

GREEN LIST

ANIMAL PROTEIN

All meat, poultry and game
All eggs
All offal
All natural and cured meats
(pancetta, parma ham, coppa etc)
All natural and cured sausages
(Salami, chorizo etc)
All seafood (except swordfish and tilefish)
- High mercury content
Broths

FATS

Avocado oil
Butter
Cheese – firm, natural, full-fat, aged cheeses
(not processed)
Coconut oil
Duck fat
Ghee
Lard
Macadamia oil
Full-fat mayonnaise (not from seed oils)
Olive oil
Any rendered animal fat

NUTS AND SEEDS

Almonds
Flaxseeds (Be careful of pre-ground flaxseeds,
they go rancid quickly and become toxic)
Macadamia nuts
Pecan nuts
Pine nuts
Pumpkin seeds
Sunflower seeds
Walnuts

FLAVOURINGS AND CONDIMENTS

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

VEGETABLES

Cauliflower
Broccoli
Pumpkin
Courgettes
Aubergines
Avocado
Artichoke hearts
Brussels sprouts
Celery
Cabbage
Peppers
Spring onions
Leeks
Onions
Olives
Radishes
Mushrooms
Sauerkraut
All green leafy vegetables
(spinach, cabbage, lettuces etc)
Any other vegetables grown
above the ground.

SWEETENERS

Stevia powder
Xylitol granules
Erythritol granules

DAIRY

Full cream Greek Yogurt
Full cream milk
Cream
Cottage cheese
Cream cheese
Soft cheeses
Hard cheeses