

# WHAT TO EAT!

## YOUR "GO TO" GREEN LIST

### PROTEIN

Meat - all meats including naturally cured meat  
Offal  
Seafood  
Poultry  
Eggs  
Cheese

### DRINKS

Bone Broth  
Tea  
Coffee  
Water  
Diet soft drinks (no sugar) in moderation

### FATS

Butter/Ghee  
Duck fat  
Nuts  
Seeds  
Rendered animal fats  
Avocado  
Nut oils  
Coconut  
Coconut oil  
Olive oil  
Mayonnaise

### CONDIMENTS

All gluten free, sugar free, preservative  
and vegetable oil condiments  
Gluten free tamari  
Gluten free fish oil

### GUT FOODS

no sugar added

Bone broth  
Coconut yoghurt  
Coconut kefir  
Kimchi  
Pickled vegetables

### VEGETABLES

Most vegetables that grow above ground  
Avocado  
Asparagus  
Artichoke  
Beans (runner, or long)  
Broccoli  
Brussel Sprouts  
Cabbage  
Capsicum  
Cauliflower  
Celery  
Cucumber  
Eggplant  
Fennel  
Garlic  
Kale  
Leafy greens  
Leek  
Lemon  
Lime  
Mushrooms  
Onion (in moderation)  
Radish  
Shallots  
Spinach  
Tomato  
Zucchini

### DAIRY

Cheese  
Cream  
Cream cheese  
Full fat yoghurt (no sugar added)

# SOMETIMES FOODS

## ENJOY SPARINGLY. ORANGE LIST

### FRUIT

Apples  
Apricots  
Bananas  
Blackberries  
Blueberries  
Cherries  
Figs  
Grapes  
Kiwi  
Lychee  
Mango  
Nectarine  
Orange  
Passionfruit  
Peach  
Pear  
Persimmon  
Pineapple  
Plum  
Pomegranate  
Raspberries  
Rhubarb  
Strawberries  
Sweet potato  
Watermelon

### DAIRY

Cottage cheese  
Ricotta  
Full fat milk

### NUTS

Cashews  
Chestnuts  
Hazelnuts  
Pecans  
Pinenuts  
Pistachios

### DRINKS

Kombucha  
Milk  
Water kefir

### DRIED LEGUMES

Alfalfa  
Blackeye peas  
Chick peas  
Lentils

# WHAT NOT TO EAT

## AVOID THESE FOODS. RED LIST

### GRAINS/GLUTEN

All flours from grains  
All bread  
All grains  
Beans, dried  
Bran, muesli, cereal  
Buckwheat  
Baked processed foods  
Corn/corn products  
Couscous  
Millet  
Pasta/noodles  
Spelt  
Thickening agents

### DRINKS

Beer  
Cider  
Soft drinks  
Fruit or vegetable juice  
Wine

### STARCHES

Legumes  
Parsnips  
Peanuts  
Peas  
Potato

### DAIRY

Cheese spreads  
Sweetened almond or nut milks  
Condensed milk  
Rice or soy milk  
Low fat milks of any kind

### FATS

Canola oil  
Margarine  
Vegetable or seed oils

### GENERAL

Any foods containing sugar of any kind  
Chips, biscuits and snacks  
Fast food  
Processed food

### SWEETENERS

Agave  
Artificial sweeteners  
Dried Fruits, dates  
Glucose, fructose, sucrose  
Honey  
Iced tea  
Maple syrup  
Sorbitol, malitol  
Syrups

### PROTEIN

Overprocessed luncheon meats like bologna, Devon, mortadella (does not include ham, salami)  
Processed sausages  
Sugar cured meats