

Concentrated proteins	Vegetables	Oils, fats & fatty foods	Herbs & spices
<p><b>Poultry:</b> Chicken breast &amp; leg Turkey Duck (skin removed!) Pheasant</p> <p><b>Red meat:</b> Beef: fillet, sirloin Lamb: neck fillet, leg steak Pork (fat trimmed) Veal Venison Tongue, neck, etc.</p> <p><b>Organ meats etc.</b> Liver Kidney Heart Tripe</p> <p><b>Fish:</b> Oily: salmon, mackerel, sardines, herring, trout, kippers White: Halibut, cod, tilapia, haddock</p> <p><b>Shellfish:</b> all in season</p> <p><b>'Dairy':</b> organic eggs, quark, low-fat cottage cheese</p> <p><b>Veggie/Vegan:</b> Tofu, Quorn, Tempeh, Seitan or 'false meat', Textured Vegetable Protein, such as soy, pea, rice or hemp protein isolate</p>	<p>Artichoke Asparagus Aubergines Bean sprouts Beetroot Bell/sweet peppers Bok choy Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Courgette Cucumber Greens Kale Lettuce Mustard greens Mushrooms Okra Onions/spring onions Parsley Radishes Seaweed Spinach Swiss chard Tomato</p> <p><b>Breakfast fruit choice:</b> Fresh or frozen: blueberries, raspberries, strawberries</p>	<p><b>Nuts:</b> Almonds, cashews, macadamia, walnuts</p> <p><b>Nut butters:</b> Hazelnut, walnut, almond, cashew</p> <p><b>Seeds:</b> pumpkin, flax, sesame, sunflower (whole seeds not oil)</p> <p>Avocados Olives Egg yolks</p> <p><b>Oils for cooking:</b> Coconut, goose fat, olive oil</p> <p><b>Oils for adding later:</b> Avocado, flax oil,* walnut oil,* UDOs (or other supplemental oils)*</p> <p><b>Supplemental oils:</b> Fish oils,* DHA or EPA oils,* borage, primrose oil, GLA, krill oil,* salmon oil,* UDOs oil*</p> <p>* = significant omega 3 sources <b>NOT USED FOR COOKING</b></p>	<p>Basil Bay leaves Celery salt Chilli dry, fresh, etc. Chinese five spice Chives Cinnamon Coriander Cumin Curry powder Curry leaf Dill Galangal Garam masala Garlic Ginger root Herbes de Provence Horseradish Kaffir lime leaves Lemongrass Mint Mustard Mustard seed Onion powder Oregano Paprika Parsley Pepper (black, white and green) Rosemary Saffron Sage Salt-free seasoning Thyme Turmeric</p>

These are the foods that should be included at every meal. To build a meal, pick one from each column (according to the portion sizes) and cook them up.

Table 2: Daily foods

These are not the foundation of the diet but additions to that foundation. Think of them as the foods that are the odd serving here and there, around the foods from Table 1. You'll probably eat a couple of servings of these foods a day. It doesn't mean you *have to eat them* once a day but for best results they'll definitely be dotted around the week's worth of eating.

Remember, athletes might eat more of the specific foods, such as starches, because of their specific needs.

High-fibre/Lower-GI/GL fruits	Dilute protein sources	Starches	Dairy sugars
Small amounts of Lemon or Lime, Rhubarb, Raspberries, Blackberries, Blueberries, Cranberries, Strawberries Casaba melons Papayas Cantaloupes Honeydew melons Watermelon Peaches Nectarines Apples Guavas Apricots Grapefruit	<b>High-fat, animal-based proteins</b> Eggs Kidney Bone marrow, Glands such as sweetbreads, All very fatty cuts of meat. Yoghurt (fat and sugar reduced)  <b>Higher-carb (or fat), plant-based proteins</b> Beans, Lentils, Chickpeas, Baked beans (no sugar added sauce when choosing 'baked beans') Black-eyed peas, Lima beans, Kidney beans, Pinto beans, Green peas	<b>Grains:</b> Oats, barley, corn, sweetcorn, high-bran cereals, muesli (no sugar added), Oatibix, Weetabix, Wholegrain Bread, Rice, Pasta <b>Tubers, roots, starchy fruits:</b> Plantain, Parsnip, Pumpkin, Squash Sweet or white potatoes Yams <b>Pulses etc</b>	Milk Yoghurt
Lower-sugar fruits		Great starch choices	

Table 3: Treat foods

The foods in the tables above can make up a huge – and hugely enjoyable – menu of dishes. They form the bulk of your meals but that doesn't mean that they're the be-all and end-all. Below are foods that have their merits but should be eaten less often.

The frequency with which you can eat these depends upon you, your needs and goals. Some can have a serving of something from here every day and progress, for others it's going to be more like a few servings a week. Choose what feels best for your own body.

High-GI/GL Fruits	Grains & Dairy	Sugars & syrups, sweets
Apricots, Bananas, Cherries, Dates, Grapes, Figs, Kiwifruit, Mangos, Oranges, Pineapple, Pomegranates, Prunes, Plums, Pears, Tangerines  <b>Dried fruits and fruit juices/smoothies:</b> All	Milk (any), cream Yoghurt (non reduced sugar type) MOST diet foods Cheeses (all) Sugary cereals, Non-high-fibre; cereals, most granola/muesli bars Diet/low-fat snack bars	Honey Syrups (any) Jams Agave nectar Coconut sap Cakes, sweets, etc.
<i>Fruits containing lots of carbohydrate</i>		Sugary syrups, refined sugary foods

Table 4: Avoid foods

So, there are no 'bad foods' only 'bad' amounts to eat particular foods in. That said, the foods below really carry no benefits, only problems. They aren't a treat and there's viable alternatives for all of them, so why eat them?

The really bad stuff
Hydrogenated fats and processed foods containing hydrogenated fats, margarines, burned or damaged fats. Most liquid seed oils: canola oil, sunflower oil, etc.  Soy oils ( <i>most vegetable oils are soy based</i> ), cheap cooking oils, peanut oil,  Think: ' <i>Anything yellow in a plastic bottle!</i> '