

EAT MORE OF THESE IN RE_XISE

GRAINS	Quinoa, millet, oat flakes, amaranth, buckwheat, corn semolina (polenta), rice
VEGETABLES	Artichoke, eggplant, lettuce, cauliflower, broccoli, watercress, chicory, Chinese cabbage, fennel, spring onion, kale, cucumber, kohlrabi, leek, chard, carrot, parsnip, parsley root, pak choi, paprika, mushrooms, radishes, radish, brussel sprouts, red cabbage, rocket, sauerkraut, shallot, celery, sprouts, asparagus, spinach, tomato, white cabbage, savoy cabbage, onion, zucchini, small amounts of sweet potato, potato, pumpkin, avocado
FRUIT (only small quantities, preferably as compote)	Sour apples, berries like strawberries, raspberries, blackberries, currants, blueberries, gooseberries, citrus fruits like lemon, orange, tangerine, grapefruit, sour cherries, quince, peach, apricot, kiwi, papaya, pineapple, plum, elderberry, pear, mango, watermelon (in summer)
MEAT AND FISH	White freshwater and saltwater fish such as trout, gilthead, cod, plaice, sole, perch, halibut, organic chicken breast, organic turkey steaks, lean organic beef, organic lamb
PLANT BASED PROTEIN	Silk tofu, tofu, tempeh, small quantities of chickpeas & lentils, aduki beans, peas, lupine
OILS / FATS	Small quantities of coconut oil, extra virgin olive oil, sesame oil, linseed oil (maximum 1.5 tablespoons per day)
SPICES	All fresh herbs, garlic, ginger & turmeric (fresh and dried) all slightly hot spices, gluten-free soy sauce, miso, kuzu, small amounts of sea salt or rock salt
DAIRY, EGGS	Small quantities of sheep and goat cheese products, eggs
PLANT & NUT MILK	Millet milk, oat milk, rice milk, small amounts of coconut milk, coconut yogurt, almond milk
OTHERS	Seawater algae, small amounts of coconut blossom sugar and date sweetener, chia seeds, small amounts of linseed, herbal tea, still water

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PORK	Among other things, meat contains phosphorus-containing compounds which, as phosphoric acid, can strain the acid-base balance.
DAIRY PRODUCTS	Raises hyperacidity and mucus in the body, especially in the digestive organs. This not only hinders detoxification, but also makes weight loss more difficult.
SOY PRODUCTS	Please have rather small amounts of tofu, tempeh, soy sauce and miso paste since they have a similar effect as dairy products, which can influence the metabolism.
ALCOHOL	Contains many calories and keeps the liver busy with the decomposition - but now the liver should rather concentrate on detoxifying the digestive organs.
SMOKING	Less or even no smoking would of course be a welcome relief for your body during re_Xising, because smoking increases the level of oxidative stress.
SUGAR, WHEAT PRODUCTS	Empty carbohydrates that neither satiate nor nourish the body are a no-go. They, just like sugar, raise the the blood sugar level instantaneously and this definitely prevents fat burning.
FRUIT AND VEGETABLE WITH HIGH STARCH AND SUGAR	For example, potatoes, sweet potatoes, pumpkin, banana, honeydew melon are best only in small quantities.
GLUTEN-CONTAINING GRAINS	Especially wheat. Rather ancient grains such as spelt, einkorn, emmer, kamut, rye, barley are allowed in small quantities during the re_Xise - but not as bread. Too high a gluten content of mainly highly cultivated types of wheat sticks to the intestines.