

# After Your Detox

- **Drink Lemon Water Each Morning**
- **Keep Up The Fermented Foods**
- **Remember the Three's**

**Eat PFF:**



1. **(lean) protein**
2. **(good) fat**
3. **(fabulous) fibre**

**Avoid:**

1. **Gluten**
2. **Sugar**
3. **Most dairy**

- **Take On The 80/20 Rule**

**Follow the guidelines 80% of the time and allow yourself some leeway 20%**

