# URIC ACID SAMPLE DIET

**Guru Mann Fitness Inc.**

## FOOD OPTION 1
- 4 Egg Whites
- 1 Apple
- 1 cup Slim milk

## FOOD OPTION 2
- 100g Chicken Breast
- ½ cup brown rice or 1 Roti
- 1 Orange (or mixed salad)

## FOOD OPTION 3
- 1 cup Roasted chickpeas
- 1 Apple
- 1 cup Slim milk

## FOOD OPTION 4
- 50g Lentil
- ½ cup brown rice or 1 Roti
- 1 cup Yogurt
- Mixed salad

## EMPTY STOMACH #1
- 1 spoon Apple Cider Vinegar
- 1 cup (200ml) normal water

## EMPTY STOMACH #2
- ½ Fresh Lemon
- 1 cup (200ml) normal water

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### FOOD TO AVOID:
- Meat like: Organs
- Dark Fish including Tuna
- Spinach, Cauliflower, Oats
  *These food are high in Purine*

### FOOD TO ADD:
- Egg whites, Dairy, etc
- Citrus food, like: Apple cider vinegar, oranges, lemon, etc.

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### PROTEIN INTAKE:
- 0.8g to 1.0g per pound body weight (maximum)
- 20-25g protein per meal (do not exceed it)
- 5 to 7 meals a day = Total **150-175g** protein a day

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**Drink** Apple Cider Vinegar and Lemon water few times a day.

**WATER:**
- **12-16** glasses a day

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