



The Eat Real Food Program

*Discover the whole food,
fad free approach to naturally
Maintain Weight & Continue To detox
your body.*

yourdomain.com



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Welcome to the Eat Real Food Program



These next 30-days you'll spend quality time in the kitchen cooking meals, preparing quick nutritious snacks and blending green smoothies.

Each week the detox builds upon the previous week, giving you more and more delicious recipes, invaluable food

knowledge, and tips to continuing a 'whole foods' lifestyle once you have completed the detox program.

Find out what you can expect each week in the following section of this program.

Introduction

Week 1: Reduce & Prepare

These first seven days are designed to give your body a break from caffeine, sugar and processed foods, while still loading up on satisfying, nutrient rich meals. This is a great transition towards jump starting your **‘eat real food’** detox.

Jumping from a low nutrient highly processed diet to a high nutrient low processed diet with all the “bells and whistles” is extremely difficult to do.

So, let’s take it in stages and I know you’ll still be feeling great after the first week.

Follow this simple diet and really get prepared for the following few weeks.

Make sure you have all the ingredients and equipment you need.

If you’re already eating a healthy diet like this, then why not use the extra time now to investigate other natural methods of detoxifying your body - such as:

- Your daily movement
- Home environment
- Down time



Week 2-3: Clear Out Toxins

It's now time to turn up the heat and take things to the next level. In this period, you'll eat huge amounts of fibre-rich vegetables and snack on fresh fruit and seeds while drinking plenty of water, green smoothies, and herbal teas to flush out the toxins.

It's also at this point that we really focus on removing certain food groups from the diet, like gluten, dairy and soy. We swap some of our typical healthy snacks for nutrient packed green smoothies.

This is where true reset happens, so be kind to yourself, rest and eat up!

Detox symptoms may surface during this time and could require you to slow down for a few days while your body works hard at pushing toxins out of the body.

Also, your energy levels will begin to rise during these weeks and your skin will really begin to look healthier.



Week 4: Full Power

During the fourth week it's time to truly witness the power of plant-based nutrition. In the last few weeks, you have already experienced how great you can feel and look by simply having more fruit and vegetables in your diet. Because plants are awesome! It's pretty clear that eating more plants:

- **Makes you healthier**
- **Helps you balance your appetite**
- **Gives you lots of the good stuff like nutrients and fibre**
- **Can be more environmentally sustainable and affordable**

For the fourth week of detox, you will be eating 100% plant-based.

There are a lot of myths around plant-based eating, such as it's too complicated, expensive, your muscles will waste away, beans are bad for you or that you'll gain weight from too many carbs. None of this will happen to you during one week of plant-based eating.

And remember, you've been building up to this for the last few weeks. Instead, you'll discover how quickly you look, feel and perform better.

If you thought energy levels were already improved, wait until you see the results from going fully plant-based.



Food List

Food List

FRUIT	VEGETABLES	HERBS & SPICES
<p><i>Detoxifying Phytochemicals:</i></p> <p>Blackberries</p> <p>Blueberries</p> <p>Cherries</p> <p>Cranberries</p> <p>Grapes (Red)</p> <p>Lemon</p> <p>Lime</p> <p>Pears</p> <p>Pomegranate</p> <p>Raspberries</p> <p>Strawberries</p> <p><i>Digestive Support:</i></p> <p>Apples</p> <p>Grapefruit</p> <p>Pineapple</p>	<p><i>Brassicas:</i></p> <p>Bok Choi</p> <p>Broccoli</p> <p>Brussel Sprouts</p> <p>Cabbage</p> <p>Cauliflower</p> <p>Chard</p> <p>Kale</p> <p>Turnip</p> <p>Watercress</p> <p><i>Detoxifying:</i></p> <p>Leafy Greens</p> <p>Bok Choi</p> <p>Chard</p> <p>Collard Greens</p> <p>Coriander</p> <p>Fennel</p> <p>Parsley</p> <p>Spinach</p> <p><i>Liver & Kidney Support:</i></p> <p>Asparagus</p> <p>Avocado</p> <p>Beetroot</p> <p>Carrots</p> <p>Celery</p> <p>Zucchini</p> <p>Garlic</p> <p>Green Beans</p> <p>Leek</p> <p>Onion</p>	<p>Allspice</p> <p>Basil</p> <p>Bay Leaf</p> <p>Black Pepper</p> <p>Cardamom</p> <p>Cayenne Pepper</p> <p>Chili Powder</p> <p>Chives</p> <p>Cinnamon</p> <p>Cloves</p> <p>Coriander</p> <p>Cumin</p> <p>Curry Powder</p> <p>Dill</p> <p>Fennel Seeds</p> <p>Garlic Powder</p> <p>Ginger</p> <p>Mint</p> <p>Nutmeg</p> <p>Oregano</p> <p>Paprika</p> <p>Parsley</p> <p>Rosemary</p> <p>Saffron</p> <p>Sage</p> <p>Salt</p> <p>Star Anise</p> <p>Tarragon</p> <p>Thyme</p> <p>Turmeric</p> <p>Vanilla</p>



Food List

PROTEIN	NUTS & SEEDS	DRINKS	PULSES	DAIRY ALTERNATIVE
Chicken (breast only) Cod Eggs Halibut Lamb Prawns Salmon Trout Turkey	Almonds Brazil Nuts Chia Seeds Coconut Flax Seeds Hazelnuts Linseeds Macadamia Nuts	Fruit Tea Green Tea Herbal Tea Homemade Fruit Juice Lemon Water Nettle Tea Rooibos Tea Vegetables Juice	Black Beans Cannellini Beans Chickpeas Kidney Beans Lentils Navy Beans Pinto Beans Split Peas	Almond Milk Coconut Milk Hazelnut Milk Hemp Milk Soy Yogurt (limited)
GRAINS	NUTS & SEEDS	VEGETABLES	OILS	OTHERS
Almond Flour Buckwheat Grains Millet Quinoa Rice	Nut Butters Pecans Pine Nuts Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts	Peas Butternut Squash Sweet Potatoes Water Chestnuts	Avocado Olive Oil Olives Walnut Oil Coconut Oil	Apple Cider Vinegar Baking Powder Balsamic Vinegar Cacao Powder (limited) Dijon Mustard Soy Products (limited)



Buy Organic or Traditional

It is suggested that during the detox program you buy as high-quality food as your budget permits. Ideally for the entire 4 weeks, you would buy mostly organic produce. However, we know that organic produce is not always accessible or

affordable, so below you will find a list of the ‘buy organic’, which singles out the fruit and vegetables that have the highest pesticide loads and the ‘buy traditional’ with the produce that is least likely to hold pesticide residues.

BUY ORGANIC	BUY TRADITIONAL
Apples	Avocados
Peaches	Sweet Corn
Nectarines	Pineapples
Strawberries	Cabbage
Grapes	Sweet Peas (frozen)
Celery	Onions
Spinach	Asparagus
Sweet Bell Peppers	Mangos
Cucumbers	Papayas
Cherry Tomatoes	Eggplant
Snap Peas (imported)	Grapefruit
Potatoes	Cantaloupe
+ Hot Peppers	Cauliflower
+Collard Greens	Sweet Potatoes
+Kales	Kiwis



Meal Planner

Meal Planner

Week 1

	BREAKFAST (Ideally 30-60 min after waking)	LUNCH (Ideally 3-4 hours after breakfast)	SNACK (Ideally between lunch and dinner)	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)
MONDAY	Breakfast Salad Bowl	Chicken, Walnut & Chicory Salad	E.g. Mango Lassi, Sundried Tomato Hummus, Crunchy Homemade Honey Granola, Protein Shake	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Chicken & Banana Curry with Rice
TUESDAY	Raspberry & Flaxseeds Smoothie Bowl	Leftover Chicken, Walnut & Chicory Salad	E.g. Mango Lassi, Sundried Tomato Hummus, Crunchy Homemade Honey Granola, Protein Shake	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Chicken & Banana Curry with rice
WEDNESDAY	Blueberry Breakfast Bars	Sundried Tomato Hummus with Vegetables & Crackers	E.g. Mango Lassi, Sundried Tomato Hummus, Crunchy Homemade Honey Granola, Protein Shake	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Salmon Bake Tray
THURSDAY	Mango Lassi with Mint	Broccoli & Ginger Soup	E.g. Mango Lassi, Sundried Tomato Hummus, Crunchy Homemade Honey Granola, Protein Shake	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Salmon Bake Tray
FRIDAY	Blueberry Breakfast Bars	Leftover Broccoli & Ginger Soup	E.g. Mango Lassi, Sundried Tomato Hummus, Crunchy Homemade Honey Granola, Protein Shake	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Thai Green Curry with Lentils
SATURDAY	Raspberry & Flaxseeds Smoothie Bowl	Nicoise Salad with Grilled Shrimps	E.g. Mango Lassi, Sundried Tomato Hummus, Crunchy Homemade Honey Granola, Protein Shake	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Meal Out - Enjoy!
SUNDAY	Breakfast Salad Bowl	Leftover Nicoise Salad with Grilled Shrimps	E.g. Mango Lassi, Sundried Tomato Hummus, Crunchy Homemade Honey Granola, Protein Shake	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Thai Green Curry with Lentils



Meal Planner

Week 2

	BREAKFAST (Ideally 30-60 min after waking)	LUNCH (Ideally 3-4 hours after breakfast)	SNACK (Ideally between lunch and dinner)	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)
MONDAY	Mango & Turmeric Smoothie	Rainbow Quinoa Salad with Grilled Turkey	E.g. any Smoothie, Simple Oat Cookies, Matcha Chia Pudding	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Vegetarian Nasi Goreng
TUESDAY	Beet The Blues Smoothie	Leftover Rainbow Quinoa Salad with Grilled Turkey	E.g. any Smoothie, Simple Oat Cookies, Matcha Chia Pudding	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Vegetarian Nasi Goreng
WEDNESDAY	Matcha Chia Pudding	Beetroot Soup	E.g. any Smoothie, Simple Oat Cookies, Matcha Chia Pudding	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Pork in Satay Sauce with Asian Noodles
THURSDAY	Acai Bowl	Leftover Beetroot Soup	E.g. any Smoothie, Simple Oat Cookies, Matcha Chia Pudding	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Pork in Satay Sauce with Asian Noodles
FRIDAY	Turmeric Poached Eggs	Red Kidney & Mackerel Salad	E.g. any Smoothie, Simple Oat Cookies, Matcha Chia Pudding	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Gluten Free Turkey Casserole
SATURDAY	Acai Bowl	Leftover Red Kidney & Mackerel Salad	E.g. any Smoothie, Simple Oat Cookies, Matcha Chia Pudding	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Meal Out - Enjoy!
SUNDAY	Turmeric Poached Eggs	Beet The Blues Smoothie	E.g. any Smoothie, Simple Oat Cookies, Matcha Chia Pudding	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Gluten Free Turkey Casserole



Meal Planner

Week 3

	BREAKFAST (Ideally 30-60 min after waking)	LUNCH (Ideally 3-4 hours after breakfast)	SNACK (Ideally between lunch and dinner)	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)
MONDAY	Very Green Smoothie	Real Detox Salad	E.g. any Smoothie, Chia Seed Pudding, Classic Hummus	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Turkey & Quinoa with Sweet Tomato Sauce
TUESDAY	Chia Seed Pudding	Cinnamon Roll Protein Smoothie	E.g. any Smoothie, Chia Seed Pudding, Classic Hummus	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Turkey & Quinoa with Sweet Tomato Sauce
WEDNESDAY	Very Green Smoothie	Garden Pea & Leek Soup	E.g. any Smoothie, Chia Seed Pudding, Classic Hummus	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Chickpea, Sweet Potato & Spinach Curry with Rice
THURSDAY	Mean Lean Smoothie	Leftover Garden Pea & Leek Soup	E.g. any Smoothie, Chia Seed Pudding, Classic Hummus	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Chickpea, Sweet Potato & Spinach Curry with Rice
FRIDAY	Cinnamon Roll Protein Smoothie	Real Detox Salad	E.g. any Smoothie, Chia Seed Pudding, Classic Hummus	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Vegetable Bean Soup with Shrimps
SATURDAY	Mean Lean Smoothie	Grilled Avo with Black Beans & Salsa	E.g. any Smoothie, Chia Seed Pudding, Classic Hummus	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Meal Out - Enjoy!
SUNDAY	Kale, Lime & Coconut Water Smoothie	Leftover Grilled Avo with Black Beans & Salsa	E.g. any Smoothie, Chia Seed Pudding, Classic Hummus	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Vegetable Bean Soup with Shrimps



Meal Planner

Week 4

	BREAKFAST (Ideally 30-60 min after waking)	LUNCH (Ideally 3-4 hours after breakfast)	SNACK (Ideally between lunch and dinner)	WORKOUT NUTRITION (If applicable)	DINNER (Ideally 3-4 hours after snack or 60-120 minutes post workout)
MONDAY	Mango & Almond Butter Protein Smoothie	Superfood Tahini Salad	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Slow Cooker Cauliflower Tikka Masala with Brown Rice
TUESDAY	Green Power Smoothie	Leftover Superfood Tahini Salad	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Slow Cooker Cauliflower Tikka Masala with Brown Rice
WEDNESDAY	Breakfast Protein Smoothie	Detox Salad	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Smoked Aubergine Goulash with Lentil Pasta
THURSDAY	Green Power Smoothie	Detox Salad	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Smoked Aubergine Goulash with Lentil Pasta
FRIDAY	Raw Beet Smoothie	Citrus Quinoa Salad	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Vegetarian Shepherd's Pie with Sweet Potato
SATURDAY	Breakfast Protein Smoothie	Leftover Citrus Quinoa Salad	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Meal Out - Enjoy!
SUNDAY	Mango & Almond Butter Protein Smoothie	Raw Beet Smoothie	E.g. any Smoothie, Golden Turmeric Latte, Curried Nut Mix	During: Workout drink with 500ml of water Post: Banana with serving of protein powder	Leftover Vegetarian Shepherd's Pie with Sweet Potato



Toxicity Questionnaire

Toxicity Questionnaire

Section 1 - Symptoms

This toxicity questionnaire is designed to assess your needs for a detoxifying program, make you more aware of what decides on your toxicity levels and check the results after completion of your detox program.

Rate each of the following based on your typical health profile within the past 90-days, and circle the corresponding number, then calculate your grand total.

Point Scale

0 - Never or almost never have the symptom

1 - Occasionally have it, effect is not severe

2 - Occasionally have, effect is severe

3 - Frequently have it, effect is not severe

4 - Frequently have it, effect is severe

HEAD	Headaches	0	1	2	3	4
	Faintness	0	1	2	3	4
	Dizziness	0	1	2	3	4
	Insomnia	0	1	2	3	4
EYES	Watery or itchy eyes	0	1	2	3	4
	Swollen, reddened or sticky eyelids	0	1	2	3	4
	Bags or dark circles under eyes	0	1	2	3	4
	Blurred or tunnel vision	0	1	2	3	4
LUNGES	Chest congestion	0	1	2	3	4
	Asthma, bronchitis	0	1	2	3	4
	Shortness of breath	0	1	2	3	4
	Difficulty breathing	0	1	2	3	4
DIGESTIVE	Nausea and/or vomiting	0	1	2	3	4
	Diarrhea	0	1	2	3	4
	Constipation	0	1	2	3	4
	Bloated feeling	0	1	2	3	4
	Blenching and/or passing gas	0	1	2	3	4
	Heartburn	0	1	2	3	4
	Intestinal/stomach pain	0	1	2	3	4



Toxicity Questionnaire

EMOTIONS	Mood swings	0	1	2	3	4
	Anxiety, fear, nervousness	0	1	2	3	4
	Anger, irritability, aggressiveness	0	1	2	3	4
	Depression	0	1	2	3	4
MIND	Poor memory	0	1	2	3	4
	Confusion, poor comprehension	0	1	2	3	4
	Poor concentration	0	1	2	3	4
	Poor physical coordination	0	1	2	3	4
	Difficulty in making decisions	0	1	2	3	4
	Stuttering, stammering	0	1	2	3	4
	Slurred speech	0	1	2	3	4
	Learning disabilities	0	1	2	3	4
JOINT & MUSCLES	Pain or aches in joints	0	1	2	3	4
	Arthritis	0	1	2	3	4
	Stiffness or limitation of movement	0	1	2	3	4
	Pain or aches in muscles	0	1	2	3	4
	Feeling of weakness or tiredness	0	1	2	3	4
ENERGY & ACTIVITY	Fatigue, sluggishness	0	1	2	3	4
	Hyperactivity	0	1	2	3	4
	Apathy, lethargy	0	1	2	3	4
	Restlessness	0	1	2	3	4
OTHER	Frequent illness	0	1	2	3	4
	Frequent or urgent urination	0	1	2	3	4
	Genital itch or discharge	0	1	2	3	4
TOTAL						



Toxicity Questionnaire

MOUTH & THROAT	Chronic coughing	0	1	2	3	4
	Gagging, frequent need to clear throat	0	1	2	3	4
	Sore throat, hoarseness, loss of voice	0	1	2	3	4
	Swollen or discolored tongue, gums, lips	0	1	2	3	4
	Canker sores	0	1	2	3	4
NOSE	Stuffy nose	0	1	2	3	4
	Sinus problems	0	1	2	3	4
	Hay fever	0	1	2	3	4
	Sneezing attacks	0	1	2	3	4
	Excessive mucus	0	1	2	3	4
EARS	Itchy ears	0	1	2	3	4
	Earaches, ear infections	0	1	2	3	4
	Drainage from ear	0	1	2	3	4
	Ringing in ears, hearing loss	0	1	2	3	4
SKIN	Acne	0	1	2	3	4
	Hives, rashes, dry skin	0	1	2	3	4
	Hair loss	0	1	2	3	4
	Flushing, hot flushes	0	1	2	3	4
	Excessive sweating	0	1	2	3	4
HEART	Irregular or skipped heartbeat	0	1	2	3	4
	Rapid or pounding heartbeat	0	1	2	3	4
	Chest pain	0	1	2	3	4
WEIGHT	Binge eating or drinking	0	1	2	3	4
	Craving certain foods	0	1	2	3	4
	Excessive weight	0	1	2	3	4
	Compulsive eating	0	1	2	3	4
	Water retention	0	1	2	3	4
	Underweight	0	1	2	3	4



Toxicity Questionnaire

Section 2 - Risk of Exposure

Rate each of the following situations based upon your environmental profile for the past 12 months.

PART A:

QUESTIONS:

Point Scale

0 - Never

1 - Rarely

2 - Monthly

3 - Weekly

4 - Daily

1. How often are strong chemicals used at your home? (bleaches, drain cleaners, floor wax, window cleaners, etc.	0	1	2	3	4
2. How often are pesticides used in your home?	0	1	2	3	4
3. How often do you have your home treated for insects?	0	1	2	3	4
4. How often are you exposed to dust, overstuffed furniture, Tabaco smoke, mothballs, incense, or varnish in your home?	0	1	2	3	4
5. How often are you exposed to nail polish, perfume, hairspray, or other cosmetics?	0	1	2	3	4
6. How often are you exposed to diesel fumes, exhaust fumes, or gasoline fumes?	0	1	2	3	4

PART B:

QUESTIONS:

Point Scale

0 - No

1 - Mild Change

2 - Moderate change

3 - Drastic change

1. Have you noticed any negative change in your health since you moved into your home or apartment?	0	1	2	3
2. Have you noticed any change in your health since you started your new job?	0	1	2	3



Toxicity Questionnaire

PART C:

Point Scale
Answer Yes or No

QUESTIONS:

YES

NO

1. Do you have a water purification in your home?		
2. Do you have indoor pets?		
3. Do you have any air purification system in your home?		
4. Are you a dentist, farmer or construction worker?		
5. Do you wash your produce?		
6. Do you smoke?		
7. Do you have amalgam fillings or caps?		

SECTION 2 TOTAL

GRAND TOTAL SECTION 1+2

Add up the numbers from both sections and note your grand totals. If any individual section total is 6 or more, or the grand total is 40 or more, you may benefit from a detox program.

