

THE GREEN LIST

1

PROTEIN

Eggs
Meat, Poultry, Game
All natural & Cured meats
All natural & cured sausages
- (Salami, pepperoni, pastrami, chorizo)
All offal meat
- (Liver, heart, gizzards, tripe, etc)
Seafood (except sword fish – high mercury)
Tuna in water or olive oil
Sardines in olive oil, Canned Pilchards (*check ingredients for hidden sugars*)
Meat Broth

2

DAIRY

Fresh Cream
Cream Cheese (full fat)
Full fat plain yoghurt
Full fat milk
Hard & Soft Cheese

3

FATS

Avocado Oil
Butter
Mayonnaise
- (*Seed oil free, Sugar Free, check the ingredients*)
Rendered Animal Fat
Coconut Oil
Ghee
Duck Fat
Lard
Macadamia Oil
Olive Oil
Holsum

4

FRUIT

Prickly Pear
Raspberries
Blackberries
Strawberries
Rhubarb
Gooseberries
Star Fruit
Lemons

5

CONDIMENTS, SPICES & FLAVOURINGS

All Spices, flavourings & condiments are suitable provided they don't contain sugar, and/or seed oils (check the ingredients)

6

NUTS & SEEDS

Almonds
Flaxseeds (keep in the fridge – they can go off)
Macadamia Nuts, Pecan Nuts
Pine Nuts (restrict to 5g carbs per 100g serving)
Pumpkin Seeds
Sunflower Seeds (restrict to 8g carbs per 100g serving)
Walnuts (restrict to 5g carbs per 100g serving)
Psyllium Husk, Hemp Seeds
Almond Flour
Coconut Flour
Breads made with seed flours ONLY

7

VEGETABLES

All Leafy Green Veg (spinach, cabbage, lettuce, rocket, kale)
Asparagus
Aubergine, Brinjal, Eggplant
Avo, Baby corn
Brussel Sprouts
Carrots (restrict to half a cup)
Cauliflower
Chilis
Courgettes, Baby Marrow, Zucchini
Cucumber, Gem Squash
Garlic, Ginger
Leeks, Mushrooms, Olives
Onions (restrict portions to one tablespoon)
Peas (Frozen – restrict portion to 1 tablespoon)
Pumpkin, Peppers (Green, Red, Yellow)
Radish, Sauerkraut
Spring Onion
Turnips
Green Beans
Tomatoes

Vegetable Pasta made from Cauliflower, Mushrooms, Turnips (Must not include Flours of any kind)

8

SWEETENERS

Erythritol
Stevia
Xylitol

9

DRINKS

Tea
Coffee
Water
Sparkling water
Herbal Tea
Sugar Free Cordials (Check the ingredients)
Fresh Vegetable juice (made with Green List Veg)
Green smoothies (Made with Green List ingredients)

Eat these foods ALWAYS