



Hair Diet – Foods to add

- Steamed Sprouts 2 times a week,
- Green leafy vegetables 2 times a week,
- Lima Beans, Fava Beans, French Beans, Broad beans, Colored Beans, Black Beans, Kidney Beans - rotate the choice 2 - 3 times a week.
- Salads with one meal everyday – Beet root, Carrot, Cucumber, Tomato, Greens, add salt, pepper, a dash of lime, no mayonnaise, no salad dressing, no sauces.
- Cottage Cheese, Chick peas, Tofu, Mushroom, Lentils - rotate the choice 2 - 3 times a week.
- 10-12 Non Salted Walnuts, Almonds, Flaxseeds, Pumpkin seeds, once or twice a week by rotation. Avoid Peanuts and Cashew nuts and Macadamia nuts.
- Low fat dairy products, slice of cheese, olive oil dressing - 3 times a week.
- Two fresh fruits per day – cut & eat, with the fruit skin when possible. Freshly squeezed juice can be consumed within 10-15 minutes, no packed juice.
- Have 2 - 3 cups of green tea or hot water every day.
- Have 3 - 4 liters of water every day.
- Have balanced diet avoid high protein intake, avoid regular whey protein, you may have it twice a week, do not follow fat free, zero carb or any extreme diets