

Okay Claudia, a bad day doesn't necessarily mean a bad week, month or year. Is what you do after this bad moment or day. Let's get back up and grab your health by the balls.

The 2 upcoming weeks, these are your 4 action points:

3. FRUIT VARIATION



Try to get more variation in your fruit intake. Don't only go for berries, but also discover other kinds of fruits. If you feel you get bloated from eating an apple, try peeling it see if it's still the case.

4. EAT MORE HEALTHY FATS



We are going to add more good fats in your menu. This way we literally smear your gut and we stabilize your blood sugar. After a dish you will feel longer saturated which will avoid cravings. Add olive oil, avocado, nuts, etc.



Use olive oil for cold dishes. Bij te hoge verhitte komen er namelijk toxische stoffen vrij en dat wil je niet in je lichaam. Vermijd boter. Ze bevatten transvetten en die zijn toxisch voor ons.



For cooking use ghee or coconut oil. Ghee is clarified butter without lactose en thus easy to digest. Always choose the variation in glass packaging. The plastic particles from a plastic pot are absorbed by the fat and we also include that.

5. EAT YO VEGGIES!



Go nuts with your veggies! Eat 2-3 types of vegetables during lunch and dinner. Exaggerate when buying veggies in the supermarket so you have a lot you 'have to eat'. Don't make it too difficult for yourself. Some easy ways just chopping some cucumber, have some cherry tomatoes or make soup upfront.

6. FOOD COMBINATIONS



We are the only species that eat everything at once. But it's honestly a pain in the ass for your digestion system. It slows down your digestion and makes your or your food rots or yeasts in your stomach and gut. This is all waste that is stuck in your gut. With all consequences: bloated, flatulence, constipation, migraine until even alzheimer and other first world-diseases.



The food combinations that digest easily

- fish or meat + vegetables (proteins + veggies)
- cheese + vegetables (proteins + veggies)
- eggs + vegetables (proteins + veggies)
- potatoes, rice, pasta, quinoa,... + vegetables (carbohydrates + veggies)
- cheese + egg + vegetables is also possible (proteins + proteins + veggies)



A few more ideas:

- replace wraps by vervangen door spitskoolbladeren (if you cook the leaves for a short time, they get a weaker and a bit easier to fold)
- replace spaghetti with courgetti
- replace toast with seed crackers (home made)
- veggie spread on your bread (preferably home made)
- cream sauce from cashew nuts, avocado and olive oil instead of a classic cream sauce