



Aloe Ferox®

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Back by
popular
demand!

EAT yourself SLIM

Hunger-free
Banish cravings
Reduce appetite
Never count calories
Stop food addictions
No willpower required



The weight-loss plan to help you stay slim and healthy.



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The Aloe Ferox edge in weight loss

Aloe Ferox offers a range of products assisting in weight-loss. Some of these products actively help with dieting, while others provide nutrients that build and sustain your body to overcome cravings and blood-sugar fluctuations, which so often riddle our paths towards successful dieting.



APPETITE CONTROL capsules contain three special herbs, complementing one another to assist in losing and controlling weight. These herbs have been proven scientifically to ¹promote weight loss, ²suppress appetite, ³normalise blood- sugar levels and ⁴increase energy levels.

Take 1-2 capsules before and between meals or when needed.



FABULOUS FIBRE BITTER tablets/capsules may be beneficial for the digestive function, constipation, metabolic balance, immunity, detoxification and food tolerances.

Take ½-3 tablets/capsules daily.



ALOE FEROX JUICE is useful in the prevention of body fat retention because it may have a beneficial effect on: the digestive function, absorption of nutrients, blood-sugar balance, appetite balance, immunity, food tolerances and proper circulation. Fluctuations in blood-sugar levels are often the cause of continuous hunger and overeating. This health drink is well-known for its ability to stabilise blood-sugar levels.

Take 15ml-75ml before or with meals.



BODY BASICS capsules contain minerals and B-vitamins essential for energy and the cardiovascular system. In a test group using *BODY BASICS* as a daily supplement it was found to have appetite suppressive effects.

Take 2-3 capsules 2 times daily with meals.



OMEGA-3 capsules contain omega-3 essential oils, which are good for metabolic balance and fat-burning.

Take 1-2 capsules daily.



CIRCULATE-IT capsules may play a beneficial role in the fight against cellulite, have anti-oxidant properties and may be good for proper circulation.

Take 1-3 tablets daily.

Is this you?

1. Are you overweight despite the fact that you don't eat that much?
2. Do you have an inexplicable obsession with food?
3. Do you suffer specific symptoms of ill health that lessen as soon as you eat? Symptoms such as: irritability, inexplicable drops in strength and stamina, bouts of fatigue, mood swings, difficulty in concentrating, sleep difficulties, anxiety, sadness, depression, dizziness, trembling, palpitations, brain fog, loss of mental sharpness.
4. Do you have a single food or beverage you feel you could not do without?

These factors all indicate a metabolic carbohydrate disturbance. This weight-loss plan offers you a metabolic advantage. 90% of overweight people in the world are carbohydrate sensitive – often they are true carbohydrate addicts. Much of the desire and craving for carbohydrate food is actually metabolic addiction.

What are carbohydrates?

Food is divided in 3 basic categories – proteins, fats and carbohydrates.

Proteins	Fat	Carbohydrates
Found in meat, fish, fowl, eggs, cheese, nuts, seeds, beans, etc.	Exists almost in all animal foods and in many vegetables.	Exist in all vegetables, fruits, starches, grains and sugar.

There are 2 types of carbohydrates: *complex* carbohydrates and *simple* carbohydrates.

Simple carbohydrates	Complex carbohydrates
<p>Simple carbohydrates are the sugars found in fruit, milk, honey, etc. as well as refined foods like cane-sugar, white flour, white rice, etc. which have no nutritional value and are directly harmful to health and folly for the waistline.</p> 	<p>Complex carbohydrates are the healthy ones. They include unrefined, unimproved and unmanufactured fresh food like most vegetables, nuts, seeds, pulses, fibre, some grains and starches, and fruits.</p> 

Food digestion and absorption

Somewhere between the chewing and excretion of food, your body absorbs certain substances from food, mostly across the surface of the small intestines. At that moment, the food is actually entering your bloodstream for use.

1	2	3
From carbohydrates, your body absorbs glucose (sugar).	From fats your body absorbs glycerol and fatty acids.	From proteins your body absorbs amino acids.

Your body is an energy machine, never resting, always metabolically active – and it powers its operations mainly (but not only) through glucose (sugar) in the blood. Your body obtains its principle supply of fuel, glucose (sugar), by eating. Obviously, if you eat a lot of carbohydrates, you will produce a lot of glucose in your blood, which will cause your blood-sugar to rise.

What is wrong with carbohydrates?

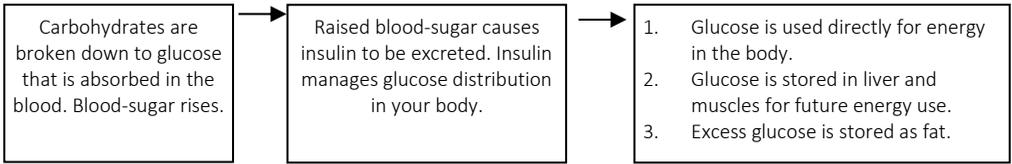
Your body’s capacity to deal with unrefined (complex) carbohydrates as they occur in nature is quite adequate. Complex carbohydrates have a slow digestion rate and when absorbed into the bloodstream, your blood-sugar stays between the normal levels (see graph on following page).

Your body’s capacity to deal with refined carbohydrates, which produce an excess of quick-energy, is pretty poor. Digestion of refined carbohydrates is too fast and glucose enters your bloodstream too rapidly. This causes a sharp, fast rise in your blood-sugar (*hyperglycaemia*) and plummets to a low point (*hypoglycaemia*) thereafter. When this happens repeatedly you may experience some of the following health problems:

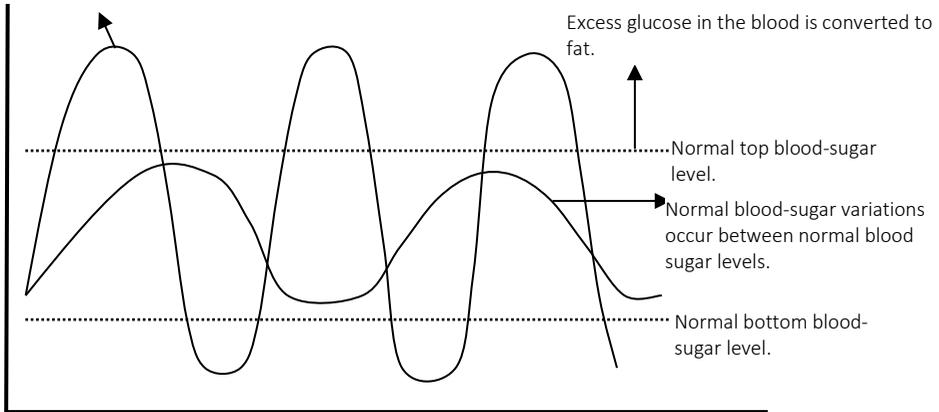
Low blood-sugar – hypoglycaemia:	High blood-sugar – hyperglycaemia:
Irritability, aggressive outbursts, palpitations, lack of sex drive, crying spells, dizziness, anxiety, confusion, forgetfulness, inability to concentrate, fatigue, insomnia, headaches, nausea, muscle cramps, excess sweating and excessive thirst.	It promotes obesity, diabetes, arteriosclerosis, hypertension, cardiovascular conditions, high triglyceride levels, cholesterol, lowered immunity, vision damage, “wear and tear” of body organs.



How eating carbohydrates influences your blood sugar



Sharp fluctuations of blood-sugar exceed normal blood sugar levels – caused by *refined* carbohydrates or *too much* carbohydrates in a diet.



Overweight caused by a disturbed carbohydrate metabolism involves insulin.

The fat-producing hormone: Insulin

What is insulin? It is an essential hormone in your body that controls blood-sugar. It controls the use, distribution, and storage of glucose. Insulin governs the basic mechanism by which your body stores fat, therefore it is called the “fattening hormone”. The insulin hormone is the single most significant determinant of weight.

How does insulin operate? As the glucose level in your blood rises, insulin rushes forth and converts a portion of that glucose to glycogen which is then stored in your muscles and liver and readily available for energy use. If all your glycogen storage areas (liver and muscles) are filled, and there is still more glucose in your blood, beyond that which your body needs to function, insulin will convert the excess glucose to fatty tissue. That is why insulin is called the fat-producing hormone.

Carbohydrates stimulate insulin activity. Restricting carbohydrates (especially the refined ones) from your diet can circumvent the overstimulation of insulin which leads to a metabolic defect. Carbohydrates are the food subdivision that cause you to be fat.

What is the comparison between this diet and the Banting diet?

Banting is a low-carbohydrate, high-fat diet. The focus is on increasing fat and decreasing carb intake in your diet. Your protein intake should be moderate, no sugar and no grains of any kind is allowed. Fructose (fruit sugar) is perceived to be 'good sugar' but for a *Banter* there is no such thing.

The Atkins-based diet in this booklet closely resembles that of the Banting diet, though this diet does allow some fruit in moderation.

Start the process of losing weight (burning fat)

Prevent your body from producing glucose that is provided by the food you eat, i.e. carbohydrates (refined as well as unrefined). The more the carbohydrate intake, the less your body loses fat.

Your body needs fuel for bodily functions, but does NOT need to get it from the diet. Instead, your body should obtain it from its own fat stores. That means burning stored fat and using it as the source of body fuel. Fat burning will start once your carbohydrate-intake level is lower than 40g a day.

Your body has two consumption fuel-delivery substances:

1	2
Carbohydrates in the diet produce glucose. Your body is in " <i>glucose-burning mode</i> " when it uses carbohydrates in food as the source of fuel.	Your body's stored fat produces fat-burners. Your body is in " <i>fat-burning mode</i> " when it uses its own body fat as source of fuel.

If your body is not in *fat-burning mode*, it is in *glucose-burning mode* and cannot burn stored fat.

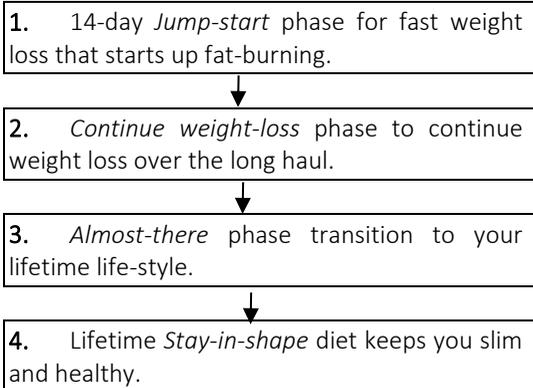
Burn stored fat

By preventing your body from producing fuel from carbohydrates in your diet, it is forced to look for fuel elsewhere – in stored fat. Your body prefers to use carbohydrates from the diet, because converting carbohydrates to energy is easier than converting fat to energy. The only way to convince your body to rather use stored fat is to withhold its carbohydrate supply. In the absence of carbohydrates, your body has no choice but to burn its own fat. If your carbohydrate consumption is lowered to a level that cannot finance your body's energy expenditures, it must burn its stored fat. Your body then converts from a carbohydrate-burning engine into a fat-burning engine.

The *fat-burning mode* uses up your body's stored fat in the very way nature intended it to be done.

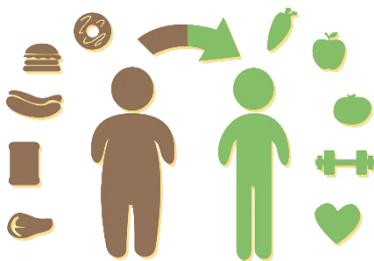
The diet that promotes fat-burning

The following 4-stage low-carbohydrate diet will help you to overcome your disturbed carbohydrate metabolism and lose weight:



Benefits of the diet

- ✓ **Health promoting.** Hypoglycaemia, yeast infections, food allergies/intolerances, hypertension, diabetes and cardiovascular conditions respond to this diet. Excellent kidney function. Normalizes uric acid levels, blood glucose and insulin levels, triglyceride levels, and cholesterol levels. A variety of nagging minor physical ills, from headaches to body aches will improve.
- ✓ **High-energy diet.**
- ✓ **Nature's diet.** This diet constitutes natural, unrefined, whole food full of nutrients.
- ✓ **Hunger-free diet.**
- ✓ **Decreases appetite and cravings.**
- ✓ **Maintains steady weight-loss.** Water loss is only a very small part of the total weight-loss. With a low-carbohydrate-fat-burning diet virtually no lean tissue is lost, only fat tissue.
- ✓ **Helps break other addictions** including alcohol, cigarettes, opiates, and other illicit drugs.
- ✓ **Nutritional deficiencies clear up.**



14-day Jump-start phase

1 Start fat-burning in your body by the 14-day *Jump-start* diet. *Fat-burning mode* jump-starts your body's chemistry into fat mobilization.

The 14-day *Jump-start* diet:

- Switches your body from a carbohydrate-burning to a fat-burning metabolism.
- Stabilizes the blood-sugar.
- Stops cravings.
- Breaks addictive eating patterns.

Rules of the 14-day Jump-start phase

- The diet must contain no more than 20g of carbohydrates a day (3 cups of salad vegetables or 2 cups of salad vegetables & $\frac{3}{4}$ cup of cooked vegetables). See "Carbohydrate Counter table" on page 11.
- Eat as much as you like from the free foods (see table on following page). Don't allow yourself to become hungry and frequently eating smaller meals are preferable. Also, don't be afraid of (natural) fat, because it induces more fat-burning than protein. However, avoid trans fats.
- Nutrient supplementation (*BODY BASICS* and *OMEGA-3*) maximizes your body's ability to function optimally as a fat-burning unit.
- Avoid bread, grains, starchy vegetables, milk, yogurt, fruit, fruit juices, diet products (they contain carbohydrates), chewing gum, cough syrups and cough drops as well as stimulants like coffee, tea, chocolate and alcohol, which also cause a sharp rise in blood-sugar.
- The 14 day *Jump-start* phase is not appropriate for pregnant women and people with severe kidney disease. Using diuretic, anti-diabetes or insulin medication in conjunction with this diet may produce a dangerous overdose, because this phase in itself is a potent diuretic. These medications should be decreased in consultation with a doctor.

What is trans fat?

Trans fats are produced when poly-unsaturated vegetable oils, like sunflower, corn, safflower, peanut, etc. are processed chemically to make them solid or lengthen its shelf life. The foods you have fried in, or baked with these oils are far more fattening and unhealthy than food fried in saturated fats such as tallow or palm oil. Trans fats are found in many deep-fried & baked foods and margarine.



Free foods are all pure proteins like meat, fish, fowl, eggs and cheese.
All pure fats like vegetable oils (if labeled 'cold pressed'), salmon oil, butter, cream, sour cream.
All combinations of protein & fat.



Salad vegetables: lettuce, mache, celery, romaine, bok choy, jicama, escarole, chives, potato, arugula, parsley, alfalfa sprouts, endive, cucumber, mushrooms, radicchio, radishes, morels, chicory, fennel, olives, sorrel, peppers, daikon.



Salad dressing: use your desired oil plus vinegar or lemon juice and spices.

Other vegetables containing 10% carbohydrates or less: asparagus, scallions, snow pea pods, string or wax beans, leeks, sauerkraut, cabbage, spinach, collard greens, beet greens, summer squash, dandelion greens, cauliflower, zucchini squash, christophene, chard, okra, broccoli, eggplant, pumpkin, broccoli rabe, kale, turnips, spaghetti squash, avocado, celery root (celeriac), tomato, bamboo shoots, brussel sprouts, onion, bean sprouts, artichoke hearts, rhubarb, water chestnuts, hearts of palm.



Beverages: water, decaffeinated coffee or tea, herb tea (NO barley, dates, figs, sugar), clear broth/bouillon, cream, diet soda (keep quantities low), iced tea with artificial sweetener (keep quantities low). Artificial sweeteners tend to slow down your body's metabolism.



The clear basis for going on this strict 14-day *Jump-start phase* is to force your body into the *fat-burning mode*. After you've used up your 48-hour supply of carbohydrates (glycogen) you will almost certainly enter the *fat-burning mode*.

After the 14-days, you shouldn't increase carbohydrates too much and fall out of the effective state of fat-burning. One meal can destroy your weight-loss program for the day and set it back for the week. This diet is a major lifestyle change. You have this comfort, human beings are remarkably adaptive, and, in as little as a week, your tastes will start to change. Willpower is not required on this diet, only the wisdom to put yourself into a position where you won't be needing willpower. Make it easy on yourself.



Carbohydrate Gram Counter

Food Gram carbohydrate					
Milk Products, 1 cup		Cheese 25g		Soups 1 cup	
Milk whole	11.0	Cheddar	0.6	Chicken Consommé	1.9
Cream light, 1 tbs	0.6	Swiss	0.5	Cream of chicken	14.5
Cream sour, 2 tbs	1.0	Cottage fat-free 1 cup	10.0	Chicken Gumbo	7.4
Cream heavy, 1 tbs	0.5	Cottage whole 1 cup	8.0	Cream of mushroom	16.2
Soy milk unsweetened	13.0	Cream cheese 2 tbs	1.0	Turkey rice	10.0
Plain yogurt skim	13.0	Camembert	0.5	Vegetables, 1 cup	
Plain yogurt whole	12.0	Feta	1.0	<i>Asparagus 4 spears</i>	2.2
Nuts, 25g		Muenster	1.0	Beans green boiled	6.8
<i>Almond paste</i>	14.5	Provolone	1.0	Beans yellow boiled	5.8
Almonds	5.5	Grains, Bread 1 slice		Beans wax boiled	5.8
Brazil	3.1	<i>Pumpnickel bread</i>	17.0	Broccoli	8.5
Cashews	8.3	Whole wheat bread	11.0	Brussels sprouts	9.9
Coconut	4.3	Bagel	30.0	Cabbage	6.2
Hazelnuts (filberts)	4.7	Corn muffin	20.0	Carrot 1	7.0
Macadamia	4.5	Pancake	17.4	Cauliflower	5.1
Peanuts	5.4	Frozen waffle	29.0	Celery 1 stalk	1.6
Peanut butter, 1 tbsp.	3	Rice cooked 1cup	49.6	Corn 1 ear, 15 cm	16.2
Pecans	4.1	Rice puffed 1cup	11.5	Coleslaw	8.5
Pignolia	3.3	Noodles cooked 1cup	37.3	Cucumber sliced	3.6
Pistachio	5.4	Oatmeal cooked 1cup	27.0	Dandelion	6.7
Pumpkins seeds	4.2	Farina 1cup	22.0	Endive	2.1
Sesame seeds	1.4	Popcorn popped 1cup	5.0	Kale	6.7
Walnuts	4.2	Fruit, 1 cup		Lettuce Boston	1.4
Herbs, 1tsp		Apple medium 7cm	20.0	Lettuce Iceberg	1.6
Allspice	1.4	<i>Apple sauce</i>	26.4	Mushrooms	3.1
Basil	0.9	Apricots 3 fresh	13.7	Mustard greens	5.6
Caraway	1.1	Avocado	13.0	Okra	9.6
<i>Celery</i>	0.6	Banana 1	26.4	Onion	14.8
Cinnamon	1.8	Blackberries	18.6	Parsley 1tbs	0.3
Coriander leaf	0.3	Blueberries	22.2	Parsnips	23.1
Dill seed	1.2	Raspberries	21.0	Pears cooked	19.4
Garlic clove	0.9	Strawberries	12.5	Peppers green	7.2
Saffron	0.5	Cantaloupe ½melon	20.4	Peppers red dried 1tsp	1.4
Thyme	0.9	Cherries	20.4	Potato baked, 1	32.8
Tarragon	0.8	Grapefruit pink ½	10.3	Potato salad	33.5
Vanilla	3.0	Grapes 10	9.0	Pumpkin 100g	7.0
Ginger root fresh 25g	3.6	Lemon	6.0	Radish large, 10	2.9
Ginger root ground	1.3	Lemon juice	19.5	Spinach summer	6.5
Beans, cooked 1 cup		Olive green pitted	2.5	Spinach winter	25.5
Navy	40.3	Peach 6cm	9.7	Squash summer	6.5
Black-eyed	38.0	Pear 9cm	31.0	Squash winter	25.5
Split peas	41.6	Pineapple	21.2	Sweet potato baked 1	37.0
Lima	33.7	Plum 1 medium	17.8	Tomato raw 6cm	5.8
Red kidney	39.6	Prunes 1	5.6	Tomato cooked	13.3
Soy beans	19.4	Honeydew	13.1	Tomato juice	10.4
<i>Tofu/bean curd</i>	2.9	Kiwi 1 medium	9.0	Turnips cooked	11.3

Protein	Papaya 1 medium	30.4	Turnips greens	5.2
Fish, poultry	0 Mango	27.7	Fats / oils	
Meat, eggs	0 Orange 1 medium	16.0	Olive, sunflower, etc.	0

Unpleasant symptoms?

Withdrawal symptoms ranging from fatigue, faintness and palpitations to headaches and cold sweats may occur and be completed within 3 days. Common offenders are caffeine, sugar, chocolate, wheat and refined foods capable of quickly changing blood-sugar levels. Constipation: if you are constipated, you'll find an improvement as your body learns to adjust to the diet. Use *FABULOUS FIBRE BITTER* to stimulate bowel movement.

Why supplement?

Supplementation can be extremely helpful in improving metabolism, maintaining a stable appetite, eliminating cravings, detoxifying your body and generally getting the body into optimum health by restoring balance throughout the body. If you were on low-fat diets, you'll have to make up for possible deficiencies of essential fatty acids, fat-soluble vitamins A, D, E & K, several minerals and often vitamin B₁₂. If you've been bingeing on junk food (sugar & flour), your body is possibly depleted of chromium, zinc, manganese, magnesium, vitamin B₆ and folic acid among others. *BODY BASICS* is a comprehensive supplement that contains Aloe *ferox* and 25 vitamins & minerals. *OMEGA-3* contains omega-3 essential fatty acids.

Is exercise really necessary?

Exercise really ought to be part of any diet program. Exercise reduces the output of insulin, the "fattening hormone". Water intake must be at least 8 glasses daily. Water is involved in every bodily process including digestion, absorption, circulation and excretion.

Continue-weight-loss phase

2 You are now ready to get on with the *Continue-weight-loss phase*. An increase of 5 daily grams is recommended per week of the diet.

If you strictly followed the 14-day *Jump-start phase* and haven't lost any weight, please page on to the section "Treating extreme metabolic resistance".

Remember, it is physically impossible to lose more than 900g of body fat in a week. Almost 25% of weight loss can comprise of water, bone, muscle and other lean tissue on rapid weight loss diets. Real and permanent weight loss has to be gradual and takes time.

Example:

Weeks 1 and 2: The diet must contain no more than 20g of carbohydrates a day.

Week 3: You may increase your daily carbohydrate intake with 5g from 20g to 25g. Weigh yourself at the end of week 3.

Did you lose any weight?

YES

NO



Week 4:

You may increase your daily carbohydrate intake with 5g from 25g to 30g.	Return to 20g carbohydrate intake daily and persevere until you have only 2-5kg to lose – 20g is your critical carbohydrate intake. Stick to this level for the rest of the Continue-weight-loss phase.
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Weigh yourself at the end of week 4.

Did you lose any weight?

YES

NO



Week 5:

You may increase your daily carbohydrate intake with 5g from 30g to 35g.	Return to 25g carbohydrate intake daily and persevere until you have only 2-5kg to lose – 25g is your critical carbohydrate intake. Stick to this level for the rest of the Continue-weight-loss phase.
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Weigh yourself at the end of week 5.

Did you lose any weight?

YES

NO



Week 6:

You may increase your daily carbohydrate intake with 5g from 35g to 40g.	Return to 30g carbohydrate intake daily and persevere until you have only 2-5kg to lose – 30g is your critical carbohydrate intake. Stick to this level for the rest of the Continue-weight-loss phase.
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Continue in this way until you have reached your personal critical carbohydrate level. Persevere at this level for the rest of the *Continue-weight-loss phase*.

Almost-there phase

3 Advance gradually to your *Stay-in-shape phase* when you have only 2-5 kg left to lose. Increase carbohydrates until you're losing less than ½ kg a week. By the time you reach the perfect weight, you'll be on the *Stay-in-shape phase*.

Be careful: The following Stay-in-shape phase is still strict. Without *fat-burning mode* the advantage of appetite suppression will be gone. This will leave you vulnerable to cravings. A proper lifetime diet involves using all 4 of these phases when appropriate.

Stay-in-shape phase

4 This diet is a lifetime commitment to a different way of eating. Do not rush back to your former eating patterns. Maintain the level of unrefined carbohydrate consumption you feel best on.

Don't reactivate your addictions. When your body absolutely roars with anxiety and passion for a certain food, you've activated an addiction, just like an alcoholic. It's physical, it's chemical, and that's precisely why you must avoid it. If those carbohydrate cravings return, you can cure them with several days of the 14-day *Jump-start* dieting.

Adapt your eating to your metabolism for the rest of your life. Your metabolic tendencies are never cured. You do have and will always have a metabolic tendency to overweight. The problem with a disturbed metabolism will not go away because you have taken a nutritional path that circumvents it. If you go back to eating the way you once did, or even partly do so, it could trigger a cycle of addictive eating behaviour and you will start gaining weight again.

The diet ought to be hunger-free. Unrestricted eating of free foods (protein & fats) is recommended.

Build good eating habits into your lifestyle. Cut sugar out of your lifestyle. When eating carbohydrates, choose the complex ones – unrefined, unmanufactured, unimproved and 'unenriched'. Avoid refined carbohydrates - they stimulate insulin activity.

Never ignore a craving. Your craving was most likely triggered by a fall in blood glucose and your body perceived a need to break the falling glucose level and gave a signal that sugar, such as sweets were needed. Your strategy must be to eat something else – rich food with protein and fat and with little or no carbohydrates. This will stabilize your blood glucose and all the other constituents that give rise to the craving signal. Presto! No more craving. The best foods are nuts (especially macadamias), cheeses (especially cream cheese), avocado or heavy cream. Prevent cravings and eat small frequent meals no more than 3 hours apart. It stops the blood-sugar level from dropping. *APPETITE CONTROL*, *ALOE FEROX JUICE* and *FABULOUS FIBRE* help maintain blood-sugar balance.



Eat less and often (3-hourly). Food digestion increases metabolic rate. Even after just 5 hours without food the body starts to believe it is being starved and will decrease its metabolism. When the body is in fasting mode, it is more likely to store fat rather than use it. *ALOE FERROX JUICE* and *FABULOUS FIBRE* help enhance a 'full' feeling and can be taken every 3 hours.

When you find that you are 2 kg or more over your ideal weight, go straight back to the 14-day *Jump-start* phase of the diet.

What is a craving?

A craving is a need, not a greed. It is a biochemical urge that is very, very difficult to control. Your body is demanding a particular type of food, usually sugar, because it has a need to raise its blood-sugar level and when your body has a need, it certainly lets you know. Change your biochemistry so that your body does not have such uncontrollable needs. Do this by what and when you eat.



Treating extreme metabolic resistance

Metabolic resistance is the inability to lose weight or to continue to lose weight until a reasonable goal weight is reached on either a 25-gram carbohydrate diet or a diet containing 1000 calories. Possible causes are:

- 1. Medications** such as psychotropic drugs, hormones and steroids, many anti-arthritis medications, diuretics, cardiovascular medications, insulin and oral anti-diabetics.
Solution: For each medication grouping, there is an effective nutritional alternative. The technique is the gradual replacement of the suspect drugs with the nutritional protocol (diet & supplements) that can adequately substitute them. This requires a nutrition-orientated professional with experience.
- 2. Underactive thyroid.** Thyroid hormones help control the speed of fat-burning.
Solution: The administration of your corrective dose of thyroid hormones by your doctor is very likely to correct your metabolic resistance. *ALOE FERROX JUICE* and *FABULOUS FIBRE BITTER* help maintain the wellness of the thyroid.
- 3. Too many carbohydrates** added after the 14-day *Jump-start* phase.
Solution: Return to the 14-day *Jump-start* phase.
- 4. Not enough fat** in the diet.
Solution: Try foods with a high fat-to-protein ratio. Fat induces much more fat-burning than protein. 58% of all protein will become glycogenic amino acids, i.e. convertible to glucose. Only 10% of fat will become glucose.
- 5. Too much artificial sweetener**

Solution: Cut out artificial sweeteners, they tend to slow down metabolic rate.

- 6. Yeast infections** affect the metabolism in many often-unpredictable ways of which most tend toward the addition of weight. It also contributes to symptoms attributed to hypoglycaemia and contributes too much of food intolerances.

Solution: Avoid cheese, mushrooms, vinegar and other fermented condiments, yeast containing vitamins, wine, beer, bread and baked foods. A diet high in refined carbohydrates stimulates overgrowth of candida. Sugar is the major growth factor for yeast. Stay away from ice cream, candies, cakes, corn syrup, fructose, maple syrup, molasses, fruit juice, lactose in milk, refined carbohydrates such as starches, white flour, white rice, pasta, etc.

Strengthen your immune system, cleanse your bowel, and treat your allergy to yeast. *ALOE FERROX JUICE* and *FABULOUS FIBRE BITTER* are good for immunity. A strong immune system effectively fights fungi.

- 7. Food intolerances:** if you cannot achieve weight loss results with this diet, recognize your individual food intolerances and eliminate them.

Solution: The foods to which people most commonly prove intolerant are grains (corn, wheat, oats and rye), soy, milk, cheese, brewers and baker's yeast, and eggs. Perhaps the first and most basic principle of food allergy is that the foods you eat and love the most will usually be part of your problem. The problem with food intolerances is that we actually become addicted to the very foods we're intolerant to. You will suffer unpleasant withdrawal symptoms when you quit. The general rule is that after 2-5 days, the withdrawal symptoms will cease. Discover your food intolerances by going on a rotation diet in which you avoid the repeated consumption of anything. *ALOE FERROX JUICE*, *FABULOUS FIBRE* and *FABULOUS FIBRE BITTER* help maintain the body's tolerance toward several foods such as dairy and wheat.

- 8. Nutrient deficiencies:** A nutritional shortcoming may contribute to metabolic resistance.

Solution: Certain nutrients are extremely helpful to maximize the body's ability to function optimally as a fat-burning unit. It may help break plateaus. *BODY BASICS* and *OMEGA-3* contain a comprehensive amount of nutrients such as vitamins, minerals and essential fatty acids.

- 9. Infrequent eating**

Solution: The body's *metabolic rate increases* during the digestion of food. This is why it is so important to eat OFTEN but little. As said, even after just 5 hours without food the body will decrease its metabolism. If the body is in fasting mode, it is more likely to store fat rather than use it. *ALOE FERROX JUICE* and *FABULOUS FIBRE* help enhance a 'full' feeling and can be taken every 3 hours.

- 10. No exercise**

Solution: Exercise increases metabolic rate. Long duration, low impact exercise, such as walking or swimming, has a greater benefit on weight loss than short duration, high impact exercise, such as jogging or aerobics. Exercise for 30 minutes 5 days a week.

For the hardest of hard-core metabolic resistance: Fat Feast

The Fat Feast is only for a person who has demonstrated inability to lose on the 14-day *Jump-start* diet. Increase the fat content of your food to 90% fat; decrease protein to 15g protein and carbohydrates to 10g daily.

Benefits of fat

- Fat satiates the appetite.
- Fat is the only one of the 3 food categories that can stabilize blood-sugar.
- Fat stops carbohydrate craving.
- Fat, in the absence of carbohydrates, accelerates the burning of stored fat.

Try the following for 2 days directly after the 14-day *Jump-start* diet. Divide your daily food allowance into 5 feedings, e.g. 7am, 11am, 3pm, 7pm, and 11pm. A feeding may consist of any one of the following:

- 25g macadamia nuts.
- 55g cream cheese.
- 55g sour cream, 1-tablespoon caviar, 2 divided egg halves.
- 55g chicken/egg salad with salad dressing.
- 25g of the above in half an avocado.

The rest of your diet should consist of calorie-free beverages. Water and herbal teas should be taken liberally (no barley, figs, dates, honey, etc.).

Use this diet only for brief intervals of less than 5 days. This diet is deficient in protein and is therefore not suitable for long-term use, unless amino acid supplements are taken. Use vita-nutrients liberally. As a general rule, only a small percentage of dieters should be on a high-fat diet. Exercise is absolutely essential for those with high metabolic resistance.

Hints for food preparation

Try different methods when you prepare your food. Take Broccoli as an example: Add the broccoli florets to boiling water. Don't overcook the broccoli. It should be crispy. Sprinkle it with fine nutmeg. Microwave for 10min on high power in a dish with a lid. Add salt and flavouring afterwards. Cook/microwave broccoli, brussel sprouts, cauliflower, cabbage and/or red cabbage together. Cheese, which is grated over broccoli enhances the taste. Broccoli and fish also complement each other. Use it in a stew with your meat. Cut the stems of the broccoli in cubes. It makes a delicious salad. Broccoli and a variety of other vegetables are ideal for a stir-fry. Stir-fry brings out the tastiness of these vegetables.



- Use beans (e.g. bean curd) instead of potatoes to thicken soup.

- Use sweet potatoes instead of potatoes for French fries. Cut sweet potatoes in thin slices. Put in oven dish and apply melted butter or olive oil with a brush. Bake in oven. (Sweet potatoes are not allowed during the 14-day *Jump-start phase*.)
- Use soy flour instead of cake flour and bread flour in baked foods. For each cup of soy flour, use 1-2 eggs for binding. Use baking soda instead of baking powder when baking with soy flour.
- Use fruit like bananas, or dried fruit like dates or raisins instead of sugar, in food. (No fruit during the 14-day *Jump-start phase*.)
- Replace curry-and-rice with curry-and-cabbage. Stir-fry cabbage. Add salt and turmeric. Dish curry meat on top of cabbage. Much tastier and healthier than rice.
- Replace pasta with stir-fried cabbage (or any other non-starchy vegetable) in your favourite pasta dish. You will be surprised by its delicious flavour.
- Replace lasagne with spinach leaves or other non-starchy vegetables.
- Replace starches such as rice, maize and potatoes in your meal with an extra portion of non-starchy vegetables.
- Combine cooked beans (e.g. soy, brown, haricot, etc.) with stir-fried vegetables instead of rice.



Know your carbohydrates

Carbohydrates are a large group of foods that include sugars and starches. There are 2 types of carbohydrates, complex and simple.

Foods containing complex and simple carbohydrates include:

Simple	Complex
Fruit (fructose – fruit sugar)	Grains (wheat, rye, oats, rice, barley, maize)
Honey	Pulses (lentils, peas, beans)
White and brown sugar (sucrose)	Vegetables
Glucose in high-energy drinks	Fibre in grains, beans, vegetables & fruit
Milk (lactose - milk sugar)	
Refined foods like flour, white rice, etc.	

When eating carbohydrates, they are converted into glucose, which are absorbed into the bloodstream. The glucose is then either:

- used directly to provide energy for the body, or
- stored in the liver and muscles (as glycogen) for future use, or
- stored in the body as fat.

Whole foods – a healthy blessing

Whole foods (from the complex as well as the simple carbohydrates) in its natural form are a good source of minerals, vitamins and other nutrients. Complex carbohydrates also contain fibre, which regulates intestinal health and bowel movement and slows the absorption of glucose into the body.

Refined foods – the plaque of our time

Diabetes, hypertension, ulcers, gall-bladder disease, varicose veins, colitis and heart disease are virtually non-existent in primitive cultures until refined carbohydrates are introduced in their culture. It takes more than 20 years after sugar and other refined carbohydrates are added to a culture before diabetes and heart disease begin to appear in that group of people. Modern food-processing technology denatures both complex and simple carbohydrates by the refining methods of processing, bleaching, rolling, milling, manufacturing, improving, etc. The refinement processes strip food of its wholesomeness, which is essential for optimum health. Refined carbohydrates such as sugar, flour, white rice, pasta, etc. provide calories, but lack vitamins, minerals, other nutrients and fibre. The main reason that the refining is done is to extend the shelf life of the product, which unfortunately has a worrisome effect on human life.

The consumption of refined foods:

1. deplete your body of crucial nutrients needed for bodily processes, and
2. cause an unstable blood-sugar balance that promotes disorders such as diabetes, heart problems, obesity, hypertension, hypoglycaemia and degeneration of body organs.



1. How refined foods deplete your body of crucial nutrients

In your body, carbohydrates go through a metabolic pathway in order to be broken down into energy. At least 48 different nutrients are required to complete carbohydrate breakdown efficiently. All of these nutrients are present in any living food. For example, when you eat a whole grain, you get exactly the amount of micro-nutrients needed to digest the amount of carbohydrates in that grain. If you eat a grain that has been refined, all that is left are the carbohydrates. All the micronutrients have been removed.

Eating a refined food means that your body system has to provide, from its own storage, all of the micro-nutrients that are missing in that refined food for proper digestion. Eventually your body doesn't have enough places to "borrow" from and the first micro-nutrient's function has to be bypassed. Every time this happens your body is a little less efficient. Over the years, so many micro-nutrients are missing that your body develops some form of illness – often classified as an "incurable condition".

Without vitamins and minerals your body's metabolism becomes inefficient, contributing to poor energy, poor weight control and poor health. Since your body can NOT manufacture vitamins and other vital nutrients it has to be taken in by the food we eat. Food should fill up the body with nutrients, not deplete it in order to digest the very food eaten.

2. How refined carbohydrates cause unstable blood-sugar balances

The process of refining or even cooking starts to break down complex carbohydrates into simple carbohydrates, in effect predigesting them.

Your body breaks carbohydrates down into the simple sugar, glucose. Glucose is absorbed into your blood which gives rise in your blood-sugar. Complex carbohydrates require more digestion than simple carbohydrates to be absorbed. Your body therefore absorbs them less rapidly than simple carbohydrates. Slow digestion gives a slow rise of blood-sugar and is kept at a constant level for about 3 hours.

Simple and refined carbohydrates are easily digested and absorbed in your blood, which increase blood-sugar rapidly above the normal level, where after the blood-sugar plummets to a low point, below the normal level. Over a period of many years such abnormal blood-sugar fluctuations (caused by the consumption of refined foods) can lead to a number of disorders, including diabetes and hypoglycaemia (low blood sugar).

Make sure your complex carbohydrates are unrefined, which in general means choosing brown instead of white. For example, whole-wheat bread, brown rice and whole meal flour as opposed to the white versions. White flour is in many products like cakes, biscuits, pastries and white bread.



The brown-is-best doesn't apply to sugar: all colours do the same damage to your blood-sugar balance! When sugar is in its natural form – the whole sugar cane or whole fruit – it is fine to eat. It has all the right amounts of fibre, nutrients and is a wholefood. White sugar has around 90% of its vitamins and minerals removed. Avoid sugar-containing foods – chocolates, sweets, biscuits, pastries and soft drinks. A can of cola contains 120ml (8 teaspoons) of sugar. Although fruit contains fructose (fruit sugar), which is a simple sugar, the fibre content of the fruit is a complex carbohydrate, which slows the digestion rate. Fructose is acceptable when taken in the whole fruit, but not when used in the refined form of powdered white fructose.

Pure fruit juice can also cause a rapid change in blood-sugar levels because the fibre that is normally present does not buffer it. It is better to dilute fruit juice in water to make it less concentrated.

Glycaemic Index (GI)

The effect a particular food has on your blood-sugar when eaten, can be measured by a method called the Glycaemic Index (GI).

Foods that are high on the GI raise your blood-sugar higher than foods that are lower on the index. The standard against which foods are measured for the GI is glucose (table sugar), which is given the rating 100. The GI concept applies only to carbohydrate foods – foods

that are high in proteins and fats don't raise your blood sugar much, if at all. The GI is a useful tool for selecting foods for your diet – choose foods that are as low on the index as possible. Foods over 70 should be kept to a minimum or mixed with low GI foods.

The Glycaemic Index of common foods					
Sugar (GI) Score		Grains & Cereals (GI)		Pulses (GI)	
Maltose	105	French baguette	95	Romano beans	46
Glucose	100	Rice pasta, brown	92	Black eyed beans	41
Honey	87	Corn flakes	83	Pinto beans	39
Sucrose	59	Rice Crispies	82	Butter beans	36
Fructose	20	Waffles	78	Chick peas	36
(sugar in raw fruit)		Rice cakes	77	Blackeye beans	33
Fruit		White rice	72	Split peas, boiled	32
Dates	103	Bagel	72	Haricot beans	31
Watermelon	72	Maize meal porridge	71	Kidney beans	29
Pineapple	66	White bread	70	Lentils	29
Melon	65	Wholemeal Wheat bread	69	Brown beans	24
Raisins	64	Ryvita	69	Soy beans	18
Banana	62	Wheat bread, high fibre	68	Peanuts	14
Apricot	58	Barley flour bread	67	Dairy Products	
Papaw	56	Brown rice	66	Ice cream	61
Mango	56	Muesli	66	Custard	43
Kiwi fruit	52	Oat kernel bread	65	Yogurt sweetened	36
Grapefruit juice	48	Rye flour bread	64	Skimmed milk	32
Grapes	46	Pastry	59	Whole milk	27
Orange juice	46	Basmati rice	58	Soy milk	30
Pineapple juice	46	Porridge oats	49	Yogurt unsweetened	14
Peach	42	Wholegrain rye bread	41	Vegetables	
Apple juice	40	Barley kernel bread	39	Parsnips (cooked)	97
Orange	40	Barley	26	Potatoes (baked)	85
Apple	39	Snacks & drinks		Potatoes (French fries)	75
Plum	39	Lucozade	95	Pumpkin	75
Pear	38	Pretzels	81	Potato (boiled new)	70
Apricot (dried)	30	Jelly beans	80	Beets	64
Grapefruit	25	Corn chips	72	Beetroot (cooked)	64
Cherries	25	Fanta	67	Sweet corn	59
Pasta		Squash (diluted)	66	Sweet potatoes	54
White spaghetti	50	Short bread cookies	64	Peas	51
Instant noodles	46	Muesli bar	61	Carrots	49
Macaroni	45	Oatmeal cookies	55	Carrots, juice	45
Wholemeal spaghetti	42	Popcorn	55	Carrots, cooked	39
Fettuccine	32	Potato chips	54	Peas, dried	22

Low-fat diet concern

The obesity epidemic is in fact caused by an increased consumption of carbohydrates and a decreased fat-intake in the diet during the previous 3 decades. Despite the drop in fat consumption of the Western world, the obesity problem has a frightening escalation. A low-fat diet, which allows you to eat sugar, white flour and other processed junk food, isn't

healthy at all. These are bad for your health, energy level, mental state, figure, career prospects, blood chemistry and heart. Total fat-free diets have resulted in joint-stiffness, skin problems and mood swings, intestinal cramping, flatulence and loose bowels.

- **How your skin is affected by a low fat-intake:** dryness, pastiness of your complexion, deep furrows in the facial lines that extend from the side of your nose to the side of your mouth and below, called the nasolabial folds. You seem older than your age.
- **Too low fat-intake causes deficiencies in your body**
Since your body can not manufacture certain vital nutrients such as vitamins, carotenoids and essential fatty acids, they have to be taken in by the diet.

Vitamins and carotenes

For optimal absorption of fat-soluble *vitamins* (A, D, E and K) and high-*carotene* foods, you need to eat them with some dietary fat. These nutrients have a vital role in the prevention of cancer and heart disease. If you don't have enough of the right vitamins and minerals, it can lead to heart disease, stroke, cancer, memory loss and other cognitive problems.

Effects of vital vitamins: Improve overall health and longevity, fight the effects of aging, slow down the progression of coronary artery disease, prevent free radical damage to LDL cholesterol in the blood, fight off atherosclerosis, protect eyesight, prevent cancer, protect against inflammatory arthritis and protect brain cells.



Effects of carotenes (such as beta-carotene in carrots and lycopene in tomatoes): Prevent infection, raise level of HDL (good) cholesterol, lower risk of heart disease, keep LDL cholesterol from oxidizing, fight cancer, better lung function, help activate thymus gland – for immune protection – fight off viruses, neutralize free radical damage and fight loss of central vision.



Essential fatty acids: Reduced dietary fat restrains your body of *essential* fatty acids. Essential fats are a vital component of every human cell and your body needs them to insulate your nerve cells, keep your skin and arteries supple and keep your body warm.



Why does your body need fat?

Your body needs fat to live, stay healthy and help defy the effects of aging – especially *essential* fatty acids. Your body manufactures 20 different fatty acids in all from which only 2 are *essential* fatty acids. These 2 are obtained only from your diet, omega-3 (linolenic acid) and omega-6 (linoleic acid) and are used to make hormone-like substances that regulate many activities in your body:

- Control blood pressure & body temperature.
- Regulate inflammation, swelling and pain.
- Are involved in blood clotting, allergic reactions and the making of hormones.

Types of fat

Your body is designed to cope with unrefined, unprocessed fat. Your body doesn't cope well with unnatural foods, such as refined, heavily processed (hydrogenated) and manufactured fats, which are denatured and stripped of many nutrients. These harmful fats are called trans fats. They are a major reason for the epidemic levels of heart disease, cancer, inflammatory ailments, autoimmune illnesses, and other chronic, degenerative diseases of the 21st century.

More about trans fats

Sugar, refined flour and trans fats are the 3 major reasons for the obesity epidemic in the Western world today. Trans fats, also known as partially hydrogenated vegetable oils, are completely unnatural. It is commonly found in margarine which is a fabricated food formed by taking a vegetable oil like corn oil, stripping off the essential fatty acids, and processing what is left by a process called hydrogenation. The result is a fat that is more saturated.

Any fried food – like French fries - in poly-unsaturated oil, is basically just cooked in trans fats. Whenever you deep-fry foods in sunflower, corn, safflower, peanut, and other common oils, you are creating trans fatty acids (trans fats), which are unhealthier and more fattening than such saturated fats as lard, tallow or palm oil. Commercial cooking oil has been heavily processed at high temperatures in harsh chemicals, so a lot of their nutritional value has been destroyed. Purchase cold-pressed, unrefined cooking oils. Store them in the fridge to prevent oxidation.

Why are trans fats dangerous to your body?

- ✘ They raise LDL (bad) cholesterol, triglyceride and lipoprotein levels and lower HDL (good) cholesterol – that is the reason for cardiovascular disease.
- ✘ Trans fats displace natural fats and oils that provide essential fatty acids.
- ✘ They block the uptake of essential fatty acids.
- ✘ They are deposited in parts of cell membranes and weaken the integrity of the cell membranes.
- ✘ Inhibit the making of the enzyme that converts essential fatty acids into the other fatty acids you need.
- ✘ Cause more insulin output in response to blood glucose.
- ✘ Make red blood cells less responsive to insulin.
- ✘ Speed the aging process.

Know your fats

Basically, there are two types of fat – saturated and unsaturated. All dietary fats actually contain a mixture of saturated and unsaturated fats. Butter, for instance, is 66% saturated fat, the rest is mostly mono-unsaturated fat. We have been warned to reduce or avoid so-called “harmful” saturated fat, but there is strong evidence in exactly the opposite direction. Saturated fat is a natural fat and our ancestors from a century ago consumed large amounts thereof without being plagued with the modern diseases such as obesity, heart diseases, diabetes and cancer.

Different types of fat

<p>Saturated fat Generally solid at room temperature. Come from</p> <ul style="list-style-type: none"> • animals: meat, dairy products, eggs, etc. • some vegetable oils such as palm kernel oil and coconut oil. 	<p>Unsaturated fat Liquid at room temperature. Found in vegetable and fish oils. 2 main groups: <i>mono-unsaturated</i> and <i>poly-unsaturated</i>.</p>		
	<p>Mono-unsaturated fat produces omega-9 fatty acids which are not essential, but very helpful.</p>	<p>Poly-unsaturated fat produces omega-3 and omega-6 <i>essential</i> fatty acids.</p>	
	<p>Omega-9 fatty acids are found in olive oil (ideal for high temperature cooking), peanut oil, sesame oil, nut oil and avocado oil.</p>	<p>Omega-3 fatty acids are found in egg yolks, nuts, soybeans, canola oil, flaxseed oil, fish oil and fish such as salmon, sardines, herring, tuna, cod, mackerel and bluefish.</p>	<p>Omega-6 fatty acids are found in dark green leafy vegetables, egg yolks, whole-grains and seeds, borage oil, evening primrose oil</p>

Fat essence

Saturated fat contains large amounts of cholesterol, which is used for many crucial metabolic functions. Cholesterol is vital for maintaining the integrity of your blood vessels – without it, the blood vessels can leak. A low-fat diet actually increases your chances of heart disease.

Unsaturated fats. Your body needs them to insulate nerve cells, keep skin arteries supple, balance hormones and keep you warm. Relieve benign breast disease and fibrocystic disease.

Omega-9 fatty acids help protect against age-related memory loss.

Omega-3 fatty acids lower triglycerides and LDL (bad) cholesterol, discourage arterial plaque, act as an anticoagulant to prevent dangerous blood clots, reduce high blood pressure, prevent strokes, protect against heart attacks, prevent sudden death from cardiac arrhythmias, decrease sodium and water retention, reduce chances of cancer, treatment for rheumatoid arthritis and other autoimmune diseases such as lupus, multiple sclerosis & scleroderma, Crohn's disease, colitis, inflammatory bowel diseases, atopic eczema and psoriasis, prevent osteoporosis, alleviate mood disorders, lessen reliance on pain-killing drugs, enhance immune function, improve energy levels and soften skin.

Omega-6 fatty acids fend off degenerating diseases, relieves symptoms of PMS such as irritability, cramps, breast tenderness, treat arthritis, reduce nerve damage and high cholesterol. Fat-binding agents such as chitosan binds up crucial fat-soluble vitamins and carotenes as well as essential fatty acids and carry them out of your body. This puts your health at stake. Any fat-soluble vitamins (A, D, E and K), medication or essential fatty acids must be taken at least 4 hours before taking chitosan.

Recipes



1. Breakfast

1.1 Mushrooms, onions and eggs

3 servings

- 1½ cups mushrooms, sliced
- 1½ cups chopped onions
- 4 tablespoons butter
- seasoned salt to taste
- 6 eggs
- 2 tablespoons heavy cream

Sauté mushrooms and onion in butter until well browned. Add salt. Beat eggs with heavy cream. Pour over mushroom mixture until eggs are cooked. Serve immediately.

1.2 Omelet

Serves 4

- 50g butter
- 1 large onion, chopped
- 1 red pepper, deseeded and chopped
- 50g mushrooms, sliced
- 100g mixed vegetables, cooked & diced
- 6 eggs
- salt
- freshly ground black pepper
- 2 teaspoons chopped mixed herbs
- watercress, to garnish

Melt the butter in a large frying pan and fry the onions, pepper and mushrooms until soft. Stir in the mixed vegetables. Beat together the eggs, salt, pepper and herbs with 1 tablespoon of water. Add to the pan and cook over a moderate heat until the mixture sets underneath. Continue cooking for 1 minute, then place under a moderate grill to set the top. Garnish with watercress.

1.3 Mushroom dish

- 250g fried meat cubes
- 3 onions
- 3 eggs
- black pepper
- salt
- 100ml cheese
- 250ml cream

Fry the mushrooms and onions. Mix eggs and cream together. Mix the meat, mushrooms, onions and egg mixture together. Season with salt and pepper to taste. Sprinkle the grated cheese on the mixture and bake for 35 minutes at 180°C.

1.4 Spinach and eggs

- Serves 4
- 5 eggs
- 350ml cream
- 225g chopped spinach, thawed
- 60g Cheddar cheese, grated
- ½ teaspoon grated nutmeg
- Salt
- freshly ground black pepper

Beat the eggs and the milk together in a bowl. Stir in the spinach, cheese, nutmeg, salt and pepper. Pour into a greased 1.5 liter oven-proof dish. Bake in a preheated oven (180°C) for about 1 hour (exact time depends on the depth of the dish). Test with a skewer, which should come out clean. Serve straight from the dish.

2. Soup

2.1 Basic vegetable soup

Basic ingredients for vegetable soups:

Serves 4

- 2 cups cooked mincemeat/bean curd
- 1 onion, chopped
- 2 stalks table celery, sliced

Cook all ingredients, about 10 minutes. Add vegetable of your choice. Simmer for a further 10 minutes. Blend in a food processor

or liquidizer, until smooth. Season and serve. Delicious hot or cold.

2.2 Cauliflower soup

Add 2 cups (500ml) cauliflower florets to basic vegetable soup. Season with a pinch of nutmeg.

2.3 Broccoli soup

Add 2 cups (500ml) broccoli to basic vegetable soup. Season with crushed clove of garlic, a pinch of mixed herbs and salt and pepper to taste.

2.4 Spinach soup

Add 1 bunch washed and shredded spinach to basic vegetable soup. Season with a pinch of nutmeg, salt and pepper to taste.

2.5 Avocado cream soup

- 1 medium avocado
- 2 cups heavy cream
- 1 cup water
- ½ teaspoon celery salt
- ¼ teaspoon seasoned salt
- ½ small clove garlic, minced

Peel avocado. Place in blender with heavy cream, water, celery salt, salt and garlic. Blend at medium speed for 15 seconds. Pour into saucepan. Cook over medium heat for 5 minutes, stirring constantly. Do not boil. Serve warm or cold.

3. Fish

3.1 Fish Kebabs

Serves 5 – 6

- 1 kg firm fish (e.g. kingklip, snoek, yellowtail, kabeljou) filleted and skinned; lightly salted and firmed in the fridge for an hour
- 3 onions
- 5 tomatoes
- 3 green peppers
- sate sticks

Preparing vegetables for kebabs: Peel onions, cut them onto quarters from stem end to root

end. Separate “onion leaves” of quarters. Green peppers and tomatoes are quartered in the same fashion; seeds are sliced away and each quarter sliced across the middle. Cut fish in cubes and skewer between vegetables.

Marinade:

- ¼ cup (62.5ml) chopped parsley
- 4 tablespoon (60ml) lemon or lime juice
- 1 hot chilli, finely chopped
- 2 cloves garlic, put through press
- ½ teaspoon (2.5ml) dried oregano
- ½ teaspoon (2.5ml) salt
- ½ cup olive oil

Mix ingredients together, brush over kebabs before, during and after grilling.

3.2 Kingklip

- 4 Kingklip fillets
- 3 cups of cream
- 20 leaves fresh basil, minced
- 1 cup finely chopped fresh parsley
- 3 eggs
- 2 teaspoons vegetable stock powder
- salt and milled black pepper

Put fish and 2½ cups cream in a large saucepan and poach over a medium heat until fish is just cooked (about 3 minutes on each side). Using a slotted spoon, remove fish and set aside. Add basil and parsley to hot cream. In a separate jug, mix eggs, stock powder and remaining cream. Whisk mixture into hot cream and cook over a low heat, stirring constantly, until thickened. Add reserved fish to sauce and heat through gently. Stir in salt and pepper.

3.3 Haddock in tomato sauce

Serves 4

- 4 haddock fillets
- salt and freshly ground black pepper
- juice of 1 lemon
- 1 sprig parsley

- 1 bay leaf
- chopped parsley

Sauce:

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 450g tomatoes, blanched, peeled and chopped
- 1 teaspoon tomato purée
- 1 parsley sprig
- 1 bay leaf
- 1 teaspoon dried oregano
- salt and freshly ground black pepper

To prepare the sauce, heat the olive oil in a saucepan, add the onion and garlic, and fry until transparent. Add the tomatoes, tomato purée, parsley, bay leaf, oregano, salt and pepper and stir well. Cover tightly and simmer over a low heat for 15 minutes. Meanwhile, put the fish into a buttered, ovenproof dish, add salt and pepper and pour over the lemon juice. Add the parsley sprig and bay leaf, cover with well-buttered paper and cook in a preheated moderate oven (180°C) for 20 minutes. Arrange the fish on a warmed serving dish. Discard the bay leaf from the sauce. Taste and adjust the seasoning, then spoon over the fish and sprinkle with parsley.

4. Vegetables, salads and salad dressings

4.1 Fresh vegetable sambal

- ¼ English cucumber, finely diced
- 2 baby marrows, sliced
- 1 medium tomato, seeded and chopped
- 1 small onion, finely chopped
- 1 tablespoon (15ml) lemon juice

Toss all ingredients together, season to taste and serve.

4.2 Broccoli dish

- 4 eggs
- 1 cup of boiled broccoli florets
- 1 cup thinly chopped onions

- 1½ cup mushrooms sliced
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 4 tablespoons butter
- 3 teaspoons grated cheddar cheese
- ¼ cup freshly chopped parsley

Fry onion and mushrooms in butter till honey colored. Remove from heat. Put the eggs, salt and pepper in a dish and mix well. Add mushrooms, onion and broccoli – mix well. Heat rest of butter and add egg mix. Spread mixture in a pan and fry until eggs coagulate. Sprinkle cheddar over and roast in pan until golden brown. Cut and serve. Decorate with the parsley.

4.3 Pea salad

Serves 8

- 500g snow pea-pods
- ¼ cup (62.5ml) spring onions with green stems, sliced into rings
- lettuce leaves

Dressing:

- ¼ cup (62.5ml) sour cream
- 2 tablespoon oil
- 1 teaspoon vinegar
- 1 teaspoon lemon
- 2 tablespoon (30ml) chopped parsley
- salt and pepper to taste

Prepare dressing by combining all ingredients. Mix peas with spring onions and salad dressing. Dish onto bed of lettuce leaves.

4.4 Layered salad

Serves 8

- ½ cup (125ml) salad dressing
- 2 onions, sliced and separated into rings
- ½ cup (125ml) black olives
- sliced cucumber, lightly salted
- 4 tomatoes, sliced into wedges and pips removed
- thin bell pepper rings
- lettuce leaves
- spring onions

Pour salad dressing into a glass salad bowl. Add onions and olives to dressing. Cover with cucumber. Add tomatoes, then bell peppers. Place washed lettuce and spring onions on top. Do not toss. Cover with cling film and refrigerate for up to a day ahead. Remove cling film, place salad on the table and toss just before serving.

4.5 Meat and egg salad

2 servings

- 3 hard-boiled eggs
- 3 cooked, cubed meat
- salt and mustard to taste
- 3 teaspoons salad dressing

Chop eggs in wooden chopping bowl. Add meat salt and mustard.

4.6 Salade nicoise

Serves 4 as a main course

- 500g fresh, young green beans. If really tiny use them whole, or slice them lengthways.
- 2 cloves garlic, crushed
- ½ cup (125ml) good French dressing
- 750g medium firm red tomatoes, skinned
- 1 red or green bell pepper, diced
- 1 x 200g tin tuna in oil (drain off oil and break fish into large chunks)
- 7 hard-boiled eggs, halved lengthways
- 1 x 50g tin anchovies
- 1 cup (250ml) black olives (Calamata type), drained

Steam beans until just done and toss them, while still hot, with garlic and dressing. Leave to cool while you prepare rest of salad. Cut tomatoes in quarters and discard pips. Leave cherry tomatoes whole. Toss tomatoes, peppers and tuna. Pour green bean mixture into a sieve over bowl of tomato mixture to transfer dressing. Line a bowl with lettuce leaves, place beans in a layer over leaves. Top with dressed tomato and tuna mixture. Arrange eggs, anchovies and olives on the

salad, dribble oil from anchovies over eggs. Add a pinch of ground black pepper. Serve immediately.

4.7 French beans with almonds

Serve 6

- 450g French beans, topped and tailed
- salt
- 50g butter
- 1 clove garlic, crushed
- 50g split almonds
- 1 tablespoon lemon juice
- freshly ground black pepper

Put the beans in a saucepan of boiling salted water and simmer for about 5 minutes, until the beans are tender. Heat the butter in another saucepan and fry the garlic and almonds until lightly browned. Stir in the lemon juice and black pepper. Drain the cooked beans and add to the butter. Cook, tossing gently, until the beans are heated through.

4.8 Corn oil dressing

- pinch of salt
- pinch of dry mustard
- 1 egg white
- 120ml corn oil
- 4 teaspoons lemon juice

Mix together the salt, mustard and egg white in a bowl. Add half the corn oil. A few drops at a time, whisking throughout. Add the remaining corn oil alternating with the lemon juice to form a creamy consistency.

4.9 Ginger sour cream salad dressing

- 150ml sour cream
- 25g stem ginger, finely chopped
- ¼ teaspoon ground ginger

Put all the ingredients into a bowl and beat until well mixed. Serve with cucumber salad.

4.10 Vinaigrette

- 150ml olive oil
- 3 tablespoons lemon juice
- 1 teaspoon prepared mustard
- salt
- freshly ground black pepper
- ¼ teaspoon mixed herbs

Place all the ingredients in a screw top jar and shake vigorously.

4.11 Egg salad

- 2 hard-boiled egg yolks
- 2 raw egg yolks
- 150ml cream
- 1 teaspoon prepared mustard
- pinch of salt
- pinch of pepper
- 1 tablespoon lemon juice
- 1 tablespoon snipped chives

Mash the hard-boiled egg yolks and pass them through a sieve. Mix the raw yolks. Gradually add the other ingredients, beating constantly.

4.12 Cauliflower cheese

Serves 4

- 1 medium cauliflower
- 150 ml milk, whole
- 1 egg, beaten
- 75g cheese, grated
- salt
- freshly ground black pepper
- 2 teaspoons paprika
- 1 tomato, sliced

Remove the outer leaves and stalks from the cauliflower. Wash well and break into florets. Cook in boiling salted water for 5 minutes, then drain. Beat together the milk, egg, 50g of the cheese, paprika and salt and pepper. Place the cauliflower in a lightly greased 1.5 liter ovenproof dish. Pour the egg mixture over the cauliflower and sprinkle with the remaining cheese. Cook in a pre-heated moderate oven (180°C) for 30 to 40 minutes

or until the cheese custard is set. Garnish with tomato slices.

4.13 Cheese slaw

Serves 4

- 225g white cabbage, finely shredded
- 1 celery stick, chopped
- 100g mushrooms, shredded
- 2 teaspoons salad dressing
- 175g Gouda cheese, coarsely grated
- 150ml sour cream
- salt
- freshly ground black pepper
- chopped parsley to garnish

Place the cabbage, celery and mushrooms in a large bowl. Add the cheese and mix well. Season the sour cream with salt and pepper to taste, then stir into salad. Pile on to serving dish and garnish with chopped parsley.

5. Meats

5.1 Meat stroganoff

- 2 tablespoons chopped parsley
- 1 cup finely chopped onion
- 3 cups mushroom caps, sliced
- 450g sirloin, cut into strips
- 1½ tablespoons powdered mustard
- ½ cup sour cream
- 3 tablespoons unsweetened ketchup
- 3 tablespoons olive oil
- freshly ground white pepper
- salt to taste

Combine mustard powder, ketchup, and enough hot water to form thick paste. Sauté onions and mushrooms in 2 tablespoons of oil until golden and soft. Remove with slotted spoon to dish in preheated oven. Add remaining oil to skillet and sauté meat strips in batches (quickly, like in stir-frying). Transfer meat to pre-heated oven. Put mustard paste and sour cream in skillet with any remaining juices. Stir gently all ingredients until smoothly mixed. Pour over meat and onions and mix well. Gently simmer

until hot. Sprinkle with parsley, salt, and freshly ground white pepper and serve immediately.

5.2 Roast leg of lamb

10 servings

- Leg of lamb
- 5 cloves garlic
- 2 tablespoons rosemary
- 1 teaspoon salt

Preheat oven to 200 degrees. Make slits all over leg of lamb and insert slivers of garlic. Rub salt and rosemary over lamb. Place meat fat-side up on rack in open roasting pan. Roast at 200°C for 15 minutes. Reduce heat to 150°C degrees and roast 2 to 2½ hours more.

Ideal as cold meat.

5.3 Cold chicken

6 servings

- 2 large chicken breasts, cooked
- 2 large dill, pickles, chopped
- 3 hard-boiled eggs, chopped
- ½ teaspoon freshly ground pepper
- ⅓ cup sour cream
- 2 tablespoons drained capers
- 3 tablespoons fresh dill, chopped.

Cut chicken meat into strips. Combine all other ingredients. Add chicken and mix well.

5.4 stuffed baked tomatoes

Serve 4

- 4 large tomatoes
- 1 small onion, grated
- 1 tablespoon chopped parsley
- 175g feta cheese
- 100g chopped, cooked meat
- salt to taste
- freshly ground black pepper
- 2 tablespoons water

Cut the tops off the tomatoes and reserve the lids. Scoop out the insides of the tomatoes, then work the pulp through a sieve to remove

the pips. Put the tomato pulp in a bowl. Add the onion, parsley, cream cheese and meat and mix well. Add salt and pepper to taste. Spoon the mixture into the hollowed-out tomatoes and place the lids on top. Stand the tomatoes in a baking dish, and then pour in the water. Bake in a preheated oven (220°C) for 15 minutes.

5.5 Stuffed peppers

- 4 medium green peppers
- 100g cooked, diced meat
- 1 small onion, chopped
- 100g feta cheese
- 50g Edam cheese, grated
- 2 tomatoes, blanched, peeled and chopped
- 1 tablespoon chopped parsley
- ½ teaspoon mustard
- salt
- freshly ground black pepper

Cut the tops from the peppers and reserve. Discard the seeds and cores. Blanch in boiling salted water for 2 minutes, remove and drain. Mix the ingredients well, and then add salt and pepper to taste. Pile the mixture into the pepper shells and replace the tops. Place in a greased, shallow ovenproof dish, cover with foil and cook in a moderate oven (180°C) for 15 minutes. Serve hot.

5.6 chickenburgers

Serve 4

- 225g cooked chicken, minced
- 50g onion, grated
- salt
- freshly ground black pepper
- 1 teaspoon mixed dried herbs
- 275g feta cheese, sieved

Mix together the chicken and onion and season with salt and pepper to taste. Add the mixed herbs, then the cottage cheese and mix well. Shape into flat cakes and chill in the refrigerator for 1 hour. Place under a hot grill,

for 5 minutes on each side or until golden and heated through. Serve with salad or fresh vegetables.

5.7 Marinated lamb kebabs

Serves 4

- 4 tablespoons olive oil
- 150 ml cream
- 2 cloves garlic, crushed
- 2 tablespoons chopped parsley
- freshly ground black pepper
- salt
- 750 g boneless leg of lamb, cut into cubes
- 16 small mushrooms
- 2 medium onions, quartered
- 1 large green pepper, deseeded and cut into 8 strips
- 1 lemon, quartered, to garnish

Combine the oil, cream, garlic, parsley, pepper and salt in a bowl and mix well. Add the lamb and mushrooms. Turn them in the marinade, cover the bowl and leave it in a cool place for at least 2 hours, or overnight. Stir the mixture once or twice as it marinates. Blanch the onions and pieces of pepper by dropping them into boiling water for 2 minutes. Drain and reserve. Thread the meat and vegetables on to skewers. Preheat the grill to high and cook until the meat is well browned on the outside, juicy and pink in the middle. Serve the kebabs with lemon wedges and plenty of crisp green salad.

5.8 Beef burgers and tomato sauce

Serves 4

- 450g minced beef
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dry mustard powder
- ½ teaspoon mixed dried herbs
- salt
- freshly ground black pepper
- 1 egg, beaten

• **Sauce:**

- 2 pickled onions, finely chopped
- 1 large dill pickled cucumber, finely chopped
- 150ml tomato ketchup
- 2 teaspoons Worcestershire sauce

Put the beef into a bowl and add the onion and garlic. Mix in the Worcestershire sauce, mustard, herbs and salt and pepper and stir all the ingredients thoroughly together. Bind with the beaten egg and form into 8 small patties. Cook for 3 to 5 minutes on each side, either in a hot non-stick frying pan, without fat, or under a hot grill. Serve with the tomato sauce. To make the sauce, add the pickled onions and dill cucumber to the tomato ketchup and Worcestershire sauce. Mix well.

5.9 chicken bake with sour cream

Serves 4

- 15g butter
- 1 small onion, finely chopped
- 2 celery sticks, finely chopped
- 100g button mushrooms
- 350g cooked chicken, finely chopped
- 1 tablespoon chopped parsley
- salt
- freshly ground black pepper
- 300ml sour cream
- 2 egg yolks
- 1 teaspoon prepared mustard

Melt the butter in a pan. Add the onion, celery and mushrooms and fry gently for 5 minutes, stirring frequently. Add the chicken, parsley, salt and pepper. Transfer the mixture to a casserole and press down firmly. Put the cream in a clean bowl with the egg yolks, mustard, salt and pepper to taste. Mix well, and then pour over the chicken. Bake in a preheated moderately hot oven (190°C), for 25 minutes. Serve hot.

6. Delicacies

Not recommended during 14-day *Jump-start phase*.

6.1 Fruitcake

- 500ml (2 cups) chopped up dates or hanepoot raisins
- 250ml (1 cup) butter
- 25ml (½ teaspoon) allspice
- 2.5ml salt (½ teaspoon)
- 500ml tea (use 1x5ml tea)
- 750ml (3 cups) soy flour
- 500ml (2 cups) fruitcake mix
- 5ml (1 teaspoon) cinnamon
- 10ml (2 teaspoons) baking soda
- 5 – 6 eggs

Boil the tea, butter, fruit-mix and spices together for 10 minutes. Let the mixture cool down and stir dry ingredient in. Line 2 cake pans with greased brown paper. Pour mixture in the pans and cover with brown paper. Bake for about 60 minutes at 160°C.

6.2 Muesli bread

- 4x250ml soy flour
- 500g Muesli
- 8 eggs
- 500ml cream
- 5ml salt
- 20ml baking soda
- 30ml olive oil

This bread has a dense texture. Sprinkle 15ml each sesame- and poppy-seed on the top. Preheat oven to 160°C and spray two 19x9x7 cm bread pans with cook-and spray. Mix all the dry ingredients together. Beat the eggs well and stir baking-soda in. Add cream. Add egg mixture into dry ingredients and stir well. Bake for 50-60 minutes. Remove immediately from pans and place on a cooling rack.

6.3 Muesli cookies

- 250ml butter
- 4 eggs – well beaten

- 500ml soy flour
- 2.5ml salt
- 250g finely chopped dates
- 10ml vanilla
- 10ml baking soda
- 250ml Muesli

Melt butter and dates together. Add eggs, vanilla and baking soda. Mix flour and salt. Add flour mixture with liquid and mix well. Drop rounded teaspoonfuls onto greased baking sheets. Bake for 10 – 15 minutes in a preheated oven at 180°C.

6.4 Basic pancakes

- 125ml soy flour
- 3 eggs
- 125ml water
- 1ml salt
- butter/olive oil for baking

Mix ingredients and bake pancakes in butter or olive oil.

6.5 Banana bread

- 250ml butter, melted
- 250g finely chopped dates/hanepoot grapes
- 6 eggs, separated
- 12.5 lemon juice
- 375ml bananas, mashed
- 500ml soy flour
- 10ml baking soda
- 1ml salt
- 5ml ginger
- 5ml cinnamon
- 200ml milk

Add dates to butter. Add lemon juice to bananas. Add to butter mixture. Mix dry ingredients and blend with butter mixture. Add milk and mix well. Fold in stiff egg whites. Pour into 2 greased bread pans. Bake for 45-60 minutes in a preheated oven at 160°C.

6.6 Vanilla ice cream

- 5 egg yolks
- 15ml vanilla
- 3 tablespoon-equivalent sugar substitute
- 67.5ml water
- 500ml cream, whipped

Whip first 4 ingredients together. Fold into whipped cream. Freeze for 2 hours.

6.7 Dip

- 250ml cream
- 30ml whipped sour cream
- 30ml Chutney

Mix ingredients together.