enlighten NUTRITION

What to eat on your Very Low Energy Diet

Lean meat, chicken, fish, eggs, tofu, nuts, seeds & legumes
No foods allowed

Replace meals with a **VLED product** (making shakes on water)
Choose a VLED product with 20 grams of protein (or more) & 15 to 20 grams carbohydrate
See the **Enlighten Nutrition VLED product** list for recommended choices

Dairy foods
No foods allowed

Only a dash of skim milk in hot beverages

Vegetables & legumes
Eat freely

alfalfa sprouts	beetroot	carrots	eggplant	konjac noodles	mushroom	silver beet	squash
asparagus	brussel	cauliflower	gherkin	leeks	onion	snow peas	tomato
bok choy	sprouts	celery	green beans	lettuce	radish	spinach	watercress
broccoli	cabbage	cucumber	kale	mung beans	shallots	spring onion	zucchini
broccolini	capsicum	edamame					

Fruit
Eat 2 serves daily

1 fresh apricot	1 fresh date	½ cup honeydew	¼ fresh mango cheek	1 small plum
½ small banana	1 fresh fig	½ kiwi fruit	1 cup mulberries	½ cup raspberries
8 blackberries	8 grapes	3 fresh lychees	3 black pitted olives	½ cup rockmelon
¼ cup blueberries	½ grapefruit	1 small mandarin	2 passionfruit	8 strawberries
6 cherries	1 guava		½ cup paw paw	½ cup watermelon

Grain (cereal) foods
Daily (optional)*

Benefibre (2 teaspoons twice a day)

Psyllium husk (2 teaspoons once a day)

* Use one of these fibre sources daily to help prevent constipation once you are drinking 1200 ml (or more) of hydrating fluids

Herbs, spices and condiments
Eat freely

capers	essences	olive oil (1 tablespoon)	sesame oil
cooking spray	garlic	mustard	tomato paste
canola oil (1 tablespoon)	herbs & spices (all)	sugar free gum	vinegar (all types)
diet jelly	lemon juice	sugar free mints & lollies	soy & worcestershire sauce

'Easy to swallow' multivitamin that contains
Daily

thiamine (12mg or more)	zinc (8–14mg)	vitamin C (40mg or more)

2 litres (or more) of hydration (low caffeine)
Daily

tap water	soda water	mineral water
sugar free cordial	low sugar sports drinks	herbal tea (caffeine free)
V8 vegetable juice (fruit free)	miso soup	homemade veggie soup (use list above)

Enlighten Nutrition's nutritious & delicious recipes*
Eat freely

carrot dip (with chimichurri)	cauliflower fried rice (hot or cold)	vegetable lasagne

*These recipes contribute 10 grams of protein to your daily eating plan