

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
1cup (200ml) normal water

EMPTY STOMACH #2

½ Fresh Lemon
1cup (200ml) normal water

FOOD TO AVOID:

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

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FOOD TO ADD:

Egg whites, Dairy, etc
Citrus food, like: Apple cider vinegar, oranges, lemon, etc.

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

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

WATER:

12-16 glasses a day