

RECOMMENDED FOODS LIST

VEGETABLES

Alfalfa sprouts	Green beans	Spinach
Artichokes	Kale	Sprouts
Asian greens	Kohlrabi	Squash
Asparagus	Leeks	Tomato
Baby spinach	Lettuce - all	Watercress
Bamboo shoots	Mushrooms	Zucchini
Bean sprouts	Okra	
Broccoli	Olives	Limit these
Cabbage	Onions	Avocado
Capsicum	Radicchio	Beetroot
Cauliflower	Radish	Carrots
Celery	Rocket	Corn
Chard	Sea veg -	Parsnip
Cucumber	kelp, wake,	Peas
Eggplant	comb, arame	Pumpkin
Endive	Snow peas	Turnip
Fennel		

FRUIT

Apples	Kiwi fruit	Peaches
Apricots	Lemons	Pears
Blackberries	Limes	Pineapple
Blueberries	Mandarin	Raspberries
Cherries	Mulberries	Rockmelon
Fresh fig	Nectarines	Strawberries
Grapefruit	Orange	Tangerine
Guava	Passionfruit	Watermelon
Honeydew melon	Paw paw	

PROTEIN

Beef	Oysters
Cheese	Pork
Chicken	Prawns
Duck	Scallops
Eggs	Squid
Fish	Turkey
Kangaroo	Veal
Lamb	Tofu or tempeh
Mussels	

NUTS & SEEDS

Almonds	Pecans
Brazil nuts	Pepitas
Coconut meat	Pine nuts
Flax/linseeds	Pistachio nuts
Hazelnuts	Sesame seeds
Macadamia nuts	Sunflower seeds
Nut butters/ spreads	Walnuts

CONDIMENTS

Healthy Oils	Other condiments
Coconut oil	All low carb sauces
Flax/linseed oil	All spices
Macadamia oil	All herbs
Olive oil	Peanuts
Sesame oil	
Walnut oil	

MEAL GUIDELINES

- Vegetables: 3 handfuls (raw) per meal
- Vegetables (limited list): 1 handful (raw) daily in total
- Fruit: 1 handful fruit can replace 1 handful vegetables, once daily
- Protein: 1 palm sized portion per meal
- Healthy oils: 1-2 tbsp/day
- Sweetener: Stevia, Natvia

AVOID THESE FOODS

Potato (white & sweet)	Anything with added sugar:
Canned vegetables	Soft drinks/ soda
Cassava	Lollies/ candy
Canned fruit	Juice
Bread	Sports drinks
Pasta	Ice cream
Rice	Cakes, pastries
Cereals and porridge	Biscuits
Margarine	Dried fruit
Cooking oils not on list	