

The Harcombe Diet

stop counting calories & start losing weight

The Harcombe Diet – A Summary

PHASE 1 – 5 DAYS

- **Do eat** meat, fish, eggs, (Tofu – if you are tolerant to soy products), Natural Live Yoghurt, any salads, any vegetables (except potatoes or mushrooms), some brown rice, herbs & spices, olive oil and butter.
- **Do drink** still or sparkling water, herbal teas, decaffeinated tea or coffee.
- **Don't eat** anything that is not on the list above. No fruit, no wheat or grains (other than brown rice) no white rice, no sugar, no cakes, no biscuits, no confectionery, no cheese, no pickled or processed foods.
- **Don't drink** alcohol, fruit juices, soft drinks, low calorie soft drinks, caffeinated products or milk.

PHASE 2 – WHILE YOU NEED TO LOSE WEIGHT

- **Rule 1** – Don't eat processed foods.
- **Rule 2** – Don't eat fats and carbohydrates at the same meal.
- **Rule 3** – Don't eat foods that cause **your** cravings.

PHASE 3 – LIFE-LONG

- Don't cheat too much.
- Don't cheat too often.
- Be alert and stay in control.

TOP VITAMIN AND MINERALS TIPS

- Take a multi vitamin and mineral tablet daily.
- Ideally take a tablespoon of Essential Fatty Acids and extra Vitamin C daily.

Copies available on www.theharcombediet.com