

GREEN LIST

Food listed on this sheet should form the **MAJORITY OF YOUR DAILY INTAKE**
Amounts indicated in the table reflect the Net Carbohydrate Content per 100g
(Net carbs = Total carbs - fibre)

VEGETABLES (Above ground vegetables)

- Artichoke hearts 1.6g
- Asparagus 1.4g
- Avocado 0.5g
- Broccoli 0.4g
- Brussels sprouts 2.1g
- Cabbage 3.4g
- Capsicum 1.9g
- Cauliflower 1.9g
- Celery 1.2g
- Cucumber 1.7g
- Fennel 3.3g
- Green beans 2.6g
- Herbs 1.0 - 3.7g
- Kale 2.3g
- Lettuce 0.7g
- Mushrooms 0.3g
- Okra 2.4g
- Olives 2.6g
- Radishes 2.9g
- Rhubarb 2.7g
- Sauerkraut 1.1g
- Snow peas 4.5g
- Spinach 0.7g
- Spring onion 4.6g
- Tomatoes 2.4g
- Turnip 3.4g
- Zucchini 1.7g

FATS

- Good quality animal fats
- Avocado oil
- Beef fat (tallow)
- Butter
- Chicken fat
- Coconut oil
- Duck fat
- Ghee
- Homemade mayonnaise and dressings
- Lard
- Macadamia oil
- Olive oil

ANIMAL PROTEIN

- Broth
- Eggs
- Meats, poultry and game (grass-fed = best)
- Natural and cured meats/sausages (salami, chorizo, pancetta etc)
- Offal
- Seafood (wild caught = best)

DAIRY

- Cream (double) 2.1g
- Cream (pure pouring) 3.1g
- Creme fraiche 3g
- Sour cream 4.3g
- Full-fat cheese (any good quality cheese)
 - Blue 2.3g
 - Camembert/Brie 0.5g
 - Cream cheese 2.7g
 - Cheddar/Edam 1.4g
 - Feta 4.1g
 - Goat's cheese 0.9g
 - Gouda 2.2g
 - Parmesan 3.2g
 - Ricotta 3g

ORANGE LIST

Foods on this list should be EATEN WITH CAUTION. Whilst these are whole real foods, eating too much of anything on this list, may result in overconsumption of carbohydrate. Be mindful when eating these foods.

FRUIT

- Apple 11.4g
- Apricots 9.1g
- Banana 20.2g
- Blackberries 4.3g
- Blueberries 9.5g
- Cherries 13.9g
- Cranberries 7.6g
- Currants 67.3g
- Dates (Medjool) 68.3g
- Figs 16.3g
- Grapefruit 9.1g
- Grapes 17.2g
- Guavas 8.8g
- Kiwi fruit 10g
- Litchis 15g
- Mandarin 8.9g
- Mango 15.2g
- Melon e.g. Honeydew 8.3g
- Nectarine 8.9g
- Orange 9.4g
- Passionfruit 13g
- Pawpaw 8g
- Peaches 8g
- Pears 12.4g
- Pineapple 11.2g
- Plums 10g
- Pomegranate 16.6g
- Raspberries 5.4g
- Star-fruit 5.1g
- Strawberries 5.7g
- Watermelon 7.2g

VEGETABLES

- Carrots 5.2g
- Eggplant 6.2g
- Parsnip 6.4g
- Leek 6.6g
- Celeriac 7.4g
- Beetroot 8g
- Onions 8.6g
- Butternut 10g
- Sweet potato 17.4g
- Potato 18.2g

NUTS AND SEEDS

- Almonds 7.9g
- Brazil nuts 4.8g
- Chia seeds 6.2g
- Coconut, raw 6.2g
- Cashews 23.8g
- Flaxseed/Linseeds 6.4g
- Hazelnuts 7g
- Macadamia nuts 5.2g
- Pecan nuts 4.3g
- Pine nuts 1g
- Pistachio 17.7g
- Pumpkin seeds (Pepitas) 9.5g
- Sesame seeds 11.7g
- Sunflower seeds 1g
- Walnuts 7g

SWEETENERS

- Stevia
- Erythritol/Xylitol
- Honey 82g

DAIRY

- Full-cream Greek yoghurt 6.1g
- Full-cream milk 5.1g

NUT AND SEED PRODUCTS

- Almond meal/flour 5.7g
- Almond butter 17.5g
- Cashew butter 25.6g
- Coconut water 2.6g
- Coconut milk 2.8g
- Coconut cream 6.2g
- Coconut flour 3.5g
- Desiccated/shredded coconut 7.4g

OTHER

- Red wine
- Dark chocolate (85% or greater)

RED LIST

Foods listed on this sheet should be **AVOIDED**. These are foods that our bodies are quite simply not designed to consume. If you do have foods from this list, I encourage you to do this occasionally and in small amounts

BAKED GOODS/GRAIN BASED FOODS

- All flours from grains - wheat flour, cornflour, rye flour, barley flour, pea flour, rice flour etc
- All forms of bread
- All grains - wheat, oats, barley, rye, amaranth, millet, spelt
- Quinoa, buckwheat
- Battered or crumbed foods
- Brans
- Breakfast cereals, muesli, granola
- Cakes, biscuits, confectionary
- Corn products - popcorn, polenta, corn thins
- Couscous
- Crackers
- Pasta, noodles
- Rice, rice cakes, rice crackers
- Thickening agents e.g. gravy powder, corn starch and stock cubes

SWEETENERS

- Agave anything
- Artificial sweeteners - aspartame, acesulfame K, saccharin, sucralose, splenda
- Cordials
- Fructose
- Malt
- Sugar
- Sugared or commercially pickled foods with sugar
- Syrups of any kind

BEVERAGES

- Beer, cider
- Soft drinks of any description
- Fruit juice of any kind (freshly squeezed included)
- Lite, zero, diet drinks of any description
- Vegetable juice (other than homemade from the green list vegetables)

GENERAL

- All fast foods
- All processed foods
- Any food with added sugar such as glucose, dextrose etc

DAIRY/DAIRY RELATED

- Cheese spreads, commercial spread
- Coffee creamers
- Commercial almond milk
- Condensed milk
- Fat-free, low fat or diet anything
- Ice-cream
- Puddings
- Reduced fat/skinny milk
- Rice milk
- Soy milk

FATS

- All seed oils e.g. sunflower, canola, safflower, soybean, grapeseed, cottonseed, corn, rice bran
- Chocolate
- Commercial sauces, marinades and salad dressings
- Hydrogenated and partially hydrogenated oils including margarine, vegetable oils and vegetable fats

STARCHY VEGETABLES

- Legumes e.g. chickpeas, beans, lentils
- Peanuts
- Peas

MEATS

- Vegetarian 'soya' protein products e.g. tofu
- Meats cured with excessive sugar
- Luncheon meats
- Highly processed meats