically has the same effect on the body as drinking soft drinks—blood sugar levels spike and then come crashing down (over time this can cause Type 2 Diabetes).

Alcohol provides only empty calories and no nutrition meaning it's not a food and is something we consume emotionally and not nutritionally. A glass of wine or beer provides about 200 calories, which is roughly the same as 2 pieces of bread or a McDonalds Hamburger. So if you have a glass of wine or beer each night you have potentially consumed the equivalent in calories of 7 McDonald burgers throughout the week.

## LEAKY GUT

When you drink alcohol on an empty stomach it damages the intestines to the extent that pretty much anything you then eat pours straight into the blood stream through the intestine wall, these then get tagged by the digestive system as a potential invader having a huge immune response, driving inflammation and long term leading to food intolerances.

## LIVER

After consuming an alcoholic beverage, 10 percent of the ethanol gets broken down by the stomach and intestine as a

"first pass" effect, and another 10 percent is metabolised by your brain and other organs. The fact that ethanol is partially metabolised in your brain is the reason you experience that familiar "buzz."

The remaining 80% hits your liver, where it must be broken down. Your liver converts ethanol to aldehydes, which produce free radicals that damage proteins in your liver.

Some of these aldehydes are converted to glucose, but a large amount of excess citrate is formed in the process, stimulating "junk chemicals" that result in free fatty acids, VLDL (smaller, dense dangerous LDL's) stimulating arterial plaque formation and triglycerides. Contributing to obesity and heart disease.

The resulting lipids, together with the ethanol, upregulate enzymes that induce an inflammatory cascade, which in turn causes hepatic insulin resistance, liver inflammation and cirrhosis.

Fat globules accumulate in your liver as well, which can lead to fatty liver disease.

Free fatty acids (FFAs) leave your liver and cause your

skeletal muscles to become insulin resistant leading to Type 2 Diabetes, which is already exacerbated from the carbohydrate load already in alcohol.

We highly recommend you limit alcohol as much as possible in day-to-day life. Our general guide is to enjoy a drink on special occasions, and no more than 4 units per week.

## ALCOHOL SUMMARY

- Avoid drinking alcohol on an empty stomach or while eating.
- Try to find other ways to relax and have fun.
- Try to limit drinking alcohol only on special occasions, and no more than 4 units per week.





## Sugar

Glucose is absolutely vital to life and an integral part of metabolism, every cell in the body can use glucose as energy, though refined processed sugar and foods are an inflammation bomb.

Refined and processed sugars are the number one food I like people to avoid, as they raise blood sugar levels very quickly, which is very damaging to your cells and causes your body to release a hormone called insulin to lower your blood sugar levels. This then drives the sugar to be stored in your fat cells. As this cycle repeats over time it causes weight gain and Type 2 Diabetes.

### HOW SUGAR AFFECTS THE BODY

**Brain:** Sugar can rewire the brain's pathways and increases the risk of depression. Sugar also is as addictive as taking drugs, stimulating opiate and dopamine activity in the reward centres of the brain reinforcing the drive to eat sugar.

**Heart:** Sugar inflames the lining of arteries to the heart, increasing the risk of stroke and heart attack.

**Liver:** Excess sugar consumption is the main cause of non-alcoholic fatty liver disease as the liver has to convert the excess fructose into fat and some of this fat stays in the liver and begins to build up.

**Kidneys:** Sugar overload can damage the delicate filtration system of the kidneys and diabetes is one of the main causes of kidney failure.

**Skin:** Sugar bombards the body driving up inflammation causing free radicals and ages the skin causing wrinkles.

**Joints:** High amounts of sugar in the diet result in increased advanced glycation end products (AGE) which is a toxin that damages certain proteins in the body. As the body tries to break down these AGE's using cytokines (which are inflammatory messengers) this immune response increases inflammation and causes pain in the joints.

**Gut:** Sugar has a detrimental effect on the gut flora, it promotes the growth of unbeneficial bacteria (leading cause of dysbiosis), parasites, worms and fungi, encouraging the growth of candida albicans. Fungi attack living tissue and survive by producing toxins and enzymes to defeat the host's immune system. Sugar also increases the growth of cancerous tumours as cancer cells love sugar.

**Immune System:** Every tablespoon of sugar depresses the immune system for up to 6 hours. If you get sick often this could be in the large part due to your sugar consumption.

# Sugar

## SUGAR ROBBS THE BODY OF NUTRITION

For the body to metabolize just 1 molecule of sugar, it requires 56 molecules of magnesium and with the over consumption of processed carbohydrates and sugar this is the leading reason for widespread magnesium deficiency in our modern society, which can eventually lead to high blood pressure, heart attacks, strokes and neurological problems.

It is important to note that even natural sugars are still sugar, but if you are going to have sugar we recommend choosing from the following natural sugars below that come with additional enzymes, minerals and vitamins. Although these sweeteners are generally safer alternatives to white sugar they should still only be used in moderation.

## FRUIT

Eating whole fruit (not juiced) provides important nutrients for health, such as vitamins, minerals, antioxidants and phytonutrients. Whole fruit is also packed full with fibre, which slows the body's digestion of glucose, so you don't get a massive spike in insulin.

## HONEY

Honey contains small amounts of enzymes, minerals, and vitamins and is a natural antimicrobial, antibacterial and anti-fungal food.

## MAPLE SYRUP

Maple syrup is a source of manganese which is necessary in activating the body's enzymes and zinc which is an immune boosting mineral.

Be sure to buy 100% pure Grade B maple syrup which is stronger in flavour and has more minerals than Grade A.

## MOLASSES

Organic molasses is one of the most nutritious sweeteners derived from sugar cane or sugar beet, and is made by a process of clarifying and blending the extracted juices. The longer the juice is boiled, the less sweet, more nutritious, and darker the product is. Molasses imparts a very distinct flavour to food. Blackstrap molasses, the most nutritious variety, is good source of iron, calcium, magnesium, and potassium.

## COCONUT SUGAR

Also known as coconut palm sugar or coco sap sugar, is made from the sweet nectar of flower buds of the coconut palm. The coconut nectar is heated until the water evaporates and then the caramelised nectar is dried and ground into granules. Coconut sugar is a good source of potassium, iron, and vitamins. Although it provides the same amount of carbohydrates as regular sugar, it has a lower glycaemic index, providing a more stable release of glucose into the blood.

## SUGAR SUMMARY

- Avoid or eliminate refined sugar and processed sugar as much as possible.
- Use the recommended sweeteners above if you have a craving for something sweet.







## Caffeine

Caffeine is one of the most popular drugs in the world and consumed by up to 90% of the population in one form or another, mostly as coffee. While coffee has its many pros for a lot of people, if you're consuming more than 1 cup of coffee a day, you're running the risk of the negative effects caffeine has on the body.

### BRAIN

Caffeine is a central nervous system stimulant it can temporarily make you feel more awake and energetic, but it can also leave you feeling wired and tired.

### DEHYDRATION

Caffeine is a diuretic it prompts the body to lose water through urination, leading to dehydration for which you then need to drink 2 cups of water for every one cup of coffee to replace the hydration lost. This is serious as most people are already dehydrated and one of the symptoms of dehydration is feeling tired, so next time you think you need coffee, have a glass of water instead.

### HEART HEALTH

4 cups of coffee can raise blood pressure levels for many hours, increasing the risk of cardiovascular disease.

### STRESS

When you consume caffeine, it then initiates uncontrolled neuron firing in your brain, according to Stephen Cherniske in his book, *Caffeine Blues*. This excess neuron activity triggers your pituitary gland to secrete a hormone that tells your adrenal glands to produce adrenalin.

# Caffeine

## INSOMNIA

Caffeine can also cause insomnia making it very difficult to fall asleep, especially since coffee has a half-life of 5.7 hours in healthy adults, meaning if you have a cup of coffee with 200mg at midday you still have 100mg in the body around 5.45pm.

## TIRED AND WIRED

Caffeine can cause you to feel jittery, skittish, restless, excitable or anxious. It can temporarily speed the heart rate. If you're feeling stressed out then a cup of coffee can exacerbate, rather than help your ability to concentrate.

## BLOOD SUGAR

Long term caffeine over consumption can potentially impair the action of insulin (the hormone that regulates blood sugar levels) as high blood sugar

is extremely dangerous in the body, as little as 2-2.5 cups a day can begin to cause this effect.

## GUT PROBLEMS

Because coffee is a stimulus, caffeine can cause increased contractions of the stomach muscles, causing abdominal pain, diarrhoea and increased bowel movements.

## NUTRITIONAL DEFICIENCIES

Caffeine inhibits the absorption of some nutrients and causes the excretion of calcium, magnesium, potassium, iron and trace minerals.

## ADDICTIVE

Caffeine increases dopamine levels, which contribute to its addictive quality, that's why when we stop drinking it we

experience withdrawal headaches. The best remedy for caffeine withdrawal headaches is to drink lots of water.

## CAFFEINE SUMMARY

- Caffeine is one of the most popular drugs in the world.
- Try to limit your caffeine intake as much as possible.
- One coffee in the morning, or 2 cups of black tea is ok.
- Drink 2 cups of water for every 1 cup of coffee to stay hydrated.





# Understanding Gluten and Dairy

## GLUTEN

In the last fifteen years alone, gluten content has doubled in wheat. It makes sense for manufacturers: rather than pack their product with expensive nutrients, they can effectively use this indigestible protein to glue sparsely dispersed nutrients together in a chewy, salty, starchy dough that is often nothing like what humans have traditionally known as bread.

As with all of the 'developments' that have occurred in food production since the industrial revolution, increased gluten content has brought with it side effects: gluten allergies are now remarkably widespread throughout Western societies, when they were pretty much unheard of as recently as thirty years ago. A 2009 study published in 'Gastroenterology' showed that celiac disease - a gluten related digestive disorder - has increased from 1 in 650 people to 1 in 120 people in the last fifty years in the USA.

Celiac disease is an *autoimmune disease* - these affect our digestive system's ability to distinguish between proteins that are viruses and proteins that are food. They upset the balance of our immune system, which over time becomes elevated and hypersensitive to external stimuli. The real danger with autoimmune diseases is that those with one are at high risk of developing another - so someone with celiac disease may develop, for example, rheumatoid arthritis relatively easily.

There is a spectrum with gluten. Celiac disease is serious - a gluten free diet is the only remedy - but at the other end milder allergies will often manifest themselves as drowsiness and general lethargy. In between is where many people fall.

Recent tests in the USA have suggested that up to 70% of light-skinned people may be allergic to gluten to some degree - it's definitely out there, and something to be aware of when making dietary choices.

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# Understanding Gluten and Dairy

**Some symptoms of gluten intolerance you may not be aware of:**

## **FATIGUE**

This is a common and understated symptom of gluten intolerance or sensitivity as modern lifestyles are constantly hectic, it manifests as a constant feeling of fatigue that you cannot seem to shake, even after 8 hours of good quality sleep or 30 minutes after eating a gluten containing meal you feel like you could sleep or experience brain fog.

## **BLOATING, GAS, STOMACH PAIN OR DISCOMFORT**

These are the most common symptoms of gluten intolerance after eating gluten-containing foods. Individuals with IBS may find that their symptoms go away immediately once they stop eating gluten-containing foods.

## **CONSTIPATION AND DIARRHOEA**

Constipation after eating gluten can be seen in adults but is more common in children, diarrhoea can also be caused by a gluten intolerance, but is usually associated with Coeliac disease.

## **POOR SLEEP**

Despite being fatigued from gluten many people with a gluten intolerance report problems getting and staying asleep. Dr Rodney Ford a New Zealand Paediatrician and author of "The Gluten Syndrome", hypothesizes that gluten in your diet affects your brain and other neurological tissue directly causing these symptoms of poor sleep.

## **EMOTIONAL, GRUMPY, IRRITABLE OR COGNITIVE ISSUES**

A number of psychological issues related to mood, like depression, anxiety, ADHA, and mood swings can be resolved by cutting out gluten. This is because gluten can cause leaky gut and disrupt your ability to absorb vital nutrients like B vitamins, iron, vitamin D, and Omega 3 fatty acids and zinc which are essential for mood and brain health. Dr. Campbell-McBride is a leading neurologist her book "Gut and Psychology Syndrome", is a must read especially someone suffering neurological conditions or anyone who has a child with a behavioural or cognitive problem (ADHD, ADD, dyslexia, dyspraxia, depression, bi-polar, schizophrenia etc).

## **SKIN PROBLEMS**

Such as cystic acne, eczema, psoriasis, keratosis pilaris is related to a gluten intolerance driven by inflammation, leaky gut and malabsorption of fatty acids, vitamin A and zinc in the intestines.

## **JOINT PAIN, ARTHRITIS AND BACK PAIN**

The body attacks the gluten and forms immune complexes that can settle in the joints of the feet, knees, back, elbows and fingers causing swelling, pain and inflammation. Back pain is usually always related to a food intolerance and if this is one of your health concerns, then eliminating gluten first and for most from your diet is a must.

## **HEADACHES**

Research in 2001 found that eating gluten in gluten sensitive individuals trigger migraines and intense headaches. Doctor Ford hypothesis that gluten effects neurological tissue, with MRI scanning of sensitive individuals showed significant inflammation in the nervous system.

## **HORMONE IMBALANCES**

Infertility, PCOS, PMS, hypothyroidism, endometriosis, irregular menstrual cycles etc is all related to gluten. Gluten can cause malabsorption of fat leading to female hormone deficiency and also the malabsorption of vitamins and minerals that help regulate, blood sugars, thyroid hormone function, oestrogen and progesterone balance, testosterone, cortisol, adrenaline, dopamine, serotonin and growth hormone production upsetting the whole endocrine system of the body.





# Understanding Gluten and Dairy

## DAIRY INTOLERANCES

For certain individuals, a dairy intolerance is going to be something that needs to be addressed for optimal health.

Typical examples of dairy intolerances are digestive problems such as nausea, stomach pain, gas, bloating and bowel disturbances, as well as respiratory problems such as congestion of the sinuses or chest, headaches and a sore throat.

Most dairy intolerances are caused from foods that still contain significant amounts of milk solids. The milk solids in dairy products are where the proteins and sugars are found.

Casein is the predominate protein found in milk, and lactose is the major sugar found in milk and these two are the biggest causative agents in dairy intolerances.

The liquid portion of milk (the whey and the butterfat) is not usually what causes dairy intolerances or allergic reactions but in order to distinguish which part of the dairy is causing the reaction, a food intolerance test (called an IgG test) will test for casein, lactose, whey and butterfat.

For many individuals however, it is simply a case of changing the quality of the milk that you drink. Often the main problem for those with lactose intolerance is drinking pasteurised milk. The enzymes found naturally occurring in raw milk - that enable you to digest properly - have been destroyed in the heating and processing stage of pasteurisation. We try to avoid recommending people to simply 'avoid dairy' unless they know specifically that they are allergic to milk. We then look to repair and rebuild the gut so they are able to introduce dairy back into their diet, but at a higher quality i.e.: Raw milk.

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# Cravings and Emotions

## MINDFUL EATING

Having all the information and knowledge about what you should and shouldn't eat is only part of the picture. When it comes to making the best food choices on a daily basis we also have to be aware of our emotional eating patterns.

Even if you try to eat healthy most of the time – there can still be occasions when you crave something either for a treat or because you just can't help it.

A key part of the BePure Programme is limiting and ideally eliminating bread, sugar, alcohol, caffeine and all processed food from your diet. For some people these foods are easy to give up. For other people they can do without them for a little while but the urge to consume something, quick, tasty and satisfying often takes over.

Refined and starchy carbohydrates such as bread, potato chips, crackers, cakes and biscuits can be the easiest and most tempting things to grab.

The best nutrition advice in the world is pointless until your relationship to food has been straightened out.

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*In almost every case when people label something as bad/ wrong and then deprive themselves of a certain food – this depravation is followed by a binge of some sort.*

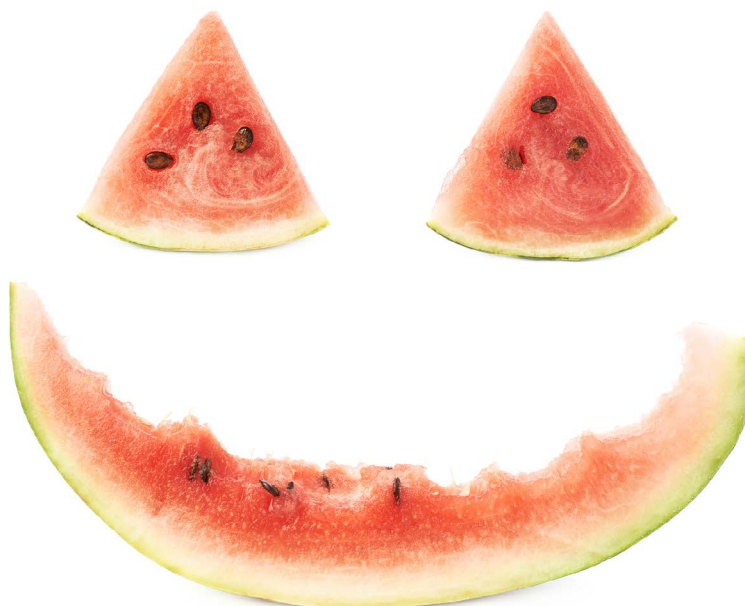
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## WHY CHOICES BECOME A WAY OF LIFE

In almost every case when people label something as bad/wrong and then deprive themselves of a certain food – this depravation is followed by a binge of some sort. This is why the BePure Programme is not designed as a 'diet' that you have to survive. We want this to be part of your long-term healthy lifestyle change. So to make this happen we need to be able to introduce this change sustainably without yo-yo dieting.

***"We want the best results and most benefit from the least amount of suffering, sacrifice, discipline, calorie counting and portion control"*** – Mark Sisson

Making these long-term changes may require not only information but also some tools to allow you to be free of emotional eating and food cravings.





# Cravings and Emotions

## HOW DO YOU AVOID FOOD CRAVINGS AND EMOTIONAL EATING?

One of the best tools we have for changing sabotaging behaviours is **self awareness** or being **mindful** of our eating patterns. This means taking time to really observe your own behaviour and thought patterns around food and food cravings.

Many people are prone to eating subconsciously. So often we are on auto-pilot. We eat on the run, sitting at our desks, in the car, while watching TV etc.

Doing this not only encourages emotional eating, but also when we are not in a relaxed eating environment, optimal blood flow is not going to help the digestive system. Meaning we get improper digestion. 70-80% of your immune system is situated around the gut so doing this not only effects your gut, but your whole body.

### Try to be present when you are eating. Make note of things like:

- How many times you chew
- The texture, taste and smell of the food
- How your body responds to the food
- Take time to pause and breathe in between each mouthful
- Put your knife and fork down between mouthfuls
- How grateful you are for the meal you're eating

All of these tools will not only help your digestion, but they will help you to not overeat, to not miss the eating experience (which can lead to further food cravings) and to really tap into what food best suits you. You may even find your food tastes much better.

Getting to know your body and if your hunger cues are real is an important step to overcome food cravings and emotional eating. For example ask yourself:

- Is it real hunger?
- I am thirsty?
- Is it an emotional response to being angry, bored, sad, or lonely?
- Is it an addiction?
- Is it a habit - something I eat every week without thinking?
- Do you keep eating, even when you should be full?
- Do you crave a particular food and tell yourself you won't be satisfied unless you have it?
- Is your hunger instant and you must eat right away?
- Do you feel unsatisfied or guilty once you have eaten?
- Are you eating in order to avoid feeling a certain way?

Use the food journal provided and start by checking in with yourself and paying attention to the little things on a daily basis. See if you can notice patterns, see if you can empower yourself to break certain patterns you have and don't beat yourself up if you can't. The more you beat yourself up, the more of your power you give away and your ability to make the right decisions is impaired.

So often we beat ourselves up for all the bad things we have done and never give ourselves time to appreciate and celebrate how wonderful our bodies are. Bring awareness to how you beat yourself up around food. These small shifts can bring about profound changes. Honour where you are and get really curious and honest with yourself.

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The BePure Food Journal is a powerful tool to help you implement the principles of the programme into your life on a daily basis and experience great results.

Taking the time to sit down and write out what foods you're eating and how they made you feel is a great way to determine what works best for you.

Getting into the habit of filling out your journal is also a great way to make sure you're prepared staying on track.

Each week you will be sent a new journal. Print out 7 copies at the start of each week and keep them somewhere safe and easy to access.



# Food Journal

Date: \_\_\_\_\_

Breakfast: \_\_\_\_\_ Time: \_\_\_\_\_

Lunch: \_\_\_\_\_ Time: \_\_\_\_\_

Dinner: \_\_\_\_\_ Time: \_\_\_\_\_

Snacks: \_\_\_\_\_ Time: \_\_\_\_\_

Did you feel hungry today? If so, at what time of day? \_\_\_\_\_

\_\_\_\_\_

Did you get cravings for any particular foods today? \_\_\_\_\_

\_\_\_\_\_

How were your energy levels today? Did you feel tired/lethargic? If so, at what time of day? \_\_\_\_\_

\_\_\_\_\_

Tick which items you achieved today:

- |  |   |
|--|---|
| <input type="radio"/> I ate 70% of my calories before 3.30pm | <input type="radio"/> I went to bed before 10pm                 |
| <input type="radio"/> I chewed my food to a liquid           | <input type="radio"/> I drank the correct amount of water       |
| <input type="radio"/> I was relaxed when eating              | <input type="radio"/> I ate clean food (ie. no processed foods) |
| <input type="radio"/> I exercised for at least 30 minutes    | <input type="radio"/> I ate leafy green vegetables today        |

Notes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Things I need to prepare for tomorrow:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



BēPURE™

# Discover Your Macronutrient Type



# Macronutrient Test

## HOW TO TAKE THIS TEST:

This test is designed as a guide to identify your Macronutrient Profile.

Answer each question with a tick in the column that is most relevant to you. If you feel a question isn't relevant to you, just leave it blank. It is important to try and answer based on how you feel and not what you think 'should' be best for you.

At the end of each page, add up the number of answers you have selected for A, B, and C and enter these at the bottom of each column. Once you have completed the test, combine the answers at the bottom of each page to determine your final score of A, B or C's. Simply Google **BePure Macronutrient Profile Questionnaire**.

	COLUMN A		COLUMN B		COLUMN C	
1	I normally have lots of energy		My energy levels are about the same as everyone else's		I have low energy levels usually and need to use caffeine and simple carbohydrates to raise them	
2	I prefer hot weather to cold, and am not bothered by humidity		I do pretty well whether it is hot or cold, and can adapt to any conditions easily		I do best in cool weather rather than hot and don't tolerate humidity very well	
3	I often feel cold when others are warm		My body temperature is always normal, unless I get sick, then I always feel comfortably warm		Tend to feel warmer than others, warm hands	
4	Eating red meats can upset my stomach		-		Eating raw vegetables gives me gas	
5	I don't like salty foods		I really have no preference, salty or otherwise		If I could, I would often choose salty snacks like chips or popcorn	
6	I am not troubled by allergies		-		I am troubled by allergies, minor, major or chronic	
7	I have thick or hard fingernails		My fingernails seem average in thickness		I have thin or weak fingernails	
8	I seem to need very little sleep, do well on less than 6 hours per night		-		I need my sleep, 7 or more hours per night to operate well	
9	I have normal to high blood sugar without needing medication		I have normal blood sugar without needing medication		I have low to normal blood sugar, but need to eat large amounts or snack often	
10	I feel sluggish or even sleepy after eating meat		I don't feel sluggish or sleepy after eating either carbohydrates or proteins		When first eating a carbohydrate food, I feel good, but feel sluggish or even sleepy 20-30mins after eating carbohydrates	
	TOTAL A:		TOTAL B:		TOTAL C:	

	COLUMN A		COLUMN B		COLUMN C	
11	I have consistent energy even if I miss meals		I can skip meals but know it's not the best for me		I feel tired and even cranky if I miss meals	
12	When I eat sushi, I feel full and satisfied for 3 hours		When I eat sushi I feel full for 2-3 hours		When I eat sushi I get hungry within the next 2 hours	
13	My favourite breakfast would be fruits and/or cereals and maybe a pastry		My favourite breakfast would be eggs, toast, fruit		For my favourite breakfast I would choose something heavy like eggs, bacon or sausage, hash browns, or steak and eggs	
14	My appetite at breakfast is typically low, weak or non-existent		My appetite at breakfast is normal, don't notice it being either strong or weak		My appetite at breakfast is noticeably strong or above average	
15	My appetite at lunch tends to be low, weak or non-existent		My appetite at lunch tends to be normal, don't notice it being either strong or weak		My appetite at lunch tends to be noticeably strong or above average	
16	My appetite at dinner is usually low, weak or lacking		My appetite at dinner is usually normal, don't notice it being either strong or weak		My appetite at dinner is usually strong or above average	
17	I have lost weight easier in the past by eating cleaner and restricting calories		I have lost weight easier in the past with low carbohydrate diets		I find it hard to lose weight and restricting what I eat is really hard for me	
18	My mental clarity and focus is disrupted by meaty and/or fatty foods		My mental clarity and focus don't seem to be disrupted by any particular foods		My mental clarity and focus is disrupted by fruits and vegetables and grain-based carbohydrates	
19	-		-		I tend to cough every day	
20	-		-		I tend to have a problem with cracking skin on fingers and feet	
21	If I eat sweet foods before bed, it doesn't interfere with my sleep		If I eat sweet foods before bed, it sometimes disrupts my sleep		If I eat sweet foods before bed, I usually don't sleep well	
	TOTAL A:		TOTAL B:		TOTAL C:	



	COLUMN A		COLUMN B		COLUMN C	
22	My ear colour tends to be pale, lighter than my normal facial skin tone		My ear colour tends to be the same as my facial skin tone		My ears tend to be pink, red or darker than my facial skin	
23	My attitude to food is that I am unconcerned in general, I eat just because I have to, and can often skip meals.		My attitude to food is that I enjoy eating, but it is not my main focus, don't mind missing the odd meal		My attitude to food is that I love food and it is a central part of my life, get irritable and weak if I skip a meal	
24	My eyes and/or nose are often dry		I don't notice my eyes and/or nose being either dry or moist		My eyes and/or nose are often moist and watering	
25	When brushing my teeth and tongue or eating I hardly ever feel the need to gag		I think I have a normal gag reflex		I seem to gag easily and often	
26	I get the goose-bumps often		I occasionally get the goose-bumps		I hardly ever get the goose-bumps	
27	Insect bites or stings don't affect me too much and go away quickly		I have a normal or average reaction to insect bites and stings		I get a strong reaction to bites and stings, with swelling, itching and redness and they take a while to recede	
28	Potatoes in a meal don't really excite me		I don't mind potatoes in a meal		I love potatoes in a meal and could eat them every day	
29	If I ever feel the need to snack, I like and do well on something sweet		I sometimes feel like a snack and do well on anything		I often need to snack and run well on protein and fat, e.g. chicken leg, nuts, cheese	
30	In general, I don't really like fatty foods		In general I think fatty foods are ok sometimes		In general I really love fatty foods and could eat them all the time	
	TOTAL A:		TOTAL B:		TOTAL C:	

ENTER YOUR OVERALL TOTALS:

A: ..... B: ..... C: .....

### SCORING YOUR TEST AND IDENTIFYING YOUR TYPE

To identify your macronutrient profile all you need to do is to tally your score. It's very simple - on each page of the test, add up the number of times you circled choices A, B, C and write each subtotal at the bottom of the page.

Then add up the subtotals on each page and write them in the scoring box at the end of the questionnaire (shown above).

If your Number of **A** answers is 3 or more higher than both B and C then you are a **Carb Type**  
(example A=15, B=10, C=5)

If your number of **C** answers is 3 or more higher than both A and B then you are a **Protein Type**  
(example A=5, B=10, C=15)

If your number of **B** answers is 3 or more higher than both A and C then you are a **Mixed Type**  
(example: A=10, B=15, C=5 or A=5, B=15, C=10)

If neither **A**, **B** nor **C**, are 5 or more higher than both of the other two then you are a **Mixed Type**  
(example: A= 8, B=12, C=10)

# Carb Type – Create a Plate Template

We understand that sometimes you don't have time or necessary ingredients to make a specific recipe. For this reason we've made this 'create a plate template' to help you construct a meal at any time.

If you have leafy greens, bulk cooked gluten free whole grains, some starchy veg and a lean protein source such as chicken, fish, low fat dairy or legumes you can throw together a meal in less than five minutes.

You can add a few optional extras to your plate such as spices, bone broth and a serving of fresh fruit.

## GREEN VEGETABLES

Half your plate should be leafy greens or green vegetables. You can pretty much eat these in unlimited quantities. If you have thyroid issues, please steam green cruciferous vegetables first.

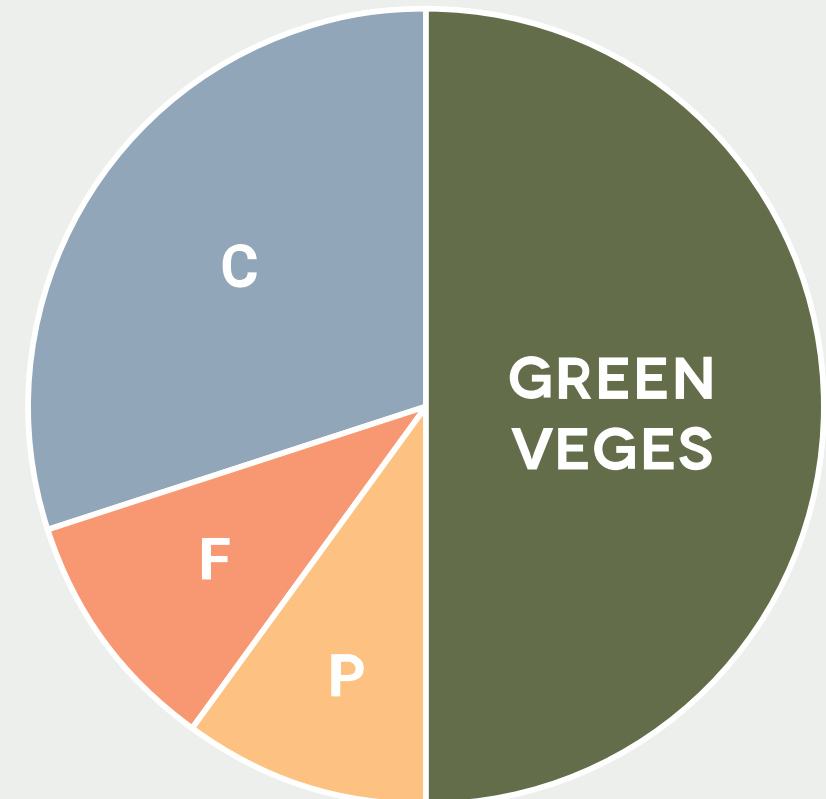
- Greens
  - Asparagus
  - Green beans
  - Courgettes
  - Broad beans
  - Spinach
  - Lettuce
  - Endive
  - Mesculin
  - Microgreens
  - Silverbeat
  - Collard greens
  - Parsley
  - Coriander
  - Mint
  - Sprouts
- Cruciferous vegetables:**
- Bok Choy
  - Broccoli
  - Brussel Sprouts
  - Cabbage
  - Kale
  - Rocket
  - Watercress

## PROTEIN

One sixth of your plate should include low fat / low protein options.

### Good sources include:

- 3/4 palm-sized piece of chicken breast or white fish
- Low fat dairy such as plain yoghurt or cottage cheese, if tolerated



## CARBOHYDRATES

One third if your plate should include quality carbohydrates. This is approximately 3/4 cup of starch vegetables, gluten free whole grains or legumes.

### Good sources of carbs include:

- Pumpkin, Kumura, Swede, Turnips, Potatoes, Beetroot, Carrots, Parsnips
- Gluten free grains such as buckwheat, quinoa, amaranth, millet, polenta, brown rice
- Beans and lentils
- Fruit (pick seasonal fruit for nutrients and affordability)

## HEALTHY FATS

**Include one serving of healthy fats:**

- 1 Tbsp of quality oil such as olive oil, coconut oil, ghee, butter or lard
- Salad dressing made with 1 Tbsp olive oil and 1 Tbsp apple cider vinegar
- 1 Tbsp nuts or seeds
- 1/2 an avocado
- 1/4 cup coconut cream or dried coconut
- 1-2 Tbsp homemade mayonnaise - made with olive oil, avocado oil or macadamia nut oil



# Mixed Type – Create a Plate Template

We understand that sometimes you don't have time or necessary ingredients to make a specific recipe. For this reason we've made this 'create a plate template' to help you construct a meal at any time.

If you have leftover protein and bulk cooked gluten free grains or starchy veg you can assemble a plate of delicious food in minutes. Tinned fish such as sardines or tuna are handy if you don't have leftover eggs, fish or meat.

You can add a few optional extras to your plate such as spices, bone broth and a serving of fresh fruit.

## GREEN VEGETABLES

Half your plate should be leafy greens or green vegetables. You can pretty much eat these in unlimited quantities. If you have thyroid issues, please steam green cruciferous vegetables first.

- Greens
  - Asparagus
  - Green beans
  - Courgettes
  - Broad beans
  - Spinach
  - Lettuce
  - Endive
  - Mesculin
  - Microgreens
  - Silverbeat
  - Collard greens
  - Parsley
  - Coriander
  - Mint
  - Sprouts
- Cruciferous vegetables:**
- Bok Choy
  - Broccoli
  - Brussel Sprouts
  - Cabbage
  - Kale
  - Rocket
  - Watercress

## PROTEIN

Quarter of your plate includes one serving of a quality protein source. One serving is the size and width of your palm of meat, 2-3 eggs or half a cup of cooked legumes.

### Good sources of protein include:

- Chicken, lamb, beef, pork (choose free range, organic where possible)
- Salmon, fish (wild caught if possible)
- Tins sardines, kippers or tuna
- Eggs (free range, organic where possible)
- Legumes

## CARBOHYDRATES

Quarter of your plate should include one serving of quality carbohydrates. This is approximately half a cup of cooked starchy vegetables, gluten free whole grains or legumes.

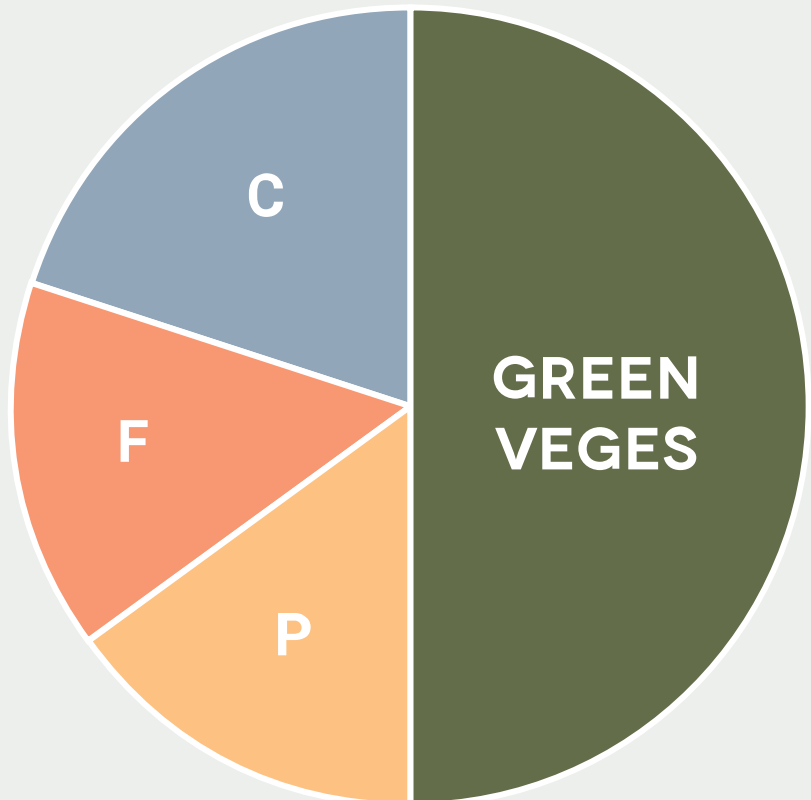
### Good sources of carbs include:

- Pumpkin, Kumura, Swede, Turnips, Potatoes, Beetroot, Carrots, Parsnips
- Gluten free grains such as buckwheat, quinoa, amaranth, millet, polenta, brown rice
- Beans and lentils.
- Fruit (pick seasonal fruit for nutrients and affordability).

## HEALTHY FATS

**Include one serving of healthy fats:**

- 1-2 Tbsp of quality oil such as olive oil, coconut oil, ghee, butter or lard
- Salad dressing made with 1 Tbsp olive oil and 1 Tbsp apple cider vinegar
- 2 Tbsp nuts or seeds
- 1/2 an avocado
- 1/4 cup coconut cream or dried coconut
- 1-2 Tbsp homemade mayonnaise - made with olive oil, avocado oil or macadamia nut oil



# Protein Type – Create a Plate Template

We understand that sometimes you don't have time or necessary ingredients to make a specific recipe. For this reason we've made this 'create a plate template' to help you construct a meal at any time.

If you have leftover protein and bulk cooked gluten free grains or starchy veg you can assemble a plate of delicious food in minutes. Tinned fish such as sardines or tuna are handy if you don't have leftover eggs, fish or meat.

You can add a few optional extras to your plate such as spices, bone broth and a serving of fresh fruit.

## GREEN VEGETABLES

Half your plate should be leafy greens or green vegetables. You can pretty much eat these in unlimited quantities. If you have thyroid issues, please steam green cruciferous vegetables first.

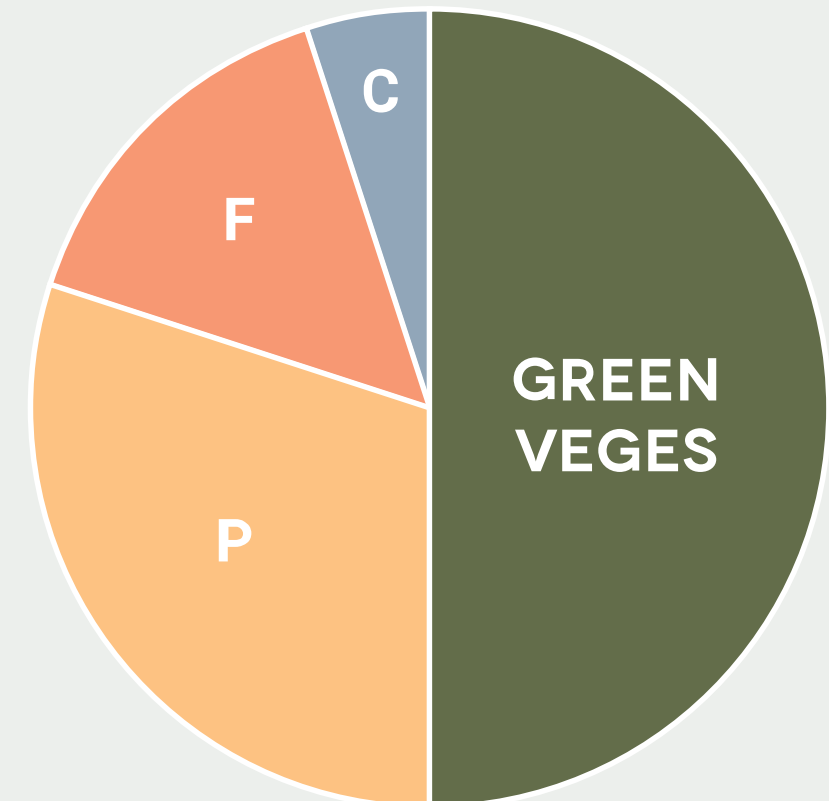
- Greens
- Asparagus
- Green beans
- Courgettes
- Broad beans
- Spinach
- Lettuce
- Endive
- Mesculin
- Microgreens
- Silverbeat
- Collard greens
- Parsley
- Coriander
- Mint
- Sprouts
- Cruciferous vegetables:**
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Kale
- Rocket
- Watercress

## PROTEIN

Quarter to one third of your includes one serving of a quality protein source. One serving is the size and width of your palm of meat, 2-3 eggs or full fat dairy products such as greek yoghurt if tolerated.

### Good sources of protein include:

- Chicken, lamb, beef, pork (choose free range, organic where possible)
- Salmon, fish (wild caught if possible)
- Tinned sardines, kippers or tuna
- Eggs (free range, organic where possible)
- Legumes
- Full fat dairy



## CARBOHYDRATES

Occasionally include a small amount of quality carbohydrates. This is approximately 1/3 - 1/2 cup of cooked starchy vegetables, gluten free whole grains or legumes.

### Good sources of low GI carbs include:

- Pumpkin, Kumura, Swede, Turnips, Potatoes, Beetroot, Carrots, Parsnips
- Gluten free grains such as buckwheat, quinoa, amaranth, millet, polenta, brown rice. Use sparingly 1-3 times per week
- Fruit (pick seasonal fruit for nutrients and affordability)

## HEALTHY FATS

Include two servings of healthy fats:

- 1-2 Tbsp of quality oil such as olive oil, coconut oil, ghee, butter or lard
- Salad dressing made with 1 Tbsp olive oil and 1 Tbsp apple cider vinegar
- 2 Tbsp nuts or seeds
- 1/2 an avocado
- 1/4 cup coconut cream or dried coconut
- 1-2 Tbsp homemade mayonnaise - made with olive oil, avocado oil or macadamia nut oil



# BēPURE™

## Pantry Staples



# Pantry Staples

Having a cupboard full of nutritious options really helps to ensure you'll make healthy choices.

A lot of the foods mentioned in the following list are used in the recipes in this guide. We understand that many of these foods are specialist products and may be expensive to purchase all at once.

You do not have to have all of these items. They are simply quality whole foods that you are free to enjoy if you like them and they make you feel great. One tip we have for keeping the cost down is to only buy a few gluten-free grains each grocery shop and try a different few the next time you shop. Similarly, you do not need to buy all of the nuts or seeds suggested in the list. One or two each shop is more than enough.

You will soon discover your personal favourites as you go.

With regards to the quality of ingredients, we recommend you use the highest quality that you can afford. Some weeks this will mean organic, other weeks it will not. It's important to just do the best you can. It is about progress, not perfection.

## GRAINS

All of the following are gluten free - though some celiac's may be sensitive to oats.

### BROWN BASMATI RICE

Compared to white rice, brown rice retains the hull and bran providing natural wholeness making it rich in protein, thiamine, calcium, selenium, magnesium, potassium and fibre.

### QUINOA (WHITE/RED)

A high protein seed that contains all 9 amino acids, making it a complete protein containing the flavonoids called quercetin and kaempferol, which are important molecules that have shown to have anti-inflammatory, anti-viral, anti-cancer and anti-depressant effects.

### ROLLED OATS

Oats are probably the most well-known whole grain and have the highest proportion of soluble fibre and insoluble fibre, helping in keeping you full, balancing your blood sugars, improving digestion and transit time.

### BUCKWHEAT

While the name suggests 'wheat', buckwheat is actually a seed related to rhubarb, while it is a complete protein it is starchier than its counter-part quinoa. It is composed of several polyphenolic acid-oxidant (rutin, tannis and catechin) which are found to have anti-inflammatory and anti-oxidant properties that help prevent platelet clot formation inside blood vessels.

### POLENTA

Is a coarsely ground yellow cornmeal and used to be considered peasant food in Italy because it was plentiful and cheap. Polenta is neither a healthy or unhealthy grain, though it is a low carbohydrate food rich in vitamin A and C.

### AMARANTH

Amaranth like quinoa is actually a seed. Amaranth used to be an Aztec staple and a key part of the diet of pre-Columbian Aztecs until it was replaced with corn and wheat. Amaranth is low GI and supplies a good supply of lysine, an amino acid the body cannot make, but important for proper growth and energy production especially useful to prevent cold sores.

### MILLET

Millet is an easily digestible grain that aids in alkalizing the body. It also acts as a prebiotic, feeding micro-flora in your inner ecosystem. The serotonin in millet has a positive calming effect on mood.

### SORGHUM

Sorghum is a powerhouse of nutrients. Even though it is not a complete protein, it is still considered a low glycaemic grain as it contains the whole outer hull which slows its digestion and releasing energy over time.

### TEFF

An Ethiopian grain which might be as small as a poppy seed but packs a big nutritious punch. Teff provides 8 out of the 9 essential amino acids and provides 20-40% resistant starch, this is indigestible starch that does not spike blood sugar or insulin and actually improves insulin sensitivity, decreases inflammation in the gut and is a source of food for the beneficial bacteria in the gut.



# Pantry Staples

## NUTS & SEEDS

### RAW ALMONDS

Great source of vitamin E, copper, magnesium and high quality protein, reducing your risk of heart attacks, protects artery wall from damage and improves cholesterol.

### RAW CASHEWS

High in magnesium and antioxidants helping the body to utilize iron, eliminate free radicals, develop bone and connective tissue and production of melanin for skin and hair pigment.

### RAW BRAZIL NUTS

Are exceptionally high in selenium which is an important co-factor for the anti-oxidant enzyme glutathione-peroxidase. Just 1-2 nuts a day provides enough of this trace mineral. Adequate selenium is important to prevent coronary artery disease, liver cirrhosis and cancers.

### RAW WALNUTS

Walnuts contain several brain protective properties, including vitamin E, folate, melatonin, omega 3 fats, and antioxidants.

### CHIA SEEDS

Nutritional power house loaded with antioxidants. A high quality protein, high in omega 3 fats and bone nutrients, calcium, magnesium and phosphorus. Also all the carbohydrate in chia seeds are fibre and they absorb their weight in liquid making them great for improving bowel movements and eliminating bloating.

### SUNFLOWER SEEDS

Provides vitamin E, Thiamine (B1) and copper, helping the heart, activating enzymes in the cells and improving your hair and nails.

### PUMPKIN SEEDS

Provides magnesium for heart health, stress relief and detoxification, along with an abundance of zinc for immune support, plant-based omega-3 fats, prostate health, liver health and tryptophan for restful sleep.

### SESAME SEEDS (WHITE/BLACK)

Sesame seeds may be tiny, but they have huge health benefits in all forms; seeds, tahini and oil. They are a great source of zinc as well as anti-cancer compounds including magnesium and phytoosterols and the sesamol in sesame seeds has been shown to protect against DNA damage caused by radiation.





# Pantry Staples

## DRIED PULSES

- Black beans
- Borlotti beans
- Butter beans
- Cannellini beans
- Chickpeas
- Kidney beans

## FLOURS

- Coconut flour
- Almond flour
- Brown rice flour

## HERBS AND SPICES

- Natural sea salt & himalayan pink salt (granules/flakes)
- Black pepper corns & ground pepper
- White pepper
- Dried basil
- Dried oregano
- Dried dill
- Dried bay leaves
- Dried thyme
- Dried rosemary
- Garlic powder
- Onion powder
- Ground or whole cumin
- Ground or whole coriander
- Ground ginger
- Ground cinnamon
- Smoked/sweet paprika
- Fennel seeds
- Caraway seeds
- Turmeric
- Mild chilli powder
- Dried chilli powder
- Garam masala
- Mild curry powder
- Organic low sodium stock (chicken/beef/vegetable)
- Dried Fruit
- Medjool dates
- Raisin
- Sultanas

- Cranberries

*Note: Sulphur free if you can, as sulphur has been associated with a full range of food intolerance symptoms such as asthma, headaches, skin rashes, irritable bowel symptoms, gastric upsets, nausea, diarrhoea and behavioural disturbances.*

## OTHER

- Dried/flaked coconut
- Coconut milk
- Coconut cream
- Pure coconut water
- Sea vegetables (dulse)

*Note: We like Ayam Brand for our coconut milk and cream.*

## NUT BUTTERS

- Peanut butter
- Almond butter

## HEALTHY FATS

- Organic butter
- Clarified butter/ghee
- Coconut oil
- Duck fat
- Lard
- Tallow
- Extra virgin, cold pressed olive oil
- Cold pressed sesame oil

- Traditional oils should be virgin cold pressed and organic whenever possible (especially when dealing with animal fats, as the fat is where toxins and pesticides are stored).
- Extra virgin cold pressed olive oil is great for non-heat dishes like salad dressing, hummus and mayo. It can be used in cooking at lower temperatures when combined with another saturated fat like butter or coconut oil.
- For a medium heat cooking we love butter, because it is so versatile and the ultimate pantry staple.
- For high heat cooking we recommend using a more stable fat like coconut oil, ghee, tallow or lard.



# Pantry Staples

## FRIDGE

- Raw milk
- Plain unsweetened yoghurt
- Cheese
- Eggs (free range, organic)
- Organic butter

## SWEETENERS

- Raw honey
- 100% pure maple syrup

## VINEGARS

- Apple cider vinegar
- Red wine vinegar
- Balsamic vinegar

## CONDIMENTS

- Tamari
- Whole grain mustard
- Dijon mustard
- Horseradish
- Whole egg mayonnaise
- Hot sauce (Kaitia Fire)

*Note: Tamari is naturally fermented gluten free soy sauce, made from the by-product of miso production. Because of its higher fermented soybean content it has a strong flavour making it great for marinades.*

## FRESH HERB GARDEN

- Parsley
- Mint
- Basil
- Coriander
- Chives
- Rosemary
- Oregano

## FREEZER

- Frozen berries
- Bone broth

## CANNED GOODS – BPA FREE

- Whole/chopped tomatoes
- Kidney beans
- Chickpeas
- Butterbeans
- White beans
- Refried beans (Ceres or Chantal brands)

*Note: While we prefer to cook from dried, we understand that this can be fairly time consuming. To save time in some recipes we use canned beans.*

*We highly recommend organic BPA free cans, as BPA is a common chemical known to be a hormone disrupter that mimics oestrogen and has been linked to prostate and breast cancer, diabetes, obesity, and altered immune function.*

## HERBAL TEAS

- Peppermint tea
- Liquorice tea
- Chamomile tea
- Rooibos tea
- Lemon balm
- Rosehip tea
- Dandelion/milk thistle
- Caffeinated teas
- Green tea
- Black leaf tea
- Earl grey
- Decaffeinated coffee (swiss water process is preferred)
- Masala Chai
- Fresh
- Lemons
- Ginger
- Garlic







BePURE™

# Whole Food Recipes

*The following pages are a selection of recipes from our BePure programmes. Depending on your macronutrient type, you may need to add more protein or carbohydrate for some recipes. Follow the 'Create a Plate Templates' for guidance.*





## BREAKFAST

# Spanish Eggs with Chorizo

### INGREDIENTS (SERVES 2)

4 eggs

*1/2 medium red capsicum sliced into small strips*

*1/2 onion chopped*

*1 garlic clove chopped*

*4 diced tomatoes*

*1/2 a chorizo sausage sliced on a jaunty angle (optional)*

*3/4 tsp smoked paprika (optional)*

*1/2 tsp whole cumin seeds*

*1/2 tsp whole coriander seeds*

*1 Tbsp. coconut oil or butter*

*Freshly chopped herbs to flavour and garnish (parsley and oregano)*

*Salt & pepper*

*2 cups leafy greens*

### DIRECTIONS

1. Measure and toast the cumin and coriander seeds in a hot dry pan. Take the seeds out of the pan once done to prevent any further cooking.
2. Let these cool for a bit then grind these together in either a spice grinder or a mortar and pestle and set aside.
3. Heat a medium cast iron pan or any deep frying pan.
4. Add the coconut oil or butter to the pan and adjust to a medium heat. Add the onions to the pan with a pinch of salt and sauté till soft and translucent.
5. Add to this the sliced capsicum and chorizo and cook until the edges of the capsicum and chorizo are golden, add garlic and spices to the pan and stir through for half a minute or so.
6. Add the tomatoes to the pan, cover and cook for 5 minutes, stirring occasionally so the tomatoes do not stick on the bottom.
7. Using a spoon, make 4 wells in the tomato mix and crack an egg into each well.
8. Cover the pan and turn down the pan to a low heat. You want to cook the eggs till a white film has covered the eggs but the yolk remains runny.
9. Sprinkle with freshly cracked pepper, additional salt and freshly chopped herbs and a sprinkling of smoked paprika if desired.
10. Serve plated with a side of wilted greens or a small basic green salad.



## BREAKFAST

# Berry Pilaf

### INGREDIENTS (SERVES 2)

*2-4 Tbsp. chia seed and or linseeds soaked in water (1/4 cup cold water)*

*Leftover cooked buckwheat, or 1/2 cup dried grain cooked and cooled grain such as buckwheat or quinoa*

*1 cup yoghurt or kefir*

*1 cup berries or stewed fruit (apple, apricot, peaches, pears, feijoas)*

*A little drizzle of honey*

### DIRECTIONS

1. Soak chia and or linseeds in water for 15 minutes or overnight, if too gluggy add more water
2. If you're not using leftover buckwheat, rinse grain and cook in a pot of boiling water for 15 minutes. Strain and leave to cool for a few minutes.
3. Layer ingredients into a glass, starting with the chia seeds, grain, yoghurt, fruit and a drizzle of honey. You can free form the layering here, adding more or less of any of the ingredients you like best.





## BREAKFAST

# Poached Eggs, Mashed Kumura & Wilted Greens

### INGREDIENTS (SERVES 2)

4 eggs

1 large kumara

2 Tbsp. coconut oil

2 cups of your choice of greens (mixture of kale, silver beet or spinach good start)

### DIRECTIONS

1. Peel and chop the kumara into small cubes. Place into a small saucepan and cover with water and a pinch of salt, bring to the boil and cook until soft. Once cooked drain the kumara, add in 1 Tbsp. of coconut oil and mash.
2. In a frying pan add 1 Tbsp. of coconut oil on a medium heat and melt. Once melted add your whole greens and cook, turning until wilted.
3. In a medium saucepan bring a pot of water to the boil, once the water has come to the boil reduce the heat till a simmer and add a splash of white wine vinegar. Crack in each egg and cook for 2-3 minutes until the whites are no longer jelly but the yolks are still runny.
4. To serve, divide up the kumara mash, top with 2 poached eggs and the side of wilted greens.
5. Garnish with freshly chopped herbs and serve with your favourite hot sauce.



## BREAKFAST

# Berry Green Smoothie

### INGREDIENTS (SERVES 2)

*1 cup frozen berries*

*1 large leaf of kale or handful of baby spinach*

*Handful of mint*

*1 cup coconut water (optional - you can use a little water instead)*

*1 cup coconut milk*

*1 pear cored and chopped (optional if in season)*

*2 raw eggs (optional) (1 per person)*

*2 boiled eggs for lunch (1 per person)*

### DIRECTIONS

1. Blend together, berries, leafy green vegetables, mint, coconut water, coconut milk and pear until smooth.
2. To cook eggs, put eggs into a small pot, cover with water and bring to the boil. Once the water starts boiling set your timer for 3 minutes for runny boiled eggs or 5 minutes for soft to hardboiled eggs.

Note: If you would prefer, boil all your eggs, peel and eat or keep for a snack.





## BREAKFAST

# Salmon & Mushroom Scrambled Eggs

### INGREDIENTS (SERVES 2)

*3/4 cup sliced mushrooms*

*1 - 2 Tbsp. of butter*

*1 - 2 Tbsp. raw milk*

*4 eggs*

*Handful of parsley*

*Handful of finely chopped silverbeet*

*200 grams smoked salmon (optional - you can either omit the salmon or use 1 x 185g can of tinned salmon if on a budget)*

*20-30 grams feta (optional)*

### DIRECTIONS

1. In a medium saucepan, gently heat the butter and sliced mushrooms until soft.
2. In a separate bowl, gently whisk eggs, raw milk, parsley, silverbeet, salt and pepper.
3. Add egg mix to mushrooms and cook gently (using a spatula turn cooked eggs from the bottom).
4. When eggs are cooked to your liking, fold through smoked salmon.
5. Serve and enjoy!



## BREAKFAST

# Kumara & Smoked Salmon Hash

### INGREDIENTS (SERVES 2)

*Kumara*

*1 Tbsp. melted butter*

*2 Tbsp. milk*

*Juice of 1/2 lemon*

*200g smoked salmon*

*2 spring onions, finely chopped*

*1/4 cup chopped fresh parsley*

*Salt and freshly ground black pepper*

*Brown rice flour for dusting and coconut oil or ghee for frying*

*Lemon wedges and crème fraîche to serve*

### DIRECTIONS

1. Heat butter and milk gently in a saucepan and add the cold cooked kumara, season and mash while on a very low heat (add more liquid if needed).
2. Combine smoked salmon with kumara, spring onion and parsley. Season well with salt and pepper.
3. Form mixture into eight patties. Dust patties with flour.
4. Heat a medium frying pan with coconut oil or ghee and gently fry fish cakes over a medium heat for 3 to 4 minutes on each side until golden brown.
5. Serve with lemon wedge, crème fraîche and red slaw or wilted greens.





## BREAKFAST

# Green Poached Eggs

What a nutrient dense way to start the day! The bacon and feta is optional but adds irresistible flavour.

### INGREDIENTS (SERVES 2)

*4 eggs (poached or gently fried)*  
*4-6 florets of broccoli*  
*1 1/2 cup leafy greens chopped*  
*4-6 pieces of green beans*  
*2 Tbsp. butter*  
*4 rashers of bacon chopped into small pieces (optional)*  
*Small handful of crumbled feta (optional)*  
*Unrefined kelp salt and pepper*

### DIRECTIONS

1. The quickest way to make this breakfast is to add a steamer sauce-pan to the top of the water boiling for the poached eggs.
2. Add a splash of apple cider vinegar to the boiling water for the poached eggs.
3. Steam broccoli for a few minutes in the boiling water and then add green beans and leafy greens. When vegetables are nearly cooked, take them off the water/heat and add butter (to melt through greens).
4. Swirl boiling water with a spoon and break in eggs to poach for 3-4 minutes (or until cooked how you like).
5. If you do not have a steaming pan just cook vegetables in another pot of water while you poach the eggs.
6. If you are having the bacon – cook separately in a small frying pan.
7. Assemble breakfast and season with kelp salt and pepper.

---

# Mushroom Scrambled Eggs

### INGREDIENTS (SERVES 2)

*1 cup mushrooms (white button or brown)*  
*2 Tbsp. butter*  
*1-2 Tbsp. milk*  
*4 eggs*  
*Handful of parsley*  
*Handful of finely chopped silverbeet*  
*20-30g feta (optional)*  
*Red slaw*

### DIRECTIONS

1. Heat butter in a medium sauce-pan and gently fry sliced mushrooms until soft.
2. In a separate bowl gently whisk eggs, raw milk, parsley, silverbeet, salt and pepper.
3. Add egg mix to mushrooms and cook gently (using a spatula turn cooked eggs from the bottom of the pan).
4. When eggs are cooked to your liking, fold through feta. Serve with red slaw.

## BREAKFAST

# Rocking Red Breakfast

Different colours indicate different nutrient profiles and antioxidants. This salad is a great way of getting a little of each colour in your diet to maximize the nutritional benefits.

### INGREDIENTS (SERVES 2)

*4 rashers of bacon*

*1 cup sliced button mushrooms*

*2 Tbsp. butter or coconut oil*

*2 Tbsp. finely chopped parsley*

*Unrefined kelp sea salt and pepper*

*Leftover red slaw (or 2 cups wilted greens)*

### DIRECTIONS

1. Heat butter or coconut oil in a saucepan and add mushroom, salt and pepper. Cook until soft and just turning golden. Stir through parsley just before serving.
2. Either grill or fry, bacon and serve together with mushrooms.

---

# Breakfast Smoothie

### INGREDIENTS (SERVES 2)

*1 ripe banana*

*1/2 cup of blueberries*

*1/2 cup of ice cold water*

*1 Tbsp. chia seeds*

*1 Tbsp. flax seeds (optional)*

*1 Tbsp. almond butter*

*2 medjool dates*

*1/2 cup spinach*

### DIRECTIONS

1. Pit the dates then place all of the ingredients together in the blender and blend until smooth, this should just take a minute or two. If you like it a little runnier, add some extra water at the end.





## LUNCH

# Buckwheat Salad

### INGREDIENTS (SERVES 2)

*1/2 cup (100g) dried buckwheat*

*1/4 red cabbage finely sliced*

*2 radishes finely sliced*

*1 red or yellow capsicum finely sliced*

*1 large zucchini grated*

*1 cup green beans chopped*

*50g feta chopped or crumbled (optional)*

*Fresh herbs (eg mint, parsley, coriander)*

*(Vegetables can be exchanged for fresh seasonal produce)*

### Dressing:

*2 tbsp. apple cider vinegar*

*2 tbsp. lemon juice*

*1 tbsp. grated lemon zest*

*4 tbsp. extra virgin olive oil*

*1 tsp. raw honey (optional)*

*Unrefined sea salt/kelp salt and freshly ground black pepper*

### DIRECTIONS

1. Fill a medium saucepan with water and bring to the boil. Add buckwheat and cook for 20 minutes or until desired consistency. Leave to cool.
2. Place all dressing ingredients in a jar and shake well.
3. In a large bowl combine all prepared vegetables, toss through buckwheat, feta, fresh herbs and dressing. Taste and season with salt and pepper if needed.





## LUNCH

# Asian Steak Salad

### INGREDIENTS (SERVES 2)

#### Steak

*1 Tbsp. coconut oil*

*3 cups salad greens (dark mesclun lettuce, rocket etc.)*

*½ cup finely sliced red cabbage*

*¼ cup of mint chopped*

*½ cup coriander chopped or torn*

*½ cup thinly sliced cucumber*

*¼ cup mung beans (optional)*

*½ - 1 avocado sliced*

*¼ - ½ cup toasted, chopped peanuts or cashew nuts*

*2 Tbsp. sesame or chia seeds (optional)*

#### Dressing:

*1 small clove crushed garlic*

*1 cm cube of ginger either chopped or grated*

*2 Tbsp. cold pressed sesame oil (optional)*

*2 - 3 Tbsp. cold pressed olive oil*

*3 Tbsp. lime or lemon juice*

*1 Tbsp. tamari*

*1 tsp. honey*

*A few drops of fish sauce*

*Fresh chilli seeds removed and finely chopped (optional)*

### DIRECTIONS

1. If you didn't cook the steak last night, heat coconut oil in a heavy pan. Grind fresh pepper onto steak fillets and fry for 4 minutes on each side (depending on size of steak and to your liking). Rest.
2. Prepare all salad ingredients.
3. Combine all dressing ingredients in a jar and shake well.
4. Arrange salad including sliced steak and sprinkle with peanuts.
5. Hold off dressing the salad until you are ready to eat it.



## Chicken Caesar Salad

### INGREDIENTS (SERVES 2)

*3 cups cos lettuce separated and roughly torn*

*2 cups extra leafy greens (rocket, red leaf, speckle, lamb lettuce)*

*4 rashers of bacon chopped and fried (optional)*

*4 chicken thighs or 2 chicken breasts cooked and sliced*

*½ cup of grated parmesan (optional)*

*½ quartered and chopped cucumber*

#### **Caesar dressing:**

*(optional - you can just use olive oil + balsamic vinegar instead)*

*2 egg yolks*

*¾ tsp dijon mustard*

*Juice of ½ a lemon*

*1 tsp. capers chopped finely*

*4 anchovy fillets (optional)*

*200mls mild olive oil*

### DIRECTIONS

1. Put 4 eggs into a small pot, cover with water and bring to the boil. Once the water starts boiling set your timer for 3 minutes for runny boiled eggs or 5 minutes for soft to hardboiled eggs.
2. Separate cos lettuce and roughly tear into a big bowl, add to this the extra leafy greens (rocket, red leaf, speckle, lamb lettuce).
3. If you include bacon, chop it into chunks and fry off the bacon till crispy or until cooked to your liking, remove from the pan and drain on a paper towel.
4. If you didn't pre-cook your chicken with dinner, add a tea spoon of coconut oil to the frying pan. Cook the chicken on a medium heat until cooked through and no longer pink. Once cooked allow to rest for 5 minutes before slicing.
5. Add the bacon, chicken, parmesan and chopped cucumber to the bowl of lettuce and softly mix through.
6. To make the dressing, using a food processor can be easiest but by no means the only way. Add to the bowl the first 5 ingredients and blitz till combined, then set the food processor to the lowest setting and slowly drizzle the oil until all incorporated (slow is key here so that it does not split). You can also do this in a bowl using a whisk, make sure to chop the capers and anchovies fillets very finely.
7. Portion up the salad and add one chopped up boiled egg and generously apply the Caesar dressing.



## LUNCH

# Mediterranean Salad

### INGREDIENTS (SERVES 2)

*1 head of lettuce either torn or chopped coarsely*

*2-3 tomatoes diced*

*½ cucumber quartered and chopped*

*½ cup of black olives halved*

#### **Optional Protein extra:**

*Canned tuna in spring water, drained*

*2 boiled eggs*

*Feta*

*Rasher of chopped and cooked bacon*

#### **Dressing:**

*2 Tbsp. balsamic vinegar*

*6 Tbsp. olive oil*

*1 clove of crushed garlic (cooked or blanched if raw garlic irritates your stomach or intestines)*

*Salt and pepper*

*Juice of a lemon*

### DIRECTIONS

1. Assemble the salad ingredients in a large bowl.
2. In a glass jar or measuring jug mix all the dressing ingredients together and pour over salad before serving.

# Smoked Salmon Salad

This is such a quick and satisfying salad to whip up for lunch. Try and buy the best quality smoked salmon you can afford as it will have a higher amount of omega 3's.

### INGREDIENTS (SERVES 2)

*200g smoked salmon*

*1 avocado sliced*

*¼ red onion very finely sliced*

*1 orange, skin and pith removed and cut into segments or rounds*

*1 small cucumber or zucchini peeled into*

*ribbons (long ways)*

*3 cups salad greens eg. rocket, watercress, mesclun lettuce*

*¼ cup mint (optional)*

*2 hardboiled egg (optional)*

*Unrefined sea salt with kelp and pepper*

### DIRECTIONS

1. Combine all salad ingredients and just before serving dress with fresh lemon juice, 1-2 Tbsp. of olive oil, a dash of red wine vinegar (optional) or balsamic vinegar, salt and pepper.





## Curried Chicken Waldorf Salad

### INGREDIENTS (SERVES 2)

*Chicken - 2 large breasts*  
*½ cup of mayonnaise*  
*½ -1 tsp. curry powder*  
*2 Tbsp. lemon juice*  
*1-2 apples cored and diced*  
*4 sticks of celery finely chopped*  
*½ cup of red seedless grapes halved*  
*¼ cup of chopped walnuts*  
*Garnish with some finely chopped flat leaf parsley and micro greens*

### DIRECTIONS

1. Add the diced apple to a medium sized bowl, pour the lemon juice over the diced apple.
2. Add to this the chicken, finely chopped celery, red seedless grapes, and walnuts.
3. Mix the curry powder into the mayonnaise and mix this thoroughly through all the ingredients.

## Almond Satay Salad Cups

Although this recipe is designed as a lettuce wrap, if you don't have the right lettuce just make it into a yummy salad.

### ALMOND SATAY (SERVES 2):

*1 small onion finely chopped*  
*2 cloves garlic, crushed*  
*1 Tbsp. coconut oil*  
*1 tsp. minced/grated ginger*  
*½ cup almond butter*  
*1/3 cup coconut cream/milk*  
*1 Tbsp. lemon juice*  
*2 tsp. tamari*  
*Pinch of cayenne pepper*

### FILLING (SERVES 2):

*4 lettuce leaves which make a good cup or wrap eg. Cos lettuce*  
*1 cup shredded red cabbage*  
*1 carrot grated*  
*1 red onion thinly sliced*  
*¼ - ½ cup of thinly sliced cucumber (works great peeled into ribbons)*  
*Handful of coriander torn*  
*200g shredded chicken*  
*Optional: micro-greens, sprouts, mung beans*

### DIRECTIONS

1. Heat coconut oil in a saucepan and gently cook onion and garlic until soft.
2. Add all other ingredients and simmer on a very low heat until cooked (about 10 mins).
3. If you are in a hurry – you can make this sauce raw:  
 Blend: almond butter, lemon juice, coconut cream (or water), ginger, a pinch of cayenne pepper and tamari with a stick blender/ magic bullet/ food processor using only 1 small clove raw garlic.
4. Assemble each lettuce leaf with chopped vegetables and chicken and top with satay sauce. These can be made ahead and eaten cold or the sauce can be gently heated and drizzled over just before eating.

## LUNCH

# Pear, Haloumi & Walnut Salad with Roasted Tomatoes

### INGREDIENTS (SERVES 2)

*1 Tbsp. coconut oil or butter*

*250g thinly sliced haloumi cheese*

*1 pear (just ripe), if in season. Or you could substitute for a nectarine.*

*1/2 cup walnut pieces chopped (lightly toasted or raw)*

*3-4 cup salad greens, spinach, rocket or watercress (or a mix)*

*Squeeze of lemon juice*

*4-6 vine ripened tomatoes*

*Drizzle of olive oil and balsamic vinegar*

*Salt and pepper*

### Dressing:

*3 tsp. of extra virgin olive oil*

*2-3 Tbsp. lemon or lime juice*

*Small clove garlic (optional)*

*1 tsp. honey (optional)*

*Small handful of rocket*

*Unrefined sea salt and pepper*

*Put all ingredient together and either whizz (a bullet blender works well for this) or shake well in a jar.*

### DIRECTIONS

1. Heat oven to 180 degrees (fan bake)
2. In a shallow oven-proof dish drizzle tomatoes with olive oil and balsamic vinegar. Season and bake for 10-15mins while preparing the salad.
3. Core and slice pear very thinly and squeeze lemon juice over to keep from browning.
4. Heat coconut oil or butter in heavy frying pan and fry the haloumi on both sides in batches until just brown.
5. Add a little more oil or butter and flash fry the pear (optional).
6. Place salad greens in a large bowl and toss through pear, walnuts, and fried haloumi.
7. Pour over dressing just before serving.



# Nourish Bowl with Hummus

This meal is designed to use any leftover food you have from the meals you have made so far.

## INGREDIENTS

**Greens:** Spinach, lettuce, rocket, kale, micro greens, sprouts, silverbeet, etc.

**Veggies:** Carrots, capsicums, cucumbers, zucchini, sugar snap peas, peas, radishes, green beans, broccoli, and cauliflower etc.

**Fruits:** Strawberries, pears, banana, papaya, mango, grapes, raspberries, apples, etc.

**Proteins:** Quinoa, nuts/seeds, organic free range fresh egg, organic free range animal protein.

**Healthy fats:** Avocado, olive oil, nuts, seeds.

**Carbohydrates:** Sweet potatoes, quinoa, millet, brown rice, wild rice.

**Add-ons:** fermented foods i.e. Sauerkraut, homemade salad, kelp granules and flakes for added iodine and minerals, homemade hummus, apple cider vinegar, fresh lemon juice.

## DIRECTIONS (ROUGH GUIDE FOR A MIXED TYPE)

1. 10% leafy green base
2. 20% veggies
3. 10% fruit
4. 20% protein
5. 15% healthy fats
6. 20% complex carbohydrate
7. 5% extra nourish (add-ons)

## HUMMUS INGREDIENTS (IT'S OPTIONAL TO MAKE YOUR OWN – YOU CAN BUY PRE-MADE)

1 can organic chickpeas, drained and rinsed (Chantal's)

4 cloves of roasted garlic (roast a whole bulb of garlic)

2 Tbsp. tahini

3 Tbsp. extra virgin olive oil

3 Tbsp. water (use more if needed to thin it out)

1 tsp. ground roasted cumin

½ tsp. ground roasted coriander

¼ tsp. smoked paprika

¼ tsp. sumac (optional)

½ tsp. salt and pepper

## HUMMUS DIRECTIONS

1. Preheat oven to 180 degrees. Rub extra papery skin off whole heads of garlic. Cut tips off each clove of garlic with serrated knife to expose a bit of garlic. Lay root side down on a sheet of tin foil or in a small baking dish. Drizzle with oil over the cut end of the garlic. Crimp foil closed or cover the baking dish with foil. Roast until the garlic cloves are soft and fragrant, 45 minutes to 1 hour. Open foil and let sit until cool enough to handle.
2. Squeeze the garlic cloves out of their papery skin. Discard skin and transfer the cloves to a food processor.
3. Add to the food processor the chickpeas, tahini, olive oil, water, roasted cumin, coriander, smoked paprika, optional sumac, salt and pepper.



## DINNER

# Grilled Steak with Creamy White Bean Mash & Blanched Kale Salad

### INGREDIENTS (SERVES 2)

*4 x 150-200 grams steak of your choice.  
(Enough for your lunch tomorrow. Cook and put aside)*

*1 onion*

*1 large handful of kale finely chopped*

*1 small bunch freshly picked thyme leaves*

*1 clove garlic, peeled and finely chopped*

*1/4 cup white wine vinegar*

*1 tablespoon olive oil*

*1 can butter beans, drained and rinsed*

*1 small handful parsley finely chopped*

*1/2 lemon*

*1 tablespoon natural yoghurt*

*Unrefined sea salt and pepper*

### DIRECTIONS

1. Sweat the onions, thyme, kale and garlic with a splash of olive oil in a heavy-bottomed saucepan on a low heat for 2 minutes until they are soft, sweet and translucent.
2. Turn up the heat and add the white wine vinegar. Let the liquid come to the boil, then add the beans so they are almost covered. Allow to simmer gently for 5-10 minutes until the beans are lovely and creamy. Aim to reduce the majority of the liquid off otherwise your mash will be too runny.
3. Add the parsley, yoghurt, juice of 1/2 a lemon and salt and pepper to taste. Let cool and then blend in a food processor.
4. Heat a griddle or heavy based pan until hot, season your steak and cook for 2-3 minutes on each side for medium-rare. You can keep them on there for longer, turning as you go, until cooked to your liking.
5. Remove the steak from the grill on to a lipped dish to catch all the juices and rest for 5 minutes. Drizzle with extra virgin olive oil. Carve the steaks into thick slices.
6. Divide the creamy bean mash between plates and place the steak on top, drizzling over some of the resting juices.
7. Serve with your kale salad. (Kale salad recipe next page)





## Blanched Kale Salad

### INGREDIENTS

*6 large stalks of kale*

*¼ cup walnuts chopped*

*¼ cup sliced almonds*

*¼ cup dried cranberries*

### Dressing:

*In a jar mix together*

*2 Tbsp. cold pressed extra virgin olive oil*

*2 Tbsp. apple cider vinegar*

*1 tsp. dijon mustard*

*1 tsp. maple syrup or raw honey*

*Salt and pepper*

### DIRECTIONS

1. De-stalk the kale and blanch the leaves in boiling water for 30 seconds, then quickly drain kale leaves in a colander and run cold water over it immediately to cool.
2. Once cooled make sure to wring out all the water.
3. Add this to a large bowl and toss through roughly chopped walnuts, sliced almonds and dried cranberries
4. In a jar make up the salad dressing. Pour this over the salad and season with additional salt and pepper to taste.



## DINNER

# Orange Chicken with Cauliflower Puree

### INGREDIENTS (SERVES 2)

*8 chicken thighs or 4 large chicken breasts (Enough for your lunch tomorrow. Cook and put aside).*

*1 onion sliced*

*3 cloves garlic (peeled and whole)*

*1 red or yellow capsicum diced*

*Zest of 1 orange, while orange chopped in half*

*1 Tbsp. fresh thyme or 2 tsp. dried thyme*

*1 Tbsp. fresh rosemary*

*1 L (4 cups) chicken stock*

*Unrefined sea-salt, pepper and kelp granules*

### For the mash:

*½ cauliflower chopped*

*1 ladle of cooking juices*

*Large handful of parsley*

*Salt and pepper*

### Sides:

*2 cups long green beans*

*2 cups spinach or silverbeet leaves*

### DIRECTIONS

1. Heat oven to 180 degrees.
2. Chop and prepare all vegetables and zest oranges.
3. In a large casserole dish place chicken pieces and surround with chopped vegetables, (including garlic cloves and herbs). Pour over chicken stock and halved orange pieces. Sprinkle chicken with orange zest, salt and pepper.
4. Cover and bake for 45mins. After this time uncover and cook for a further 30 minutes (browning the tops of the chicken).
5. Cook cauliflower in a pot of boiling water until soft. Once cooked, drain and put into a food processor or stick blender jug, adding a ladle of juices from the cooked chicken or hot water. Season and puree with stick blender (or food processor). Adjust the amount of liquid for consistency of puree. Less for a thicker puree.
6. Using the hot water from the cauliflower, blanch the beans and wilt the spinach.
7. Serve and enjoy.





# Almond Fish with Wilted Greens & Red Slaw

## INGREDIENTS (SERVES 2)

*Ground almonds to coat fish*

*2 large fillets of fish of your choice*

*2 Tbsp. coconut oil*

*Fresh coriander and parsley to season*

*Salt & pepper*

*Pinch of smoked paprika (optional)*

*Large bunch of greens for wilting (kale, spinach, cabbage, silverbeet)*

*1 heaped tsp. coconut oil (for vegetables)*

## DIRECTIONS

1. Assemble the red slaw (ingredients and recipe below)
2. Season ground almonds with salt and pepper and smoked paprika, coat the fish fillets in the seasoned coconut flour. In a hot pan place 2 Tbsp. of coconut oil and melt.
3. Add the fish to the pan, cook for 2-3 minutes before turning, once turned sprinkle each fillet with freshly chopped coriander and parsley and continue cooking to your liking.
4. Add 1 heaped tsp. of coconut oil to the pan and sauté the greens with a pinch of salt, add to the greens ½ cup of chicken stock and simmer for 5 minutes.
5. Serve fish with the red slaw and wilted greens.

## RED SLAW

### The salad base:

*In a salad bowl combine:*

*1 large or two small beetroot peeled & grated*

*2 carrots peeled and grated*

*2 cups of finely sliced red cabbage*

*2 cups of leafy greens including mint and coriander finely chopped*

### Simple citrus dressing:

*In a jar combine:*

*Fresh juice of one orange*

*Fresh juice of one lemon or lime*

*½ cup of extra virgin, cold pressed olive oil*

*2 Tbsp. balsamic vinegar, red wine vinegar or apple cider vinegar*

*1 tsp. honey (optional)*

*Unrefined sea salt and pepper*

*Shake well and pour over salad just before you serve.*

### The optional extras:

*Finely chopped red onion*

*1 clove crushed garlic*

*Pumpkin and sunflower seeds*

*Black sesame seeds*

*Sprouts*





DINNER

## Lamb Chops with Kumura, Grilled Zucchini & Minted Yoghurt Dressing

### INGREDIENTS (SERVES 2)

4 Lamb chops

4 kumara peeled and diced into 2cm cubes  
(enough for breakfast tomorrow too)

#### Lamb Marinade:

2 Tbsp. tamari

2 Tbsp. lemon juice  
(roughly ½ a squeezed lemon)

2 cloves of crushed garlic

2 Tbsp. finely minced rosemary

2 Tbsp. finely minced mint

1 tsp. natural salt

½ tsp. ground white pepper

2 good splashes of olive oil (enough  
to make a good marinade consistency)

#### Grilled Zucchini:

1 Tbsp. roasted ground cumin (optional)

4 medium zucchini cut length ways in  
halves or third and the flesh scored

Olive oil

Salt and pepper

*To prepare zucchini, sprinkle with the  
ground cumin, salt and pepper and then  
drizzle over oil*

#### Basic Salad:

1 head of lettuce roughly chopped

1 carrot grated

½ red onion finely chopped

Capsicum /cucumber /radishes or  
anything else on hand that you like in  
your salad

#### Minted Yoghurt Dressing (optional):

1 cup Greek yoghurt

1 handful of mint finely chopped

1 handful of parsley finely chopped

1 Tbsp. of tahini (optional)

½ a lemon juiced

1 clove of crushed garlic

¾ tsp. roasted ground cumin

*Mix all together in a food processor  
or with a stick blender*

### DIRECTIONS

1. Place the lamb chops in a shallow baking dish. Mix together the olive oil, tamari, lemon juice, garlic, herbs, salt and pepper. Coat lamb chops on both sides with the marinade. Cover and refrigerate for 2-3 hours, ideally overnight or prep the chops in the morning for dinner time.
2. To prepare kumara, cover with water and boil for 10-15 mins until tender. Strain and put aside half kumara for tomorrows breakfast.
3. Chops - heat the oven to 150-160 degrees (fan grill) and move the oven rack up near the top. Place lamb chops on baking tray, cook 20 -30 minutes turning once.
4. Turn oven up to 200 degrees and while the lamb chops are rested grill the zucchini.
5. Serve the chops with the grilled zucchini, kumara, salad and a generous amount of the minted yoghurt dressing.



## DINNER

# Burgers in Lettuce Cups with Vege Chips

### INGREDIENTS (SERVES 2)

500g beef or lamb mince (with a good fat content – not lean or premium mince)

1 onion finely sliced

1 egg

1-2 Tbsp. brown rice flour

3 garlic cloves crushed

1 Tbsp. fresh thyme, rosemary or mint or 2 tsp. dried thyme

1 Tbsp. tamari

1 Tbsp. whole-grain mustard

1 tsp. cumin seeds lightly dry roasted (optional)

1 tsp. chilli flakes (optional)

Unrefined sea-salt and pepper

1-2 Tbsp. coconut oil or lard for frying

### Filling:

4 large lettuce leaves to be used as the 'buns'

Either use red slaw (see red slaw recipe)

(Or) 1 grated carrot, 1/4 red onion finely sliced, 1/2 grated beetroot, 1 cup finely chopped leafy greens, chopped red cabbage

1 heirloom tomato sliced

Finely sliced mint and parsley or micro-greens (optional)

Sugar-free pickle or relish

### Parsnip or Kumara Chips:

3 large parsnips or 2 kumara peeled and cut into chips

1-2 Tbsp. coconut oil

Unrefined kelp salt and pepper

### DIRECTIONS

1. Heat oven to 180 degrees. Prepare the kumara or parsnip chips, par-boil in a pot for 5 minutes, strain and coat with oil in an oven-proof dish, season well with salt and pepper and bake/fan-bake for 10-20 mins. If you don't par-boil then just bake parsnip/kumara for 45mins.
2. Put all the burger ingredients (mince, egg, rice flour, mustard, tamari, spices, salt, pepper and herbs) in a bowl and mix with your hands. Gently form mince into patties (the size you like) – don't press the mixture together too much. Gently flatten the patties.
3. Heat the barbecue or a heavy pan with oil and then add the patties and cook for about 5 minutes each side (avoid pressing the patties down as this squeezes out the juices). As you are cooking the burgers, prepare all the vegetable fillings.
4. Assemble the burgers and serve with cooked vegetable chips and relish.



## DINNER

# Mediterranean Chicken

### INGREDIENTS (SERVES 2)

*8 chicken thighs or 4 large breasts - boneless and skin on. This is enough for tomorrow's lunch too.*

*2 garlic cloves, thinly sliced*

*2-3 Tbsp. olive oil*

*4 sprigs of fresh oregano, leaves stripped*

*Salt and Pepper*

### Bake:

*1 red onion, thinly sliced*

*1 punnet of cherry tomatoes or 3-4 quartered tomatoes*

*1/2 small jar of artichoke hearts in water, drained (optional - can swap for zucchini if in season)*

*1 can white beans, drained & rinsed*

*1/4 cup kalamata olives, pitted*

*Olive oil*

*Salt & pepper*

*Garnish - fresh basil & parsley, to taste*

### DIRECTIONS

1. Take half of the chicken and slice. This is to be used in tomorrow's lunch. Cook plain in a little oil. Let it cool and refrigerate.
2. For the marinade, add 2-3 Tbsp. of olive oil to a large bowl, add to this the garlic, salt and pepper and oregano leaves and add the chicken thighs. Drizzle with olive oil and mix well to coat. Marinate for at least 1 hour if you have time.
3. When you're ready to start cooking, preheat your oven to 180 degrees fan bake.
4. To a large roasting pan, add the sliced onions and tomatoes. Toss with olive oil and season with salt and pepper and basil leaves. Cook in the oven (stirring occasionally) until the onions are soft and the tomatoes begin to burst, about 15-20 minutes.
5. Meanwhile, in a large skillet warm 1 tsp. of butter over moderate heat. Brown the chicken on both sides, working in batches. The chicken should still be undercooked at this stage, just browned.
6. Remove the roasting pan from the oven. At this point, the onions should be soft and the tomatoes bursting with flavour. To the pan, add the chicken, artichoke hearts, beans, and olives.
7. Roast for about 10-15 minutes or until the chicken is cooked through.
8. Roughly chop a large handful of parsley and more basil if desired. Remove the chicken from the oven and toss through the herbs.
9. Serve immediately with a simple green salad.





# Crust-less Quiche with Green Slaw

## QUICHE INGREDIENTS (SERVES 4)

*2 spring onions*

*2 cups of finely chopped spinach, baby spinach, kale or silverbeet*

*1 cup sliced mushrooms*

*1/2 red capsicum sliced or chopped*

*1 grated zucchini (moisture squeezed out after grating)*

*8 cherries tomatoes halved*

*8 eggs*

*2 Tbsp. milk*

*Handful of fresh herbs chopped finely (parsley & chives)*

*1/2 tsp. smoked paprika*

*Unrefined sea salt & pepper*

*Optional topping:*

*Pumpkin and sunflower seeds*

*Parmesan*

## QUICHE DIRECTIONS

1. Preheat oven to 180 degrees bake or 160 degrees fan bake
2. Add to a bowl, finely chopped spring onions, spinach and mushrooms.
3. Grate a zucchini and wring out any excess moisture and add to the bowl and toss together.
4. In a separate bowl whisk up the 8 eggs with chopped herbs, milk, smoked paprika, salt, & pepper .
5. Grease a 22-24cm quiche pan (circle or square) and scatter the vegetable mix into the dish, pouring the egg mixture evenly over the vegetables.
6. Arrange the sliced capsicum in a circular fan and scatter the halved cherry tomatoes over the top.
7. To finish sprinkle over a handful of parmesan and a scattering of pumpkin and sunflower seeds.
8. Cook for 30-45 minutes in preheated oven or until the eggs have been cooked through and set.

## GREEN SLAW INGREDIENTS

*2 cups green cabbage*

*1 spring onion*

*2 large kale leaves*

*2 cups salad greens (rocket, silver beet, lettuce, mustard greens, beetroot leaves)*

*1 grated zucchini*

*1 large handful of mint*

*1 large handful of parsley*

*50 grams of crumbled feta (optional)*

*2 Tbsp. of toasted pumpkin seeds, sunflower seeds, sesame seeds (white and black combo looks best)*

*2 Tbsp. tamari sauce*

## GREEN SLAW DIRECTIONS

1. Thinly slice the green cabbage, spring onion, celery, kale, (roughly chop salad greens if too bulky) and add to a large bowl.
2. Add to this the grated zucchini, roughly chopped mint & parsley.
3. Crumble the feta through the greens mix and use your hands to incorporate.
4. Toast the seeds in a dry pan and once toasted to your liking splash with tamari sauce.
5. Add these to the salad and dress with the green dressing.

## GREEN DRESSING

*1 cup coriander*

*1 cup mint*

*Juice and zest of 1 lemon*

*1 clove garlic*

*1/2 tsp. dijon mustard*

*1 tsp. raw honey*

*1/2 cup extra virgin olive oil*

*Salt and pepper*

Combine all ingredients in a blender/food processor and blend until smooth and creamy. Or alternatively you can add all the ingredients to a high sided bowl and blend with a stick blender.

## Wasabi Salmon with Quinoa Salad

This is such a great way to cook salmon. It is so simple and quick and the salmon comes out moist and succulent.

### INGREDIENTS (SERVES 2)

#### For the salmon:

*2 fresh salmon steaks (or fresh white fish)*

*2 tsp. wasabi paste*

*2 Tbsp. tamari per salmon steak*

#### For quinoa salad:

*½ cup dried quinoa (preferably soaked for the day)*

*1 Tbsp. butter*

*Unrefined sea salt and pepper*

*½ red onion very thinly sliced*

*2 cups rocket (or other dark leafy greens)*

*½ cup fresh herbs finely sliced (coriander, mint, and parsley)*

*A mixture of other in-season vegetables eg: Corn cooked and shaved off the cob*

*Red, yellow or orange capsicum finely sliced*

*1/2 cup red cabbage very thinly sliced*

*1 large grated carrot*

*2 diced tomatoes*

*Optional: 1 large kumara cubed and roasted in coconut oil*

#### Simple Citrus Dressing:

*In a jar combine:*

*Fresh juice of one orange*

*Fresh juice of one lemon or lime*

*½ cup of extra virgin, cold pressed olive oil*

*2 Tbsp. balsamic vinegar, red wine vinegar or apple cider vinegar*

*1 tsp. honey (optional)*

*Unrefined sea salt and pepper*

*Shake well and pour over salad just before you serve.*

### DIRECTIONS

1. Smear each salmon fillet with wasabi paste (it may seem like a lot but it absorbs and is not spicy once cooked) then pour over tamari. Leave to sit for at least 20mins – 1 hour (longer if you like.)
2. Heat oven to 220 degrees.
3. Rinse soaked quinoa a number of times to get off the ‘soapy’ film. Add to a medium sized pan and fill ½ - ¾ with water (enough to fully cover the quinoa). Bring to the boil and cook for 10-15 minutes until cooked (longer if you have not pre-soaked the quinoa). Drain and stir through butter and salt and pepper. Leave to cool while you prepare the vegetables and the dressing.
4. When you are 20 minutes away from eating put salmon on a baking dish and put into hot oven and cook for 15-20 minutes (depending on the size of your fillets). If you have some in-season vine ripened tomatoes coat these in a little olive oil, balsamic vinegar and salt and pepper and pop these in the oven at the same time.
5. Combine all salad ingredients, dress and serve with salmon.
6. A little dollop of crème fraiche with the salmon would be perfect.





## SNACKS

# Bliss Balls

### INGREDIENTS

*3 Tbsp. cacao or cocoa (cacao is just unroasted cocoa – so it contains more antioxidants)*

*2 cups desiccated coconut*

*3 Tbsp. peanut butter*

*1/2 cup dried fruit eg. Sultanas, apricots, dates, figs etc.*

*1/2-1 cup nuts and seeds (e.g. Almonds, sunflower seeds, pumpkin seeds, walnuts etc.)*

*1 Tbsp. coconut oil*

*Honey or 100% real maple syrup*

### DIRECTIONS

1. Blend together all ingredients except the maple syrup/honey in a food processor until mixture starts to form clumps.
2. Slowly blend in maple syrup/honey (you only need a little) so all sticks together.
3. Roll into balls and refrigerate.

# Weekly Meal Planner

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			





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# Understanding Micronutrients

# Micronutrients

Our bodies are made of trillions of cells and we are replacing 25 million cells a day, in fact, we completely replace our bodies every seven years from the food we eat, the air we breath, the water we drink and any other nutritional supplements we may take, we literally are what we eat!

Micronutrients (vitamins and minerals) are critical for **every** function in the body, that's why there's no surprise that one of the biggest studies ever performed on diet (from the University of Alabama Medical School) found that the healthiest people were the ones who consumed the highest amounts of micronutrients.

## ARE YOU GETTING EVERYTHING YOU NEED FROM YOUR DIET?

I never used to believe that you needed to supplement your diet, but I came to this when I did my master's degree and I had to get the most comprehensive nutrition analysis software that there is. You put all the food that you've just eaten into the software, which is tied directly to the USDA database of the nutrients that are found in the foods. I put my diet in there and I was astonished to see that I was deficient in five key nutrients. My diet is very good as you can imagine, I live on a 15-acre biodynamic farm and we go to a lot of effort to make sure our food is as nutrient dense as possible.

I was blogging about this at the time and then people started sending me a list of what they were eating. After I analysed seven or eight of their diets, I realised that **everyone was deficient!**

Below is an example of a diet sent to me by a female client, which appears to be pretty healthy. But once I entered it into my analysis software, I found that it was heavily deficient in key nutrients.

## EXAMPLE DIET

### EARLY MORNING:

- Vege/Apple Juice (homemade) with grated ginger 20 minutes before breakfast

### BREAKFAST:

- 1 cup cooked rolled oats with 1 Tbsp soy yoghurt, 1 Tbsp LSA, 1 tsp Chia seeds and soy milk
- 1 cup of weak black tea

### MORNING TEA:

- 1 tea and 6 almonds

### LUNCH:

- 2 cups vegetable and chicken soup
- 2 ricebreads with avocado and tuna
- 2 mandarins

### AFTERNOON TEA:

1 Green tea  
2 Ricebreads with tahini spread  
1 Carrot

### DINNER:

- 2 fillets Terakihi, steamed with lemon wedges
- Spinach/Silverbeet mix
- Carrot/Parsnip/Onion mashed
- 1 cup peas
- 1 licorice tea



The chart below shows the RDA (Recommended Dietary Allowance) which is the estimated amounts of nutrients necessary to not get a disease. I'm not interested in this, I'm interested in (as are most nutritionists) the optimal amount of nutrients we need to maintain good health. This is shown below in SONA (Suggested Optimal Nutritional Allowance).

As you can see from the chart below, even though it appears that my client was eating a good diet, she was actually falling short on providing her body with some vital nutrients.

Nutrient	RDA	SONA	You need it for:
Vitamin D	✗	✗	Everything
Vitamin E	✗	✗	Heart disease
Vitamin C	✓	✓	Everything and you can't store it
Folic acid / food folate	✗	✗	DNA synthesis, hormone regulation
Niacin (B3)	✗	✗	DNA repair, glucose homeostasis
Pyridoxine (B6)	✓	✗	Decreased hormone regulation
Thiamin (B1)	✓	✗	DNA synthesis, nerve function
Calcium	✗	✗	Bones
Selenium	✗	✗	Cancer protection
Zinc	✓	✗	Enzymes
Chromium, molybdenum, iodine and vanadium although not within the context of the nutrition analysis software, being deficient in New Zealand soils are likely to also be deficient in the diet.			

## THE NUTRIENTS ARE NO LONGER IN THE FOOD

At that time, I found it quite incredible, so I started looking at the literature for deficiencies in New Zealand and proof of this was everywhere. I found 84% of New Zealanders are deficient in vitamin D, 91% of people are deficient in iodine, selenium levels are at 1.1 (should be at 1.6), and the folate levels are so low that the government is looking at putting folate in bread. Then there's nutrients like boron and chromium which are deficient in the soil.

I then started looking at the soils asking if this is where it's coming from and certainly it looks that way. From 1941-2001 it's found the iron, zinc, copper, magnesium, selenium levels have all declined up to 63%. That was in The U.S. Similar deal in The U.K., and likely to be a similar situation here in New Zealand.

I got the final piece of the puzzle only last year, when Dr Christine Jones, one of the top soil agronomists in the world, was telling me that in Australia, when you look at the foods in **the supermarket, they've only got 10% of the nutrients in them that they used to have.** The reason that she was saying this is because of nitrogen use. When you use a lot of nitrogen on the plant, you lose up to 90% of the root structure, which then means the roots aren't going down to access the minerals. Therefore, you lose 90% of the nutrients in the food.



# Traditional Cultures Didn't Need to Supplement – so Why Do We?

We know that traditional cultures were in fact incredibly healthy, many cultures had no words for today's modern diseases. For example, the Hawaiians had no native words for any chronic diseases. I know, some people say... Well maybe they didn't know they were dying from a heart attack, sure they might not have a word for 'heart attack' but I'm sure they would have developed a word for 'sudden pain in the chest and then you are dead'!

The Maori in New Zealand had no cancer, the early European doctors were studying them to find out why they were 'immune' to cancer. There's no doubt, traditional diets were and are the healthiest for sustaining life, it's been proven through thousands of years.

For years I couldn't understand why our ancestors didn't need to supplement. If they didn't, why would we need to? Well, I believe there are many reasons.

## **MODERN LIFESTYLE INCREASES THE NEED FOR NUTRITION**

While traditional lifestyles were more relaxed than today, there's no doubt they had their fair share of stress. However, a good friend of mine who lived with different traditional tribes around the world for two years told me that in his experience tribespeople spent basically four hours a day working in the morning, and would spend the afternoon under a shady tree... sounds like a great to me! The harder you push your body, the more stress you are under, the more vitamins and minerals your body uses. In times of stress your body uses more B vitamins, vitamin C, magnesium and zinc just to name a few. I believe most of us in the Western world are living beyond our nutritional limits, the evidence of stimulant-use like caffeine and refined carbohydrates are good examples of the crutches people are using to deal with the day-to-day load of stressors. The harder you push your mind and body the more nutrients you need! It makes me wonder where people are getting these nutrients from considering their diets and lack of supplementation.

## **MODERN FARMING INCREASES THE NEED FOR MINERALS**

Many of the healthy traditional diets had access to minerally dense foods, such as seafood (the ocean is the biggest source of ionic minerals). Healthy inland cultures like the Hunza had access to minerals, they irrigated their fields with mineral rich glacier water and carried the river bed soils up to their fields. It is well established that modern agriculture is stripping the topsoil of essential trace minerals, and nobody is paying the farmers enough to remineralise the soils. Hence, the foods we are eating are becoming more and more deficient in minerals. Minerals are key enzyme co-factors, I see mineral deficiencies as a common factor in many peoples health complaints, from fatigue to depression and sleep issues.

## **MODERN FOOD CONVENIENCE MEANS WE GET FEWER NUTRIENTS**

Traditional diets were based on eating fresh or fermented fruits and vegetables (since no refrigeration was available to them). Fresh and fermented foods retain the highest amount of water-soluble vitamins. Water-soluble vitamins in fruit and vegetables are very unstable. In fact, as soon as you've picked them or unplugged them from the ground they start deteriorating. To the extent that after four days after being harvested up to 80% of the water-soluble vitamins (Bs and C are lost). With the average age of fruits and vegetables in the supermarket being two weeks old, it's easy to see why people feel better when they take a B vitamin supplement – seeing that they are most likely deficient even when eating lots of fruit and vegetables.



## MODERN EATING ELIMINATES THE MOST NUTRIENT DENSE FOODS

Traditional cultures went out of their way to get nutrient dense foods. Eating organs, glands and special parts of animals, such as the eyes, to maximise nutritional intake. One healthy isolated culture Dr Price visited in Scotland ate fish heads stuffed with cod liver and oats for breakfast, a far cry from today's breakfast choices. Organs, particularly the liver, are some of the most nutrient dense foods on the planet, unfortunately many people in the modern world simply cannot stomach eating such foods and are therefore missing out on the incredible nutritional benefits from doing so. For example, eyes are known to be a great source of lutein and zeaxanthin, antioxidants vital to our own eye health due to the fact they protect the eye from UVB radiation. As most modern people are not eating these foods, they need to make sure they are getting these nutrients from other sources.

## ENVIRONMENTAL TOXINS INCREASE THE NEED FOR MICRONUTRIENTS

Traditional people lived in a relatively pristine environment. What we now call 'organic food' didn't exist back then, because that's all there was! We know that environmental toxins block enzyme function and increase the need for antioxidants, minerals and vitamins needed by the liver for detoxification of these toxins. The modern world is full of environmental toxin exposure, from PCBs and Dioxins from plastics to heavy metals mobilised in the soil by acidic fertilisers – they are simply everywhere, we cannot escape them. All we can do is support our body's systems for dealing with them, which means consuming more minerals, vitamins and antioxidants.

## POLYMORPHISM OF GENES MEANS WE NEED MORE NUTRIENTS FOR ENZYMES TO FUNCTION OPTIMALLY

As our gene expression is diluted by poor nutrition from our parents, our physical characteristics change (narrower jaw, nasal passages etc) and internal gene expression become less efficient. For example, I have what is believed to be a genetic (or epigenetic) polymorphism in my liver enzymes – meaning they don't work as efficiently as they should. Therefore, I need to up-regulate my enzymes to work at the optimal level to protect me from inflammation and heart disease. This is potentially quite common, but most people simply do not know.

There's no doubt that following an ancestral diet to your own individual macronutrient needs should be the **basis** of your nutrition. But on top of this, we need to lay a foundation of broad-spectrum supplementation to ensure our micronutrient needs are met.

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BEPURE™

## Next Steps

*It is our hope that this really is the tip of the iceberg for you. Once you know what true energy feels like, it's especially noticeable when you don't have it. There will be times where stress creeps up and your meals may be a little more convenient or not appropriate for your macronutrient profile. This is okay. In fact, we expect it.*



# Where to from Here?

The great news is because you know what true health feels like, you can tune in to your body during this time and notice the difference. Use it for motivation to keep making healthful choices. The most important thing to remember is that your wellness journey doesn't have to be a complete revolution. You can make small changes as you go. Remember, this is a marathon, not a sprint.

So what does this look like in reality? What strategies can you use to make sure most of your meals and behaviours to support your health while also enjoying the social interactions and special occasions that come with being human?

## THE 80:20 RULE

We like to follow the 80:20 rule. This basically means 80% of your meals and behaviours follow the guidelines in this document. A simple way is to use the checklist in your journal as guidance. Did you include leafy greens at every meal? Have you had enough water to drink? Did you chew your food and did you consume 75% of your calories before 3.30pm?

If you are following these simple and mindful tools you don't need to count calories or fret over your meals. Remember to keep tuning in. If your previous meal was balanced well for your macronutrient type, you should feel comfortably satisfied for 4 - 5 hours. If you're hungry between meals that's fine. Have a snack and tweak your next meal.

You do not have to get it perfectly right every day. The real benefit of eating real food is that your body will tell you what it needs if you listen.

The other 20% of the time you are free to enjoy foods that might not fit in the BePure Whole Food Eating Guide. Things like alcohol, a special dessert, dinner out with family or going on holiday. For some people it might be a cheeseboard on the weekend, while for others it could be a nice glass of red wine on a Friday night.

An easy way to remember this rule is to think of your week in meals. Over seven days you have three meals per day, so that's a total of 21 meals per week. If you follow the 80:20 rule 17 of your meals should follow the BePure template, while the remaining four meals you can include something a little more indulgent.

This doesn't mean you have to include these food items if you don't want to. A good question to ask is, will this be worth it? Often we eat 'treats' simply because they are there, not because we truly appreciate or enjoy them. If you really enjoy a particular food, opt for the best quality you can afford and truly savour it. There is no need or room for guilt.

## THE "AS GOOD AS THE FIRST BITE" RULE

Another handy tip we use frequently here at BePure is to mindfully eat your food with each bite and stop eating when the food no longer brings as much satisfaction as that first delicious bite or sip. This is key, because often we can start eating a food intending to stop at one item but we eat so quickly we barely taste it and are left unsatisfied. If you are truly savouring each mouthful, you will be able to tell when the food stops being as delicious as that initial bite. Again, this takes practice. If you have been someone who has been on diets or are used to restrictive behaviours it will take some getting used to. Go easy on yourself and remember that you're doing so well. Self-compassion is critical.

We're here to support you in living life at your best.

We hope you enjoy the BePure Whole Food Eating Guide!

If you have any questions or if you need any support, please contact us. We're here to help.

Call 0800 52 54 52 or email [info@bepure.co.nz](mailto:info@bepure.co.nz)

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