



Love Quest

INTERNATIONAL

The Great Refreshing Fast

- No processed sugar
- No fried foods
- No red meat
- No white flour

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- Sept 6 Liquids only
 - Sept 7-12 Plant Based
 - Sept 13 incorporation of poultry and fish
 - Sept 26 Liquids only
 - 45 of social media a day max. No social media after 8PM
 - 1 cup of coffee max
 - Recommending 15-30 mins minimum of exercise/movement everyday
 - Read a book to learn something new for personal development

FOOD LIST

YES FOOD LIST

Organic when possible

PROTEIN

- poultry
- wild salmon, tuna, wild pacific sardines, mackerel, rainbow trout, herring, halibut and organic
- bone Broth
- eggs
- tofu

- quinoa
- lentils
- beans
- legumes

Whole Grains

- Brown rice preferred over white rice when possible
- Quinoa
- Bulk Oats- pre packed may contain too much sugar, but if no extra sugar added ok
- Organic Corn Tortillas **Que Pasa Brand preferred as unsalted and organic**
- Organic tortilla chips unsalted**
- Spelt
- Millet
- Buckwheat

Vegetables/Legumes/herbs

All veggies are good! This is just a list for inspiration

- Spinach
- Celery
- Sprouts
- Kale
- Cucumber
- Rhubarb
- Cilantro
- Parsley
- Basil
- Sage
- Rosemary
- Cabbage
- Broccoli/Broccolini
- Mushrooms
- Zucchini
- Cauliflower
- Swiss
- Chard
- Carrots
- Bell peppers
- Onions
- Garlic
- Squash
- Beans
- Turnip
- Yams/Sweet Potato

- Red/ -White Beets
- Chickpeas
- Chili pepper
- Olives

Fermented Food For Gut Health/Probiotics

- Sauerkraut
- Pickled Onions
- Pickles
- Pickled asparagus
- Kimchi
- Pickled Beets
- Miso
- Kombucha

Fruits (all fruits acceptable as long as in their natural state or pickled)

- Apple
- Avocado
- Kiwi
- Banana/Plantain
- Lemon
- Blackberries
- Lime
- Blueberries
- Mango
- Cherries
- Melon
- Nectarines
- Strawberries
- Oranges/Tangerines
- Watermelon
- Tomato
- Papaya
- Peaches
- Pears
- Pineapple
- Grapes
- Dates
- Plums
- Grapefruit

Oils For Cooking

- Unrefined Virgin Coconut Oil
- Grapeseed Oil
- Avocado Oil

Oils For Raw Eating

- Extra Virgin Olive Oil
- Unrefined virgin Coconut Oil
- Grapeseed Oil
- MCT oil for brain and gut health

Sweeteners

- Raw Unpasteurized Honey (not regular)
- Stevia
- monk fruit sweetener (low glycemic index option for diabetes)

Herbs/Spices/ Pantry

- Himalayan Pink Salt/Celtic Sea Salt
- Organic Mustard
- Tamari sauce
- Miso Paste
- Paprika
- Apple Cider Vinegar
- Black/Red Pepper-Rosemary
- White Vinegar
- Oregano
- Dill
- Capers
- Basil
- Mary's Crackers
- Cayenne
- Cinnamon
- Turmeric (highly recommended)
- Tomato Sauce (any organic one without added sugar)
- Cumin
- Thyme
- Watercress
- Seaweed
- Raw cacao

Seeds

- Chia
- Flax
- Hemp
- Pumpkin
- Sunflowers/Poppy
- Sesame

Nuts

- Almonds
- Walnuts
- Pecans
- Pistachios
- Hazelnuts
- cashews

Drinks

- Water (flavoured only with mint, fresh squeezed lemon or any fruits)
- Homemade Cold Pressed Organic Juice or made in juice bar
- Homemade Smoothies or made in smoothie bar
- Herbal Tea/ Green Tea
- Unsweetened Kombucha
- 1 Cup of coffee (no cream, milk or sugar)
- Unsweetened pure coconut water
- Unsweetened Almond Milk/Unsweetened -Cashew Milk/ Unsweetened Coconut Milk, unsweetened oat milk

NO FOOD LIST

Protein/Meat/Dairy

- Beef
- Milk (Cow/Goat)
- Pork
- Lamb
- Venison
- Bison
- Shrimp/Crab/Lobster
- Ice cream
- Butter
- Yogurt
- Cheese

Drinks/Pantry

- Alcohol
- All soft drinks/soda
- Energy Drinks
- Vitamin Water
- Sports Drinks
- chips
- salted tortilla chips
- Soy Sauce
- All fruit juice in boxes and bottles
- bouillon
- table salt
- salted Peanuts
- bbq sauce

Oils

HYDROGENATED OILS ARE NUTRITIONALLY DEVOID AND CAUSE INFLAMMATION

- Margarine
- Vegetable oil
- Safflower oil
- Sunflower oil
- Lard
- Corn Oil

Sugar and Grains/Flour- Processed Sugar

- White Sugar
- Fried Food
- High Fructose Corn Syrup
- Brown Sugar
- White flour Pasta/Noodles
- Cane Sugar

- Raw Sugar
- Tortilla Chips (deep fried)
- Artificial Sweeteners of all kinds
- Candy
- packaged Oatmeal (usually contains added sugars)
- Chocolate(only raw cacao)
- All cereal with added sugar.
- Granola Bars/ Energy Bars-if you find one without added processed sugar it's ok
- Corn Syrup/ Maple Syrup/Agave
- Fruit Jam/Marmalade

