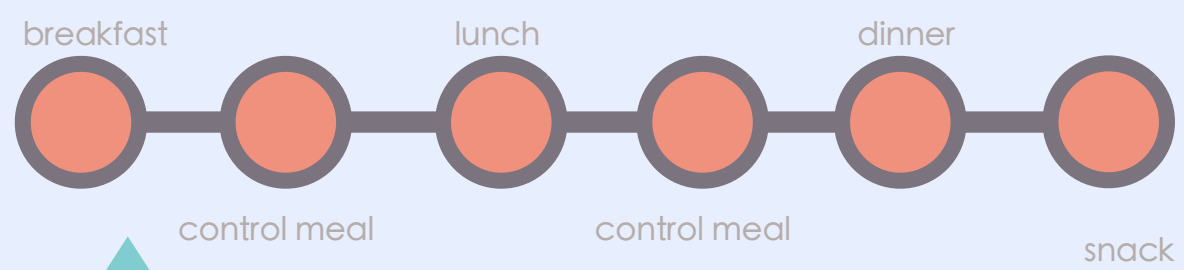
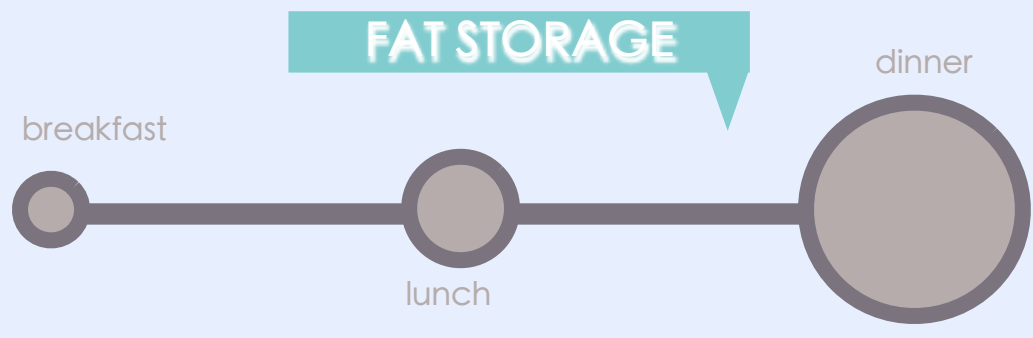


RE~INVENT[®] NUTRITION FUNDAMENTALS



- INCREASES METABOLISM
- STABILIZES INSULIN
- KEEPS YOU IN CONTROL
- PROMOTES FAT METABOLISM



FAT BURNING

HEALTH

- ESS VEG ▶ 3 SERVINGS PER DAY
- OTHER VEG ▶ 2 SERVINGS PER DAY
- PROTEIN ▶ IN EVERY MEAL
- CARBS
- FAT
- H2O ▶ 30 ML / KG T-BW

RE~INVENT[®]

PROTEIN CHOICES

Red meat, fish or poultry
Women - 150g
Men - 250g
Tinned tuna / salmon - 1 whole tin
Fat free cottage cheese whole tub

Eggs - free range / organic
2 whole eggs plus 3 egg whites = 25g protein and 8g fat.

1 Egg white = 3.6g protein
1 Whole egg = 6.3g protein and 4.8g fat

2g
protein per kilogram of total body weight per serving.

FISH AND SEAFOOD

Fresh Salmon

Fresh Tuna

Herring

Trout

Sardines in brine (salt water)

/ olive oil

Line fish

Tinned Tuna in brine (salt water)

Tinned Salmon in (salt water)

Mackerel

Fresh Mussels

Fresh Oysters

Hake

Sole

POULTRY (free-range)

Turkey

Chicken

Ostrich

GAME MEAT (venison)

Kudu

Springbok

Game biltong - in moderation

RED MEAT (grass-fed)

Sirloin

Rump steak

T-Bone

Beef Fillet

Topside mince

OTHER PROTEIN CHOICES

Cottage cheese

Feta cheese

Plain yoghurt

Whole eggs

WHEY PROTEIN

100% Whey Protein Gold

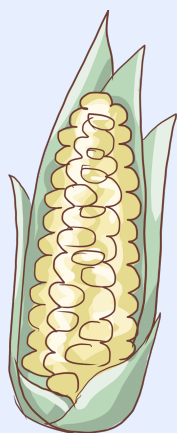
Standard, by Optimum

Nutrition.

RE~INVENT[®] CARBOHYDRATE CHOICES

STARCH

Whole rolled oats
100% Rye bread
Rice
Quinoa
Barley
Rye Vita
Cous-cous
Gluten free wraps
Gluten free breads
Rice cakes



FRUIT (CARB)

All berries
All citrus fruits (except grapefruit)
Peaches
Nectarines
Pawpaw
Pineapple
Fresh cherries
Plums
Pomegranate
Green/orange melon
Kiwi fruit
Pears
Apples

LEGUMES

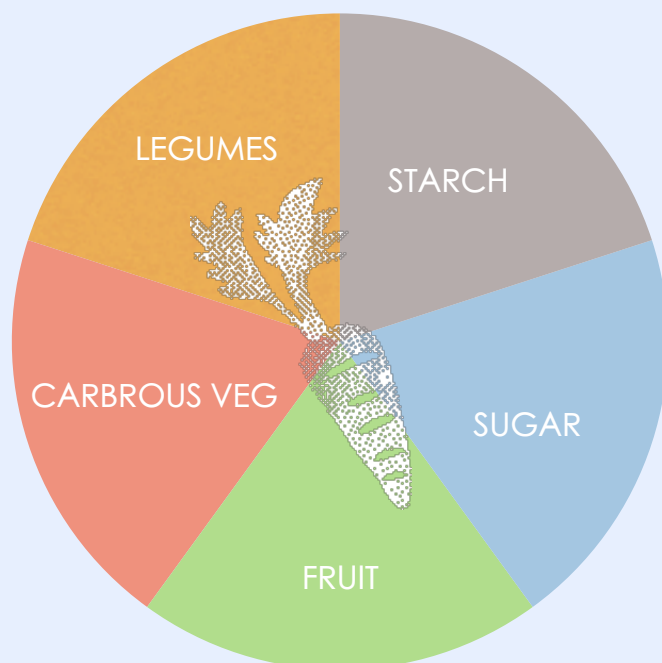
Beans
Chickpeas
Lentils
Peas

VEGETABLE

CARBOHYDRATES

Pumpkin
Butternut
Gem squash
Pattipan squash
Sweet potato
Mielies

2g
carbohydrates
per kilogram of
total body weight
per serving.



RE~INVENT®

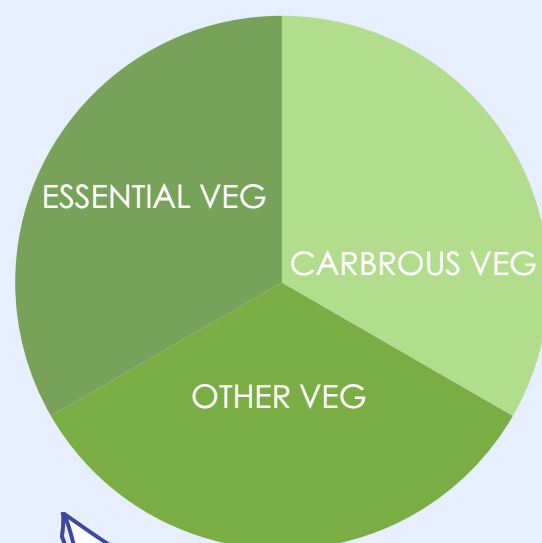
ESSENTIAL VEGETABLES

ESSENTIAL VEGETABLES

Broccoli
Long-stem broccoli
Baby spinach
Cauliflower
Chinese cabbage
Green cabbage
Red cabbage
Brussels sprouts
Radishes
Rocket
Turnips
Onions
Leeks
Spring Onion
Shallots
Fresh (green) asparagus

OTHER IMPORTANT VEGETABLES

Cucumbers (fresh)
Tomatoes
Eggplant
Sweet Peppers
Mushrooms
Sprouts
Artichokes
Tinned asparagus
Lettuce - call varieties
Green beans / fine beans
Celery
Baby marrow



Feel free to add to this selection at will.
Make sure that the items you add are not already listed as FIBROUS CARBS!

3

servings per day of
essential veg
approx. 1 cup

Bracchia detox and DNA protection.

Allium nature's natural chemotherapy

RE~INVENT[®] HEALTHY FATS

WHOLE FOOD SOURCES

Egg yolks

All nuts - raw, unsalted

All seeds - raw, unsalted

Avocado

Almond butter

Natural nut butters

Olives

Avocados

Coconut

Coconut milk

Grass-fed butter

Salmon & Tuna

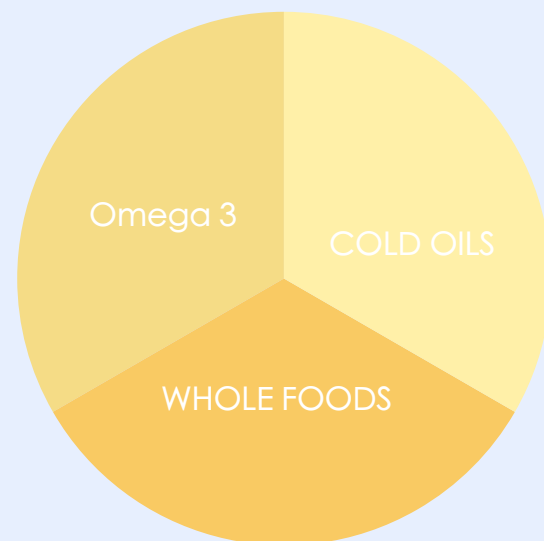
OILS

Olive Oil

MCT Oil

Coconut Oil

Nut Oils



QUALITY

of fats is of paramount importance.

Clean fats support health. Dirty fats destroy health

0.5g
protein per
kilogram of total
body weight per
serving.

No processed cheese,
vegetable oils or
margarine - ever!

RE~INVENT[®]

HERBS & SEASONINGS

Anise
Basil
Bay leaf
Cardamom
Cayenne
Chillies (and Tabasco)
Chives
Cinnamon
Cloves
Coriander
Cumin
Curry Leaf
Curry powder
Dill
Fennel
Fenugreek
Garlic
Ginger
Herbal salt
Lemon grass
Mint
Nutmeg
Oreganum
Paprika

Parsley
Pepper
Saffron
Sage
Tarragon
Turmeric
Vanilla

Commercial sauces may be used in moderation

Dijon or French mustard
Sweet chilli sauce
Tomato sauce (ketchup)
Light soy sauce
Teriaki sauce
Worcester sauce
HP sauce
Chutney
Mustard
Tabasco

Use a salt alternative
such as Herbamare to
replace table salt.
MSG containing products
such as Aromat is not
allowed!!

Besides the medicinal
qualities, fresh herbs are
important for taste and
a variety of stimulating
qualities.

Healthy food should not
be boring - use plenty of
natural, low salt
seasonings with fresh
herbs and spices.

Where possible use fresh
herbs and spices.

If fresh is not available use
dry products.

RE~INVENT® FLUIDS

OTHER THAN WATER YOU MAY CONSUME:

- Tea
- Herbal Teas
- Green Tea
- Coffee - freshly ground is better than instant
- Sparkling Water
- Vegetable Juices
- Fruit juice does NOT appear on the list. Consume whole fruit (as a carbohydrate portion) rather than fruit juice. A glass of fruit juice is simply concentrated sugar.



Water may NOT be mixed with sugar free concentrates and still considered as part of your daily water intake. You may however add a slice of lemon or cucumber to enhance the flavor.

Try to use organic milk to minimise your exposure to xenoestrogens and antibiotics.

30ml
per kilo of total
body weight

Your body will hold on to excess water for survival if adequate amounts of **PURE** un-carbonated water is not supplied.

RE~INVENT[®] NUTRITION FUNDAMENTALS

Breakfast (within 30 minutes of waking)	
Mid Morning	
Lunch	
3pm	
Dinner	