

## Foods to enjoy

<p><b>Protein</b> Organic or free range where possible. One palm size portion per meal. Increase to two palm size portions for tofu.</p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Turkey</li> <li>• Eggs (avoid with leaky gut)</li> <li>• Fresh Fish</li> <li>• Tempeh</li> <li>• Tofu</li> </ul>	<p><b>Fresh fruit</b> Enjoy all, organic where possible. Avoid tinned, frozen, or dried. Limit fruits to 2 serves per day due to high sugar content.</p>	<p><b>Dairy and substitutes</b> Limit to 1 serve per day.</p> <ul style="list-style-type: none"> <li>• Goats or sheep milk</li> <li>• Nut milks</li> <li>• Maltose free rice milk</li> <li>• Goats or sheep milk yoghurt</li> <li>• Coconut Yoghurt</li> <li>• Coconut Milk</li> </ul>
<p><b>Beans</b></p> <ul style="list-style-type: none"> <li>• Broad beans</li> <li>• Butter beans</li> <li>• Chickpeas</li> <li>• Lentils</li> <li>• Lima Beans</li> <li>• Red kidney beans</li> <li>• Soy beans</li> </ul>	<p><b>Healthy oils</b> Cold pressed oils are preferable.</p> <ul style="list-style-type: none"> <li>• Coconut oil</li> <li>• Flax/linseed oil</li> <li>• Macadamia oil</li> <li>• Olive oil</li> <li>• Sesame oil</li> <li>• Walnut oil</li> </ul>	<p><b>Grains</b> Maximum of 1 serve per day (1 serve = 30g).</p> <ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Brown rice</li> <li>• Buckwheat</li> <li>• Millet</li> <li>• Quinoa</li> </ul>
<p><b>Nuts and seeds</b> Raw and organic where possible. Limit to two serves per day (1 serve = ¼ cup).</p> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Brazil nuts</li> <li>• Coconut</li> <li>• Hazelnuts</li> <li>• Linseeds</li> <li>• Macadamia nuts</li> <li>• Nut butter/spreads</li> <li>• Pecans</li> <li>• Pepitas</li> <li>• Pine nuts</li> <li>• Pistachio nuts</li> <li>• Sesame seeds</li> <li>• Sunflower seeds</li> <li>• Walnuts</li> </ul>	<p><b>Beverages</b></p> <ul style="list-style-type: none"> <li>• Filtered water: two to three litres of per day (can be flavoured with lemon, mint or ginger)</li> <li>• Calendula tea</li> <li>• Chamomile tea</li> <li>• Dandelion tea</li> <li>• Ginger tea</li> <li>• Green tea</li> <li>• Liquorice tea</li> <li>• Peppermint tea</li> <li>• Rooibos tea</li> <li>• Nettle tea</li> <li>• Apple cider vinegar in water</li> </ul>	<p><b>Dressings and condiments</b></p> <ul style="list-style-type: none"> <li>• Homemade dressings always preferred</li> <li>• Garlic</li> <li>• Herbs &amp; Spices (turmeric, fenugreek, cayenne, ginger, rosemary, thyme, oregano, basil, parsley etc.)</li> <li>• Lemon juice</li> <li>• Apple cider vinegar</li> <li>• Olive oil</li> <li>• Organic tamari</li> <li>• Himalayan salt</li> <li>• Black pepper</li> <li>• Homemade Guacamole/hummus</li> </ul>

## Foods to enjoy (continued)

### Fresh vegetables

Organic where possible. Minimum of four cups of salad and three cups of vegetables per day. Avoid tinned, frozen or pickled.

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|-------------------|---------------|---------------------|---|
| • Alfalfa sprouts | • Capsicum    | • Leeks             | • Sea Vegetables (kombu, dulse, wakame, kelp) |
| • Artichokes      | • Carrot      | • Lettuce-all types | • Snow peas                                   |
| • Asian greens    | • Cauliflower | • Mushrooms         | • Spinach                                     |
| • Asparagus       | • Celery      | • Okra              | • Sprouts                                     |
| • Avocado         | • Chard       | • Olives            | • Squash                                      |
| • Baby Spinach    | • Corn        | • Onions            | • Sweet potato                                |
| • Bamboo shoots   | • Cucumber    | • Parsnip           | • Tomato                                      |
| • Bean sprouts    | • Eggplant    | • Peas              | • Turnip                                      |
| • Beetroot        | • Endive      | • Pumpkin           | • Water chestnuts                             |
| • Bok Choy        | • Fennel      | • Radicchio         | • Watercress                                  |
| • Broccoli        | • Garlic      | • Radish            | • Zucchini                                    |
| • Broccolini      | • Green beans | • Rocket            |   |
| • Brussel sprouts | • Kale        |                     |   |
| • Cabbage         | • Kohlrabi    |                     |   |

## Foods to avoid

<p><b style="color: green;">Protein</b></p> <ul style="list-style-type: none"> <li>• Beef</li> <li>• Cured meats</li> <li>• Deli meats</li> <li>• Duck</li> <li>• Kangaroo</li> <li>• Lamb</li> <li>• Mince</li> <li>• Pork</li> <li>• Salami</li> <li>• Sausages</li> <li>• Smoked meats</li> </ul>	<p><b style="color: green;">Beverages</b></p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Tea</li> <li>• All soft drinks</li> <li>• All commercially prepared fruit and vegetable juices</li> <li>• Cordials</li> <li>• All alcohol</li> </ul>	<p><b style="color: green;">Dairy and substitutes</b></p> <ul style="list-style-type: none"> <li>• Cow's milk and all related products including cheese, cream, yogurt, ice cream, butter and whey protein isolate (use pea or rice protein instead)</li> <li>• Commercially produced almond, rice, oat or soy milk</li> </ul>
<p><b style="color: green;">Sweeteners</b></p> <ul style="list-style-type: none"> <li>• All sugar</li> <li>• Rice malt syrup</li> <li>• Golden syrup</li> <li>• Honey</li> <li>• Glucose</li> <li>• All artificial sweeteners (Stevia drops are fine)</li> </ul>	<p><b style="color: green;">Oils</b></p> <p>Cheap, poor quality vegetable oils such as safflower oil.</p>	<p><b style="color: green;">Grains</b></p> <p>All gluten containing grains:</p> <ul style="list-style-type: none"> <li>• Barley</li> <li>• Oats</li> <li>• Rye</li> <li>• Triticale</li> <li>• Wheat</li> </ul>
<p><b style="color: green;">Nuts and seeds</b></p> <p>Roasted, salted nuts and seeds.</p>	<p><b style="color: green;">Fruits and vegetables</b></p> <p>Pickled, tinned, frozen, or dried fruits and vegetables.</p>	<p><b style="color: green;">Dressings and condiments</b></p> <p>Commercially prepared dressings.</p>