



# THE GREEN LIST



Always eat from this list. Choose One Protein, 2/3 veg, and 1 Fat for a meal  
While eating from the Green List, restrict your carbs to 25g-30g Max per day

## ANIMAL PROTEIN

Beef  
Chicken  
Turkey  
Duck  
Game / Venison  
Goat  
Lamb  
Pork  
Bacon  
Eggs  
All parts of the animal  
Liver  
Offal (gizzards, hearts, kidneys)  
Tripe

Seafood  
Fish  
Prawns  
Crayfish  
Mussels  
Pilchards  
Tuna  
Sardines  
Salmon  
Hake

Mopani Worms  
Locusts

Any other traditional African meats.

DELI Cold Cuts (not processed)  
Natural and cured meats and sausages  
Salami  
Pepperoni  
Sausages (check for starch ingredients)

## DRINKS

Tea & Coffee  
Still & Sparkling Water  
Sugar Free Cordials (Please read the labels for hidden sugars)  
Footy's Sugar Free

## FATS & OILS

Avocado  
Bacon Fat  
Beef Tallow  
Butter  
Ghee  
Lard  
Coconut Oil  
Avocado Oil  
Macadamia Oil  
Olive Oil

## DAIRY

Full Fat Milk  
Cheeses  
cheddar & gouda  
Brie  
Camembert  
Gorgonzola  
Parmesan  
Mozzarella  
Roquefort  
Ricotta  
Full Fat Plain Yoghurt  
Full Fat fresh cream  
Full fat cottage  
Cheese  
Full fat cream cheese

## FRUIT

Coconut  
Lemon / Limes  
Strawberries  
Blueberries  
Raspberries  
Blackberries  
Gooseberries  
Prickly Pear

## SWEETENERS

Erythritol  
Monk Fruit  
Stevia  
Xylitol

**All Spices, Flavourings, and Condiments and sauces are ok PROVIDING they do not contain sugar, seed oils, and wheat/starch**  
**ALWAYS READ THE LABELS**

## VEGGIES

All Leafy Greens  
• Spinach  
• kale  
• lettuce  
Artichokes  
Asparagus  
Aubergine / Egg Plant  
Avocado  
Bamboo Shoots  
Bok Choy  
Broccoli  
Brussel Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chives  
Chu Chu Pear (chayote)  
Courgettes  
Fennel  
Frozen Peas  
Green Beans  
Gherkins  
Leeks  
Mushrooms  
Olives  
Onions  
Peppers  
Pumpkin  
Radish  
Sauerkraut  
Snow Peas  
Tomatoes  
Turnip  
Zucchini

## SEEDS & NUTS

Almonds and Almond flour  
Brazil Nuts  
Chia Seeds  
Coconut flour  
Flax Seeds (Flax powder)  
Hazelnuts & Hemp Seeds  
Macadamia Nuts  
Sunflower Seeds  
Sesame Seeds  
Walnuts  
Peanuts (raw)  
Natural Peanut Butter (sugar free)