



Seleno Health®

## THE SELENO HEALTH DAILY PLANNER AND HEALTH GUIDANCE PROGRAM

[www.selenohealth.com](http://www.selenohealth.com)



1. Shop seasonal, local and organic. Choose a varied diet not the same things every day.
2. Empty your cupboard of tempting foods and drinks.
3. Chew every mouthful properly, mixing it thoroughly with saliva. Digestion starts in the mouth.
4. Choose quality over quantity. Fresh, nutrient rich smaller portions are best.
5. Start to listen to your body, it will tell you when you are full, truly hungry, stressed or tired.
6. Reduce or eliminate sugar, alcohol and coffee. Increase water intake to 8 glasses per day.
7. Eliminate all refined carbohydrates and replace with small portions of whole grains.
8. Take daily probiotics or fermented foods and beverages for gut health (e.g. kombucha, kefir, kraut)
9. Begin an exercise program tailored to your needs.
10. Practice mindfulness and learn ways to still your thoughts. Consider learning an energy art such as Yoga, Qigong, Tai Chi, Pilates or Meditation.



*Example of an ideal diet: Eat raw, unrefined whole foods rich in nutrients. As a general rule of thumb choose green and coloured foods over brown foods, fresh foods over packet foods and try to eliminate sugar and alcohol as much as possible.*

### FATIGUE FIGHTER DIET PLAN & HEALTHY EATING CHECKLIST

*The food you eat contributes to your overall health and well-being and is an integral part of fighting fatigue and reducing oxidative stress even further. This eating plan removes foods that cause inflammation in the body, as well as foods often behind the symptoms of chronic, low-grade sensitivities like fatigue, digestive issues, weight gain, & brain fog.*

*For what to eat, choose from the following food groups overpage.*



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|                             | FOODS TO EAT  | FOODS TO EAT LESS OR AVOID  |
|-----------------------------|---|---|
| FRUITS                      | Enjoy in moderation. 1-2 servings of low sugar fruit per day. Apples, avocados, bananas, berries, cranberries, grapefruit, kiwi, lemons, melon, papaya, passionfruit, peaches, plums, pomegranate, tomatoes.  | High sugar fruits such as cherries, grapes, figs, mangoes, pineapple, watermelon. Dried fruits, fruit juice. Try to eat these more in moderation. |
| VEGETABLES                  | All non-starchy vegetables. Sea vegetables (kelp, nori, dulse). Fermented vegetables (sauerkraut, kim chi).   | Corn, potatoes, starchy vegetables and frozen or canned vegetables.   |
| ANIMAL PROTEIN              | Organic or free range lamb, chicken, turkey, duck and grass-fed beef. Choose low fat cuts and smaller premium portions.   | Factory-farmed meats, processed meats. (cold-cuts, canned meats, sausage, hot dogs).  |
| FISH                        | Wild caught fish and seafood/shellfish. Small fish such as snapper, black cod, herring, sardines, trout or similar.   | Farmed fish or processed fish (e.g. frozen). Avoid the large fish such as tuna and swordfish (high levels of toxic heavy metals).                 |
| GRAINS                      | Brown rice, quinoa, brown rice pasta, buckwheat, millet and wild rice.<br><br>Kelp noodles are good substitutes for pasta/noodles. Almond flour and coconut flour are good baking substitutes. Limit bread consumption and choose multigrain over plain or white bread. | All gluten grains & flours including wheat, white rice, couscous, bread, pasta, pizza, pastries, cereals. Eat in moderation only.                 |
| BEANS                       | All beans & pulses (split peas, lentils, legumes).  | Soy (tofu, tempeh, soy milk). Soy contains phytoestrogens called isoflavones that may mimic the activity of the hormone estrogen.                 |
| NUTS & SEEDS                | Raw almonds, cashews, walnuts, hazelnuts, linseeds, chia, sesame seeds, pumpkin seeds.  | Peanuts, salted/roasted nuts.   |
| DAIRY AND DAIRY SUBSTITUTES | Unsweetened almond, rice, hemp & coconut milk. Ghee & butter from grass-fed cows (no more than once a day).   | Cows milk, sheep's milk, goat's milk, powdered milk, cheese, cream cheese, cottage cheese, non-dairy creamers.                                    |
| SWEETENERS                  | Small amounts of stevia. Very small amounts of honey (preferably Manuka high UMF).  | Refined sugars, added sugars, artificial and natural sweeteners including agave and maple syrup. Reduce or eliminate all sugars.                  |
| BEVERAGES                   | Non-caffeinated green or herbal teas, spring and sparkling water (+ lemon), vegetable juices, bone broth. Fermented drinks (kombucha, kefir, kraut juice).  | Alcohol, soda, soft drinks (cola), energy drinks, caffeinated beverages (coffee). Fruit juices only in moderation as these are high in sugar.     |
| FATS AND OILS               | Coconut oil, avocado, sesame, flax, rice bran, extra virgin olive oils, coconut butter, almond butter.  | Processed seed and vegetable oils such as canola, sunflower, safflower, corn, soy, margarine or shortening.                                       |
| VINEGARS                    | Apple cider, white wine, red wine, balsamic. Olive oil and fresh squeezed lemon is a great salad dressing.  | Commercial salad dressings.   |
| HERBS, SPICES & CONDIMENTS  | All herbs and spices.   | Ketchup, relish, BBQ sauce, soy sauce, mayonnaise.  |
| OTHER                       | Cacao powder/nibs, maca, camu camu, spirulina or other superfoods.  | Candy, energy bars, protein bars, junk food.  |

ON RISING

Warm water + juice of 1/2 a fresh lemon



BEFORE BREAKFAST

2 GPX capsules + Organic Maca (optional)



BREAKFAST CHOICES (SELECT ONE)

Smoothie



+ maca

Muesli / porridge



+ maca

Grain/protein



+ herbal tea\*



SNACKS (optional)

Max 2 healthy snacks per day



Handful of nuts



Healthy Roll



Fruits



Vegetables and dip



BEFORE LUNCH

2 GPX capsules + Probiotics (optional)^



Kombucha/kefir



LUNCH CHOICES (SELECT ONE)

Salad



+ 1 serve of protein

Soup



Small meal



SNACKS (optional)

Max 2 healthy snacks per day



Handful of nuts



Healthy Roll



Fruits



Vegetables and dip



DINNER

Ideal dinner proportions

- 100g of lean meat (chicken, beef or fish)
- 1/2 cup of carbohydrate (brown rice, potato, sweet potato, wholemeal pasta, rice noodles)
- 1/2 plate of vegetables or salad
- 1-2 Tbsp of good fat (olive oil, flaxseed oil, rice bran oil, coconut oil)



Tips:

- cook with fresh unrefined foods over packaged foods
- use a smaller plate
- take time to chew
- eat slowly
- drink with sparkling water to prevent overeating



# DAY PLANNER

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**Exercise:** 30-60 minutes  
3-5 times per week

|   |   |  |
|---|---|--|
|  Walking |  Swimming |  Bike |
|---|---|--|

45-60 minutes  
1-2 times per week

|   |   |  |
|---|---|--|
|  Gym |  Running |  Sports |
|---|---|--|

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**Mindfulness:** 10-30 minutes  
2-4 times per week

|   |   |  |
|---|---|--|
|  Breathing |  Yoga / Tai Chi |  Meditation |
|---|---|--|

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**Sleep:** 8-9 hours per night

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**Notes:**



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## FATIGUE FIGHTER HEALTHY SHOPPING CHECKLIST

For what to buy, choose from the following food groups.

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### FRUITS

|             |                |              |              |
|-------------|----------------|--------------|--------------|
| Apples      | Fejoa          | Limes        | Pomegranate  |
| Avocados    | Figs           | Lychees      | Raspberries  |
| Apricots    | Grapefruit     | Papaya       | Rock Melon   |
| Bananas     | Honeydew Melon | Passionfruit | Strawberries |
| Blueberries | Kiwifruit      | Peaches      | Tamarillo    |
| Coconuts    | Kiwi Berries   | Pears        | Tomaotes     |
| Cranberries | Lemons         | Plums        |              |

### VEGETABLES

|                 |                      |                          |
|-----------------|----------------------|--------------------------|
| Artichoke       | Cucumber             | Olives                   |
| Arugula         | Dandelion Greens     | Onions                   |
| Asparagus       | Endive               | Parsnips                 |
| Baby Greens     | Escarole             | Pumpkin                  |
| Bamboo Shoots   | Fennel               | Purslane                 |
| Beets           | Garlic               | Radishes                 |
| Bok Choy        | Ginger               | Red Leaf Chicory         |
| Broccoli        | Green Beans          | Rutabaga                 |
| Broccoli Rabe   | Green Peas           | Seaweed                  |
| Brussel Sprouts | Jerusalem Artichokes | Snow Peas                |
| Cabbage         | Jicama               | Spinach                  |
| Carrots         | Kale                 | Sprouts                  |
| Cauliflower     | Kohlrabi             | Squash (summer & winter) |
| Celery          | Leeks                | Sweet Potato             |
| Chicory         | Lettuce              | Turnips                  |
| Chinese Cabbage | Mushrooms            | Watercress               |
| Chives          | Mustard Greens       | Yams                     |
| Collard Greens  | Okra                 | Zucchini                 |

### FERMENTED VEGETABLES | RAW, UNPASTEURIZED

Kim Chi    Sauerkraut    Tocash    Kefir

### ANIMAL PROTEIN | FREE RANGE, GRASS-FED, ORGANIC

Chicken    Lamb    Beef    Venison  
Duck    Turkey    Kangaroo

### SEAFOOD

|           |                           |                              |
|-----------|---------------------------|------------------------------|
| Anchovies | Sardines (fresh & canned) | Wild Salmon (fresh & canned) |
| Trout     | Black Cod (sablefish)     | Wild Shellfish               |
| Herring   | Wild Fish (low mercury)   | Prawns                       |

### NON-GLUTEN GRAINS

|            |                    |              |               |        |
|------------|--------------------|--------------|---------------|--------|
| Amaranth   | Brown Rice Pasta   | Buckwheat    | Almond flour  | Millet |
| Brown Rice | Brown Rice Noodles | Kelp Noodles | Coconut flour | Quinoa |



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|  |  |  |  |                                |             |
|--|--|--|--|--------------------------------|-------------|
| <b>BEANS &amp; PULSES</b>                    | Beans (all types)<br>Broad Beans   | Lentils: Brown, Green, Red<br>Chickpeas  | Split Peas   |                                |             |
| <b>FATS AND OILS</b>                         | Almond Butter<br>Avocado Oil   | Coconut Butter<br>Coconut Oil  | Extra Virgin Olive<br>Fish Oils  | Flax Seed Oil<br>Rice Bran Oil | Seasame Oil |
| <b>NUTS &amp; SEEDS</b>                      | Almonds<br>Brazil Nuts<br>Cashews<br>Chestnuts<br>Chia seeds<br>Flax seeds                 | Hazelnuts<br>Hemp Seeds<br>Pecans<br>Pine Nuts<br>Pistachio Nuts<br>Poppy Seeds            | Pumpkin Seeds<br>Sesame Seeds<br>Tahini (sesame paste)<br>Sunflower Seeds<br>Walnuts       |                                |             |
| <b>HERBS &amp; SPICES</b>                    | Anise<br>Basil<br>Bay Leaf<br>Caraway Seeds<br>Cardamom<br>Cinnamon<br>Cloves<br>Coriander | Coriander Seeds<br>Cumin<br>Dandelion<br>Dill<br>Dry Mustard<br>Mint<br>Oregano<br>Paprika | Parsley<br>Rosehip<br>Rosemary<br>Saffron<br>Sea Salt<br>Thyme<br>Turmeric<br>Vanilla Bean |                                |             |
| <b>BEVERAGES</b>                             | Bone Broth<br>Green Tea<br>Herbal Teas   | Kraut Juice<br>Kefir Juice<br>Kombucha   | Sparkling Water<br>Vegetable Juice<br>Water  |                                |             |
| <b>DAIRY &amp; SUBSTITUTES   UNSWEETENED</b> | Almond Milk<br>Almond Yoghurt  | Butter<br>Hemp Milk  | Coconut Milk<br>Coconut Yoghurt  | Ghee<br>Rice Milk              |             |
| <b>VINEGARS</b>                              | Apple Cider  | Balsamic   | Red Wine   | Rice Wine                      | White Wine  |
| <b>OTHER FOODS</b>                           | Algorobina Powder<br>Cacao Nibs<br>Cacao Powder<br>Camu Camu<br>Chuchuwasi<br>Goji Berries | Golden Berries<br>Honey<br>LSA Powder<br>Lucuma<br>Maca<br>Manuka Honey                    | Molasses<br>Purple Corn<br>Spirulina<br>Stevia<br>Wheatgrass                               |                                |             |