



fittea

Nutrition plan





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Before you start

The Fittea Body Detox Program can be combined with your normal nutrition routine.

However, you can improve your weight loss results significantly by following a few simple tips. Our nutrition plan will show you what you should eat and what you should avoid while detoxing.

The Fittea Body Detox goal

The goal of our nutrition plan and the body Detox is to purge your body.

Detoxing is one of the oldest methods to purify your body. A lot of the ingredients of the Body Detox Teas from myfittea.com are being used by the traditional chinese medicine for many centuries already to improve general health. Detoxing is a natural process which clears the human body from toxins.

Detoxing can lead to weight loss. This effect can vary from person to person since every human body is different.

Another positive effect is that detoxing leads to higher general wellbeing. Additional positive effects are: more energy throughout the day, less bloating and flatulence as well as improved stamina, stronger immune system, better skin, better sleep and many more.

Drinks



Water

You should drink a minimum of 1.5-2 liter water throughout the day.

Tip: Add some natural lemon juice to it. This gets you better tasting water as well as healthy Vitamin C. It is very important to drink enough water throughout your Detox.



TEA

Besides our Body Detox Tea from myfittea.com you can drink every other sort of tea as well, as long as you don't add any sugar to it. Drinking additional green tea brings an extra boost to your metabolism.



Coffee

While detoxing with myfittea.com you should try to avoid drinking a lot of coffee. Reduce your coffee consumption to 1-2 cups of coffee per day. Don't worry the Detox Tea will provide you with enough energy.



Juices



Fresh juices can help you with your Detox. You should watch out for extra added sugar or preservatives. Some very good ingredients for green juices are: wheatgrass, seaweed, carrots, beetroot, cucumber, spinach, ginger and parsley.

A healthy fruit juice can contain: oranges, aloe vera, acai and goji berries.

SHAKES & SMOOTHIES



Smoothies as well as protein shakes can easily be consumed while having a Detox.

Tip: Use soymilk: It has less fat than usual milk.

If you need to sweeten your shakes or smoothies you can use stevia. This way you avoid the negative effects usual sugar has on your body.

COCONUT WATER

Coconut water is a natural sports drink. it is high in electrolytes and helps you keep up a healthy digestive system.

It also has, just like any other product which contains coconut, a thermogenetical effect on your body which helps you to lose fat and boost your metabolism.





AVOID
EATING THESE
FOODS

What you should not eat

- **Sugar.**
- **Salt** (only small amounts).
- **Animal fats**, especially beef and pork are high in animal fats.
- **Dairy products**, e.g. butter, margarine, and cheese. *Low Fat Yogurt* is healthy and can be consumed without concerns.
- **White flour products**, e.g. toast, white noodles, white rice. Switch to *whole grain products* like *whole grain noodles* or *Quinoa*.
- **Processed foods**, e.g. canned food, deep frozen food, chips, chocolate, sweets, cake, marmelade etc.
- **Alcoholic drinks.**
- **Soft Drinks**, e.g. Coca Cola, Fanta, Sprite etc.
- **Artificial sweeteners.**

Fats:

- Saturated and Trans Fatty Acids are also referred to “bad” fats because they higher the risk for diseases and have a significant negative effect on your cholesterol level. It is crucial for your results that you avoid both while doing your detox.

Saturated Fats:

- Meat high in Fat like beef and pork
- Whole milk
- Butter
- Cheese
- Ice Cream
- Palm Oil
- Lard and Bacon

Trans Fatty Acids:

- Pastry, e.g. Cookies, Donuts, and Cake
- Snacks, e.g. Chips, Cracker etc.
- Fried foods, e.g. French Fries, Chicken Nuggets or breaded fish
- Sweets

ALTERNATIVES:

- Soy Milk, Rice Milk, Almond Milk instead of Cow's Milk. If it has to be Cow's Milk, choose the low fat alternative.
- Tofu, Chicken, or Turkey instead of pork, beef and Lamb.
- Stevia Powder instead of sugar.
- Olive oil instead of other oils.
- Whole grain products instead of white flour products. Try whole grain noodles, brown rice or Quinoa.
- Lots of fruits and vegetables instead of sweets and snacks.
- Fresh foods instead of processed food.

Grains, Corn & Legumes

You can eat grains, corn and legumes during your Body Detox. Eating e.g. whole grain noodles, millet, quinoa, oatmeal and whole grain bread.

Attention: If your goal is to lose weight, we recommend to reduce these kinds of carbohydrates, especially noodles and bread. Remember to avoid products with a high amount of wheat flour.

Nuts & Seeds

You can eat nuts and seeds e.g. walnuts, pumpkin seeds, sunflower seeds, almonds, chia seeds, and flaxseed during your Detox. However you should not consume too much of these products. While being high in protein, these products also have a high amount of carbohydrates and fat. We recommend about 28g nuts and seeds per day. Alternatively you can consume products which are also high in protein but have less fat and carbohydrates. A few examples can be salmon, chicken or turkey.

Vegetables

Vegetables taste good, are low in carbohydrates but high in vitamins and other essential nutrients. We recommend you to eat a lot of vegetables during your Detox. Especially broccol, carrots, sweetpotato, cauliflower, brussel sprouts, onions, radish, turnip, leeks, leafy greens (such as kale, kohlrabi, dandelion, spinach, bok choy, tatsoi, chicory, cress)

Fruits & Berries

During your Detox it is very important to consume a lot of fruits and berries because they have a lot of necessary vitamins and lots of antioxidants.

Also, they are low in carbohydrates. You should try to consume seasonal fruits from organic farming. Organic farmed products faced less pollutants during cultivation.

Examples for healthy fruits are lemon, lime, grapefruit, apples and pears.

Add berries to your oatmeal in the morning for extra taste and health benefits.

Examples for healthy berries are blackberries, blueberries, goji berries and strawberries.



SUPERFOODS

Black Beans:

- One cup of black beans contains about 15 grams of protein without the unhealthy fatty acids which you can find in other protein sources like beef or other meat.

Kidney Beans:

- Kidney Beans have a lot of healthy proteins and dietary fibres. They also provide you with a lot of magnesium while being very low fat.

Lentils:

- Lentils are a very good source for protein. Just like Black Beans and Kidney Beans they are low in fat but high in dietary fibres.

Chickpeas:

- Chickpeas are another good protein source. Dried Chickpeas should be put in a bowl of water over night before you eat them.

Bananas:

- Bananas are an ideal snack when craving for food. They fill you up quickly, they have a high amount of vitamins and calcium.

Watermelon:

- Watermelons contain an amino acid called Arginin, which helps you losing weight. The Journal of Nutrition stated out that mice which were fed Arginin over a three month period were able to reduce 64 per cent of their bodyfat. Addiotionally the high water amount in watermelons keeps the feeling of being hungry away.

Oatmeal:

- Oatmeal is the ideal breakfast. You can find 4g of dietary fibre and 6g of protein in every cup of oatmeal. You should eat the oatmeal with low calorie soy or almond milk. The good carbohydrates provide you with a lot of energy throughout the whole day.

Avocado:

- Along with olives, avocados belong the fruits with the highes amount of fat. However avocados have a very high amount of omega-3 fatty acids which are very healthy and can be consumed without hesitation. Addiotionally avocados contain many essential vitamins like Vitamin A, Alpha-Carotin, Beta-Carotin, Biotin and Vitamin E.

Salmon:

- Salmon contains a lot of healthy omega-3 fatty acids, and is also high in protein. Omega-3 fatty acids boost your metabolism and let you lose weight faster. Omega-3 fatty acids have a positive effect on your heart muscles and reduce the risk of other illnesses like depression or arthritis.

Raspberry:

- Raspberries provide you with a high amount of antioxidants, vitamins and dietary fibre. They are perfect to sweeten your oatmeal in the morning.

Blueberries:

- Blueberries are well known for their anti-aging effects. Blueberries are low in calories. They provide you with a high amount of antioxidants, vitamins and dietary fibre.

Broccoli:

- Broccoli is a real nutrient-BOMB. Broccoli is high in magnesium which is very important for your metabolism, muscles and also your heart. Additionally the amount for the dietary fibres which are important for the intestinal is very high. Broccoli contains a lot of vitamin c and is the vegetable with the highest amount of protein.

Brown Rice:

- Brown rice is a good alternative to white rice. Its amount of dietary fibres is higher and one cup of brown rice contains about 1,7g of starch, which boost your metabolism and weight loss.

Eggs:

- Louisiana State University studies say that people who eat one egg for breakfast feel better and less hungry throughout the day. Eggs are high in vitamin D and B12. One egg covers a third of the daily requirement of these vitamins.

Green Tea:

- Green tea is ideal while being on a diet. Green tea has zero calories but a lot of antioxidants. A Penn State University study shows that mice which consumed EGCG, a compound in green tea, gained less weight than mice which did not consume EGCG.

Greek Yogurt:

- Compared to conventional yogurt, greek yogurt contains about twice the amount of protein. Additionally greek yogurt contains the following healthy nutrients: calcium, magnesium, phosphorus and potassium. All of these nutrients are good for healthy bones.
Tip: Choose the low fat alternative.

Pear:

One pear contains 15% of the daily requirement of dietary fibres.

Studies show that women who consume three pears a day, lost more weight than other women.

Tip: Most of the vitamins and nutrients in fruits are within or around the peel, we recommend you to not skin the fruits. To avoid toxic pesticide pollution you should try to consume many organic fruits.

Grapefruit:

Grapefruit tastes very good and consists of 90% water.

That means that you should feel full quicker but simultaneously reduce your calorie intake. This is one of the main reasons why grapefruits are ideal for a detox diet.

Additionally grapefruits are high in vitamin C, which strengthens the immune system. This leads to a healthier life with less illnesses.

Another interesting fact: A study in the journal of medicinal food shows that people who consumed half of a grapefruit before their meal, lost 3.6 pound more than people who did not consume half of a grapefruit before their meal.

Quinoa:

- Quinoa is one of the best vegetable protein source in the world and it contains all nine of the essential amino acids. The richness in minerals in quinoa is enormously higher than in other types of grains. Additionally the delicious quinoa grain is glutenfree and makes you happy: Quinoa contains a lot of tryptophan. Tryptophan is an amino acid which is necessary for your brains activity to produce serotonin, a hormone which is responsible for happiness.

Apples:

- Apples contain a lot of healthy vitamins and antioxidants. It is also scientifically proven that people who eat an apple before meal eat less and therefore lost weight faster. You should try to eat organic apples to avoid pesticide pollution on the peel.

Cabbage:

- Cabbage tastes good and contains a lot of iron and calcium. Additionally Cabbage is low in calorie and contains many dietary fibres which are essential for a healthy nutrition.



RECIPE IDEAS

Breakfast:

- Oatmeal or 5-corn-flakes with soy or almond milk and blueberries or raspberries. Use stevia powder for additional sweetening.
- Greek low fat yogurt with additional banana, strawberries and grapes or cherries.
- Breakfast Smoothies. E.g. Greek low fat yogurt with berries, bananas and maple syrup. You can also add a bit cocoa powder.
- Two boiled eggas with two slices of whole-grain bread and turkey breast.
- Omelette with three egg and onion. Served with two slices of whole-grain bread.

Lunch:

- Green salad with olives, tuna and pumpkin seeds. You can use pumpkin seed oil and vinegar for the dressing
- Quinoa salad with lemon juice, pine nuts, caraway and parsley
- Sushi.
- Vegetable-, Lentils-, or Bean-soup.
- Whole-grain noodles with organic tomato sauce.
- Beetroot salad.
- Salmon with green asparagus and brown rice.

Dinner:

- Fried vegetables with brown rice.
- Caesar Salad with fried chicken.
- Vegetarian vegetables-or lentils-soups.
- Garden rocket salad with cherry tomatoes and tuna.
- Whitefish with braised vegetables and rice.

Snacks:

- Apples
- Bananas
- Pears
- Nuts
(only one handful)
- Carrots
- Kohlrabi
- Cherries



TIPS

Tips:

- For optimal results this nutrition plan should be combined with the Body Detox Tea from www.fittea.eu. Drink one cup of the Body Detox Tea to start your day right.
- Sleep at least 8 hours every day.
- Be active and use Fitness-Apps to track your own movements.
- Try to meditate for 15-20 minutes every day. You can try calm.com oder the headspace App.
- Drink at least 3 litres of still unsweetened water every day.
- You should work out 3-4 times every week. Try Jogging or going to the gym.