

HEALTHY LIFESTYLE FOOD LIST

RECOMMENDED PROTEIN MEALS	RECOMMENDED VEGETABLES		RECOMMENDED PROTEIN SNACK	FRUIT (OPTIONAL)	NUTS & SEEDS (OPTIONAL SNACK)	CONDIMENTS & COOKING OILS (OPTIONAL)	BREADS, RICE, PASTA (OPTIONAL)	SWEETENERS
1 palm per meal	2-3 fists or cups per meal		½ palm per snack	1 cup per day*		1 teaspoon		
Shake Pea Protein <i>(full serve)</i>	Alfalfa sprouts	Olives	½ palm from protein meals	Apples	Almonds	All herbs & spices <i>(including sea salt & black pepper)</i>	Bread <i>(essene, spelt, multigrain, wholemeal, rye)*</i>	Stevia Xylitol
Beef	Asian greens	Onions	Protein Bar Choc Fudge <i>(½ serve)</i>	Apricots	Brazil nuts	Coconut oil*	Cereals <i>(bran, muesli, whole oats, wholegrain)**</i>	BEVERAGES
Chicken	Asparagus	Radichchio	Shake Pea Protein <i>(½ serve)</i>	Blackberries	Coconut meat	Homus <i>(home made)</i>	Chamomile tea	
Duck	Baby spinach	Radish	Boiled egg <i>(1)</i>	Blueberries	Flax/Linseeds	Macadamia oil*	Dandelion tea	
Eggs <i>(2)</i>	Bamboo shoots	Rocket	Cottage cheese <i>(low fat)</i>	Cherries	Hazelnuts	Olive oil*	Ginger tea	
Kangaroo	Bean sprouts	Sea vegetables <i>(kelp, kombu, wakame, arame)</i>	Haloumi	Figs <i>(fresh)</i>	Macadamia nuts	Sesame oil*	Green tea	
Lamb	Bok choy	Snow peas	Hard cheese <i>(low fat)</i>	Grapefruit	Pecans	Soy sauce**	Licorice tea	
Mussels	Broccoli	Spinach	Quark <i>(low fat German style)</i>	Guava	Pepitas	Tahini	Peppermint tea	
Oysters	Broccolini	Sprouts	Salmon smoked*	Honeydew melon	Pine nuts	Walnut oil*	Tulsi tea	
Pork <i>(inc. nitrite free cured meats e.g. ham, bacon)</i>	Brussels sprouts	Squash	Sardines**	Kiwi fruit	Pistachios	<i>*Organic cold pressed oils preferable</i>	Water*	
Prawns	Cabbage	Tomato	Tuna**	Lemons	Sesame seeds	<i>**preferably low sodium and gluten free</i>	<i>*can be flavoured with fresh lemon, lime or grated ginger</i>	
Salmon smoked*	Capsicum	Water chestnut	<i>*check label for hidden sugars</i>	Limes	Sunflower seeds			
Scallops	Cauliflower	Zucchini	<i>**small can in spring water</i>	Mulberries	Walnuts	DAIRY (OPTIONAL)	SWEETS (OPTIONAL)	
Tempeh <i>(GM Free)</i> <i>(250g-300g can be consumed per day)</i>	Chard			Nectarines		Cheese <i>(low fat) (inc. paneer) ½ palm size</i>	Fresh fruit	
Tofu <i>(GM Free)</i> <i>(250g-300g can be consumed per day)</i>	Cucumber			Passionfruit		Natural yoghurt <i>1 serve = small carton</i>	Fruit sorbet*	
Turkey	Eggplant			Strawberries		Organic milk <i>1 serve = 1 cup</i>	Frozen berries*	
Veal	Endive			<i>*if consuming 1 cup of fruit replace one of the 3 cups of vegetables with the fruit</i>		Organic unsweetened goats/rice/soy milk <i>1 serve = 1 cup</i>	Frozen yoghurt*	
White fish	Fennel						Stewed fruit*	
Wild caught Atlantic Salmon <i>*check label for hidden sugars</i>	Garlic						Quark <i>(low fat)</i> <i>*no added sugar</i>	
	Kale							
	Kohrabi							
	Leek							
	Lettuce <i>(all types)</i>							
	Mushroom							
	Okra							

Organic and GM free produce recommended