

## 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

