

PROTEIN	FATS & OILS	VEGETABLES
<p>Bacon (Check for added ingredients)</p> <p>Beef</p> <p>Bison</p> <p>Burgers (Check for added ingredients)</p> <p>Chicken</p> <p>Duck</p> <p>Eggs</p> <p>Fish</p> <p>Goat</p> <p>Ham & Deli Meats (check for added ingredients)</p> <p>Lamb</p> <p>Organ Meat</p> <p>Ostrich</p> <p>Sausages (check for added ingredients)</p> <p>Seafood</p> <p>Turkey</p> <p>Venison/Game</p>	<p>Almond Oil</p> <p>Avocado Oil</p> <p>Beef Tallow</p> <p>Butter</p> <p>Coconut Oil</p> <p>Duck Fat</p> <p>Ghee</p> <p>Lard</p> <p>Macadamia Oil</p> <p>MCT Oil</p> <p>Olive Oil</p> <p>Sesame Oil</p>	<p>Artichokes</p> <p>Asparagus</p> <p>Aubergine</p> <p>Broccoli</p> <p>Brussel Sprouts</p> <p>Cabbage</p> <p>Celery</p> <p>Chard</p> <p>Chives</p> <p>Courgette</p> <p>Cucumber</p> <p>Gherkins (sugar free)</p> <p>Kale</p> <p>Kimchi</p> <p>Leeks</p> <p>Mushrooms</p> <p>Okra</p> <p>Onion</p> <p>Peppers</p> <p>Pumpkin</p> <p>Radish</p> <p>Rocket</p> <p>Sauerkraut</p> <p>Seaweed</p> <p>Spinach</p> <p>Spring Onion</p> <p>Squash</p> <p>Swede</p> <p>Tomatoes</p> <p>Turnip</p> <p>Watercress</p>

NUTS & SEEDS

Almonds
Brazil Nuts
Chia Seeds
Flaxseed
Linseeds
Macadamia Nuts
Pecans
Pine Nuts
Pistachio Nuts
Pumpkin Seeds
Psyllium Husk
Sesame Seed
Sunflower Seed
Walnuts

DAIRY

Cheese Soft & Hard
(check for any added ingredients)
Cottage Cheese
Double Cream
Creme Fraiche
Full Fat Yogurt
Kefir
Quark
Sour Creme

Almond Milk
(unsweetened)
Coconut Milk
(unsweetened)

***Too much dairy can stall weight loss**

FRUITS

Avocado
Blackberries
Blackcurrants
Blueberries
Coconut
Lemon
Lime
Olives
Raspberries
Rhubarb
Strawberries

DRINKS

Coffee
Black Tea
Fruit Teas
Green Tea
Herbal Teas
Kombucha (check carb content as brands will vary)
Matcha Tea
Water &
Sparkling Water (check for any added ingredients)

CUPBOARD STAPLES

All natural herbs and spices provided there are no added sugars or chemicals

Almond Flour
Baking Powder
Baking Soda
Cacao
Coconut Flour
Cream of Tartar
Vanilla Pods
Xanthan Gum
100% Dark Chocolate

SWEETENERS

Erythritol
Monk Fruit
Stevia
Xylitol (poisonous to dogs)
Artificial sweeteners are not recommended, sweet tasting foods are what drives addiction and can lead to poor food choices, obesity and poor health. Many artificial sweeteners will still spike insulin, damage gut health and some are even carcinogenic.