



2 Day Guide: Low Polyunsaturated/Moderate Protein/Moderate Fat

IMPORTANT: This document is general advice only and you should consult your healthcare professional before acting on any advice covered in this document

Day 1

Breakfast: Orange juice (freshly squeezed if possible)

Snack: Raw carrots with cream cheese

Lunch: Cheese and dried fruit

Snack: Rice cream (fresh cream, cooked white rice, sugar)

Dinner: *Lamb stew with potatoes, onion and carrot (30 mins prep, 3 hours to cook)

1. Gather a saucepan and a large pot that has a lid.
2. Use the saucepan to lightly brown some lamb chops or lamb forequarters on **medium** heat just until they are lightly seared, then set aside on a plate for the time being.
3. In the same saucepan keeping the oil, add the quartered onions and cook on **medium** heat until lightly brown, then place to the side.
4. Take out the large pot and add the lamb, onions, potatoes, and carrots.
5. To the best estimate you can make based on the contents of the pot (**not the actual height of the pot**), pour in water to approximately halfway of the contents only
6. Cook on **medium/high** heat to bring to boil (around 15 minutes)
7. Once boiling, reduce heat to **low**
8. Place the lid on the pot and heat for 3 hours. Season with salt and pepper if desired *use leftovers for lunch

Day 2

Breakfast: Oats (well cooked) with sugar or maple syrup

Snack: Plain Greek Yogurt and berries

Lunch: *Lamb stew (from last night)

Snack: Plain ice cream and berries

Dinner: White fish with well cooked vegetables (Brussel sprouts and carrots) and rice (garlic and soy sauce as condiments)

Tips:

- ① Avoid going long periods without food or drink throughout the day (have something every couple of hours)
- ② Eat until you are satisfied
- ③ Aim to purchase organic where possible and if your financial budget can accommodate
- ④ Had success and want to take it to the next level? Would you benefit from someone to help keep you on track? Reach out for help if needed via healthreversion.com