

# 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%

