

Foods list

GOOD-QUALITY PROTEIN

- Grass-fed beef
- Outdoor-reared pork
- Free-range poultry and eggs
- Wild-caught fish

VEGETARIAN

- Beans, lentils and peas
- Psuedo-grains (e.g. buckwheat and quinoa)
- Organic full-fat dairy products

HEALTHY FATS

- Extra virgin olive oil
- Olives
- Cold-pressed avocado oil
- Avocado
- Nuts and seeds
- Organic full-fat dairy products
- Flaxseed oil
- Ghee

NON-STARCHY VEGGIES

- Salad veggies - lettuces, bell peppers, chilli peppers, cucumbers, spring onions, celery, radish
- Asparagus
- Cabbage
- Carrots
- Courgette
- Broccoli
- Brussels sprouts
- Cauliflower
- Celeriac
- Fennel
- Spinach
- Kale, cavolo nero
- Pak choy
- Parsnips
- Rainbow chard
- Red cabbage
- Purple sprouting broccoli
- Spring greens
- Onions
- Horseradish
- Mushrooms

STARCHY VEGGIES, LEGUMES & WHOLEGRAINS

- Brown and wild rice
- Buckwheat
- Quinoa
- Beans, lentils and peas
- Potatoes
- Sweet potatoes
- Beetroot
- Squash
- Pumpkin

LOW-SUGAR FRUITS

- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Gooseberries
- Kiwi
- Tomatoes