

It will be almost impossible to overdo your carbohydrate intake by sticking to this group of foods. Overeating protein is not recommended, so eat a moderate amount of animal protein at each meal. Include as much fat as you are comfortable with. Caution: even though these are all-you-can-eat foods; only eat when hungry, stop when full and do not overeat. The size and thickness of your palm without fingers is a good measure for a serving of animal protein. **If you want to lose weight fast, you will want to limit your carbohydrate intake as much as possible. Try and stay under 50g of net carbs per day (preferably less than 25g). Net carbohydrates is the total carbohydrates, minus the total fibre content.**

This information is from Dr. Tim Noakes. He is a highly respected South African Professor of Exercise and Sports Science. He has challenged the science behind obesity, coronary heart disease and heart attacks. He has dedicated his life to opening people's eyes to the myth of low-fat eating and the nutritional and environmental crisis it has now left us in.

Green is an all-you-can-eat list - you choose anything you like without worrying about the carbohydrate content, as all the foods will be between 0 to 5g/100g. Please check labels.

ANIMAL PROTEIN (unless these have a rating, they are all 0g/100g)

- All eggs
- All meats, poultry and game
- All natural and cured meats (*pancetta, parma ham, coppa etc*)
- All natural and cured sausages (*salami, chorizo etc*)
- All offal
- All seafood (*except swordfish and tilefish - high mercury content*)

Broths

DAIRY

- Cottage cheese
- Cream
- Cream cheese
- Full-cream Greek yoghurt
- Hard cheeses
- Soft cheeses

FATS

- Any rendered animal fat
- Avocado oil
- Butter
- Cheese - firm, natural, full-fat, aged cheeses (*not processed*)
- Coconut oil
- Duck fat
- Ghee
- Lard
- Macadamia oil
- Mayonnaise, full fat only (*not from seeds oils*)
- Olive oil

FLAVOURINGS AND CONDIMENTS

All flavourings and condiments are okay, provided they do not contain sugars and preservatives or vegetable (seed) oils.

NUTS AND SEEDS

- Almonds

- Flaxseeds (watch out for pre-ground flaxseeds, they go rancid quickly and become toxic)
- Macadamia nuts
- Pecan nuts
- Pine nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts

SWEETENERS

- Erythritol granules
- Stevia powder
- Xylitol granules

VEGETABLES

- All green leafy vegetables (*spinach, cabbage, lettuces etc*)
 - Any other vegetables grown above the ground (*except butternut*)
 - Artichoke hearts
 - Asparagus
 - Aubergines
 - Avocados
 - Broccoli
 - Brussel sprouts
 - Cabbage
 - Cauliflower
 - Celery
 - Courgettes
 - Leeks
 - Mushrooms
 - Olives
 - Onions
 - Peppers
 - Pumpkin
 - Radishes
 - Sauerkraut
 - Spring onions
 - Tomatoes

Orange is made up of ingredients containing between 6g and 25g of carbs per 100g (6% - 25%). Go slow – and be aware.

These are all net carbs and they are all 23 to 25g per indicated amount. Ingredients are all fresh unless otherwise indicated. C= cup

FRUITS

- Apples 1.5
- Bananas 1 small
- Blackberries 3.5 C
- Blueberries 1.5 C
- Cherries (sweet) 1 C
- Clementines 3
- Figs 3 small
- Gooseberries 1.5 C
- Grapes (green) under 1 C
- Guavas 2
- Kiwi fruits 3
- Litchis 18
- Mangos, sliced, under 1 C
- Nectarines 2
- Oranges 2
- Pawpaw 1
- Peaches 2
- Pears (Bartlett) 1
- Pineapple, sliced, 1 C
- Plums 4
- Pomegranate ½
- Prickly pears 4
- Quinces 2
- Raspberries 2 C
- Strawberries 25
- Watermelon 2 C

NUTS

- Cashews, raw, 6 Tbsp.
- Chestnuts, raw, 1 C

SWEETENERS

- Honey 1 tsp.

VEGETABLES

- Butternut Pumpkin 1.5 C
- Carrots 5
- Sweet potato 0.5 C

Red will contain all the foods to avoid as they will be either toxic (e.g. seed oils, soya) or high-carbohydrate foods (e.g. potatoes, rice).



We strongly suggest you avoid all the items on this list, or, at best, eat them very occasionally and restrict the amount when you do. They will do nothing to help you in your attempt to reach your goal.

BAKED GOODS

- 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, quinoa, teff etc
- Beans (*dried*)
- "Breaded" or battered foods
- Brans
- Breakfast cereals, muesli, granola of any kind
- Buckwheat
- Cakes, biscuits, confectionary
- Corn products - popcorn, polenta, corn thins, maize
- Couscous
- Crackers, cracker breads
- Millet
- Pastas, noodles
- Rice
- Rice cakes
- Sorghum
- Spelt
- Thickening agents such as gravy powder, maize starch or stock cubes

BEVERAGES

- Beer, cider
- Fizzy drinks (*sodas*) of any description other than carbonated water
- Lite, zero, diet drinks of any description

DAIRY / DAIRY-RELATED

- Cheese spreads, commercial spreads
- Coffee creamers
- Commercial almond milk
- Condensed milk
- Fat-free anything
- Ice cream
- Puddings
- Reduced-fat cow's milk
- Rice milk
- Soy milk

FATS

- All seed oils (*safflower, sunflower, canola, grapeseed, cottonseed, corn*)
- Chocolate
- Commercial sauces, marinades and salad dressings
- Hydrogenated or partially hydrogenated oils including margarine, vegetable oils, vegetable fats

FRUITS AND VEGETABLES

- Fruit juice of any kind
- Vegetable juices (*other than home-made with Green list vegetables*)

GENERAL

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

MEAT

- All unfermented soya (*vegetarian "protein"*)
- Meats cured with excessive sugar
- Vienna sausages, luncheon meats

STARCHY VEGETABLES

- Beetroots
- Legumes
- Parsnips
- Peanuts
- Peas
- Potatoes (*regular*)

SWEETENERS

- Agave anything
- Artificial sweeteners (*aspartame, acesulfame K, saccharin, sucralose, splenda*)
- Cordials
- Dried fruit
- Fructose
- Honey (*except for 1 tsp. on orange list*)
- Malt
- Sugar
- Sugared or commercially pickled foods with sugar
- Sweets
- Syrups of any kind