



FIRE Diabetes In 40 Days
- Your Online Journey to Reverse Diabetes -

PRE-TRAINING #7

FIX IT

- Fling Out Fake Food -



CLEAR OUT THE PANTRY OF ALL FAKE FRIENDS

First things first! – it's time to clear out your pantry of all the poisons and the snacks that will hold you back and replace them with FIRE Diabetes-friendly options!

FATS AND OILS

- Canola oil
- Cottonseed oil
- Grapeseed oil
- Hydrogenated oil (margarine)
- Safflower oil
- Sunflower seed oil

ANY GRAIN-BASED PRODUCTS, MADE FROM

- Couscous
- Rice
- Wheat

Very, very important and this includes breakfast cereals, confectionery, cakes, biscuits, polenta, crackers, cracker breads, pasta, etc

SUGAR

- All cane sugar (white, brown, muscovado, etc)
- Fructose
- Malt

BEVERAGES

- Almond milk (shop-bought)
- Any drink with added sugar (cordials, syrups)
- Any "lite" or diet fizzy drinks
- Beer
- Mineral water / Carbonated drinks
- Cider
- Fruit juice (with fibre removed)
- Rice milk
- Soy milk

MISCELLANEOUS

- Any packaged sauces
- Cheese spread
- Coffee creamer
- Dried fruit
- Fast food
- Ice cream
- Shop-bought tomato sauce (ketchup)