

Green List (adapted from <http://realmealrevolution.com>)

This is an all-you-can-eat list – you can choose anything you like without worrying about the carbohydrate content as all the foods will be between 0 to 5g/100g. 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 – bearing in mind that the diet is high in fat. 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.

Fruit & vegetables

All green leafy vegetables
Artichoke hearts
Asparagus
Aubergine
Avocado
Bean sprouts Beans (whole in pods, such as green, runner, broad)
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Celery
Chard
Courgettes
Cucumber
Endive
Fennel
Garlic
Gem squash
Kale
Leeks
Lemons & limes
Lettuce
Mushrooms
Olives
Onions
Peppers (all kinds)
Radicchio
Radishes
Rhubarb
Rocket
Shallots
Spinach
Spring onions
Sugar-snaps
Tomatoes
Turnips
Watercress

Drinks

Water – sparkling or still

Proteins

Free-range, organic and as natural as possible
All meats, poultry and game
All naturally cured meats like pancetta, parma ham, coppa, bacon, salami, biltong, jerky
All offal (highly recommended)
All seafood
Eggs

Condiments

All vinegars, flavourings and condiments are okay provided they are free from sugar, gluten, preservatives or vegetable oils
Tamari/fermented soy sauce

Fertilizers

All homemade bone broths
Coconut yoghurt
Coconut kefir
Kefir
Kimchi
Milk kefir
Naturally fermented pickles/Sauerkraut

Fats

Any rendered animal fat (lard, tallow, duck and bacon fat)
Avocado oil (cold-pressed is best)
Butter or ghee Coconut oil
Firm cheeses like cheddar, emmental and gouda
Hard cheeses like parmesan and pecorino
Macadamia oil
Mayonnaise, free from preservatives and seed oil
Nut oils like groundnut oil (as long as they're not heated during extraction or cooking)
Olive oil (extra virgin)
Seeds

ORANGE

This list is made up of ingredients containing between 6g and 25g of carbs per 100g (6% - 25%). Chart your carbohydrates without getting obsessive and still obtain an excellent outcome. If you are endeavouring to go into ketosis, this list will assist you not to overshoot the 25 to 50g/100g limit. These are all net carbs and they are all 23 to 25g per indicated amount. Ingredients are all fresh unless otherwise indicated.

Nuts

Closed handful (2 tbp)
All raw nuts
Homemade or unprocessed sugar-free nut butters

Dairy

Unpasteurised is better (1 /4 cup)
Cottage cheese, cream, cream cheese, full-fat yoghurt (homemade first, commercial second), sour cream/crème fraîche
Full-fat cheeses like brie, camembert, gorgonzola, roquefort
Milk
Milk substitutes: almond milk, rice milk, coconut milk and hemp milk
Soft cheeses like mozzarella, feta, ricotta

Fruit & Vegetables

No more than half a closed handful
Beetroot and golden beets
Berries – blackberries, blueberries, gooseberries, raspberries, strawberries
Butternut squash
Calabash
Carrots
Casava
Celeriac
Corn on the cob, baby corn
Hubbard squash
Jicama
Papaya
Parsnips
Peas (garden peas and petit pois)
Pineapple
Plantain
Pumpkin
Rutabagas
Spaghetti squash
Sweet potatoes
Taro

Drinks

Tea (caffeinated)
Coffee
Alcohol (minimal)

Dried Legumes/Pulses

All legumes (best prepared soaked before cooked or sprouted)
Alfalfa (sprouts)
Beans (cannellini, kidney and black-eyed) (fresh or dried)
Chickpeas (sprouted or dried)
Lentils (sprouted or dried)
Peanuts (raw or in shells only)

Fertilizers

Water kefir
Kombucha

Fruits & Vegetables

Apples
Apricots
Bananas
Breadfruit
Cherries
Edamame
Figs (only fresh)
Granadilla
Grapes
Guavas
Jackfruit
Kiwi fruit
Kumquats
Litchis
Loquats
Mangoes
Oranges, clementines and tangerines
Peaches and nectarines
Pears and prickly pears
Persimmon
Plums
Pomegranates
Potatoes
Quinces
Starfruit
Tamarind pulp
Watermelon

RED

This list will contain all the foods to avoid as they will be either toxic (ie. seed oils, soya) or high-carbohydrate foods (ie. 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.

LIGHT RED

Vegetable Juices/ Smoothies

Fruit or yoghurt smoothies without frozen yoghurt or ice cream
Vegetable juices with no added fruit juice
Protein shakes (dependent on ingredients)

Treats and chocolate

Dates
Dark chocolate (80% and above)
Dried fruit
Honey (Raw is best)
Prunes
Pure maple syrup

Gluten-free grains and grain

Products
Amaranth
Arrowroot
Buckwheat
Bran
Gluten-free pasta
Millet
Oats (must be gluten-free)
Popcorn
Quinoa
Rices – whole grain, arborio, sushi, jasmine, Thai and rice noodles
Sorghum
Tapioca
Teff

Flours

Non-GMO and gluten-free should be a standard rule
Almond flour
Coconut flour
Corn flour
Chickpea flour
Maize meal
Pea flour
Polenta
Rice flour

REAL RED

General

Any food with added sugar
Crisps
Fast food (unless you trust the brand and you know the ingredients)
Sugary condiments like ketchup, marinades and salad dressings unless they are free from sugar and other nasties

Sweet things

All confectionery and (non-dark) chocolates (including 'protein', 'energy' or 'breakfast'/'snack' bars)
Artificial sweeteners – aspartame, acesulfame K, saccharin
Agave
Canned fruit
Coconut blossom sugar
Cordials
Fructose
Glucose
Jam
Malt
Rice malt syrup
Sugar – white, caster, icing, light brown, dark brown
Sugar-cured or commercially pickled foods
Golden syrup

Foods containing gluten

All flours and all breads made from grains containing gluten
Barley
Bulgur
Couscous
Durum
Einkorn
Farina
Graham flour
Kamut Matzo
Orzo

Rye
Semolina
Spelt
Triticale
Wheat
Wheat germ

Other Grain-based products

All commercial breaded or battered foods (breaded chicken nuggets, battered fish, etc)
All commercial breakfast cereals (muesli, granola, corn flakes, choco pops, cold porridges, etc)
All crackers and cracker breads

Drinks

All energy drinks
All soft drinks, including diet drinks
Commercial fruit juices
Commercial iced teas
Flavoured milk and milkshakes

Dairy-related

Commercial cheese spreads
Coffee creamers
Condensed milk
Ice cream and commercial frozen yoghurt

Fats

All industrial seed and vegetable oil derivatives
Butter spreads
Canola oil
Cottonseed oil
Corn oil
Margarine and shortening
Rice bran oil
Sunflower oil
Safflower oil

Proteins

Highly processed sausages and luncheon meats like polony
Meats cured with excessive sugar

