



BHC

Kickstart



The Unique Diet

Kickstart 5 days

Meat

As much fresh meat as you need, this includes bacon, 97% meat sausages, high fat mince, chicken, beef, pork and lamb etc.

Fish

Fresh or tinned, check food labels for added ingredients, nothing added apart from oil and salt.

Eggs

As many as you like, can be cooked in butter, even in these first five days.

Salad and vegetables

As many as you like, green is best. No potatoes or mushrooms (for now). Go steady on other root veg too, they are higher in carbs.

Herbs and spices

All ok

(Adapted from The Harcombe Diet see for more options)

Natural live yoghurt

Even though this is a milk product, this yoghurt is ok, buy with Live Cultures, read the labels to find the one with Live Culture.

Tofu

For vegetarians this is ok providing it doesn't have anything added.

Drinks - **NO ALCOHOL**

Water, still and sparkling

Black tea and coffee, herbal teas

All drinks must be decaffeinated.

Do not eat anything that isn't on this list. No milk, cheese, cream, fruit, no sugar, biscuits, cakes, rice, pasta, no processed foods.

Example day

Decaf tea, coffee, water

Egg and bacon for breakfast

Salad and meat/egg for lunch

Meat and veggies for supper