REAL MEAL THE REAL LISTS

Since their introduction in The Real Meal Revolution, we've continuously fine-tuned our lists by following the latest science, taking on board customer feedback and considering the negative and positive health effects of foods beyond mere carb count. So there may be Green-listed foods with higher carb (and sugar) content than those on the Orange or Red lists, but there is sound dietary and nutritional reasoning for this. For more read Real Meal Revolution: Banting 2.0.

- (p) 'prebiotic' or 'high fibre'
- (e) high in digestive enzymes
- (n) Night Shades (see p151)

GREEN EAT TO HUNGER

FRUIT & VEGETABLES

- All green leafy vegetables Artichoke hearts (p)
- Asparagus (p)
- Aubergine (n)
- Avocado (p)
- Bean sprouts
- Beans (whole in pods, such as green, runner, broad) (p)
- Broccoli (p)
- Brussels sprouts (p)
- Cabbage (p)
- Cauliflower (p)
- Celery (p) Chard (p)
- Couraettes
- Cucumber
- Fndive (p)
- Fennel (p) Garlic (p)
- Gem squash
- Kale (p)
- Leeks (p)
- Lemons & limes Lettuce
- Mange tout (p)
- Mushrooms
- Olives Onions (p)
- Okra
- Palm hearts (p)
- Peppers (all kinds) (n)
- Radicchio (p) Radishes (p)
- Rhubarb
- Rocket (p)
- Shallots (p)
- Spinach (p)
- Spring onions ■ Sugar-snaps (p)
- Tomatoes (n)
- Turnips
- Watercress (p)

DRINKS

- Caffeine-free herbal teas (with real slices of fruit and herbs)
- Flavoured waters from RMR recipes or other recipes that follow the lists
- Water sparkling or still

Free-range, organic and as natural as possible

- All meats, poultry and game
- All naturally cured meats like pancetta, parma ham. coppa, bacon, salami, biltong, jerky
- All offal (highly recommended)
- All seafood
- Eggs

CONDIMENTS

- All vinegars, flavourings and condiments are okay provided they are free from sugar, gluten, preservatives or vegetable oils
- Tamari/fermented soy sauce

FERTILIZERS

All homemade bone broths

Any rendered animal fat

Avocado oil (cold-pressed

Firm cheeses like cheddar,

■ Hard cheeses like parmesan

preservatives and seed oil

Nut oils like groundnut oil

heated during extraction

Olive oil (extra virgin) (e)

(as long as they're not

emmental and gouda

■ Mayonnaise, free from

(lard, tallow, duck and bacon

- Coconut yoghurt Coconut kefir
- Kefir butter/cheese Kimchi
- Milk kefir
- Naturally fermented pickles
- Sauerkraut

FATS

fat)

is best) (e)

Butter or abee

■ Coconut oil (e)

and pecorino

or cooking)

Seeds (p)

■ Macadamia oil (e)

- Berries blackberries,
 - - Carrots (p)
 - Casava

 - Pineapple (e)
 - Plantain
 - Pumpkin

 - Sweet potatoes (p)

DRINKS

- Tea (caffeinated)

Homemade or unprocessed sugar-free nut butters

GE EXERCISE SELF-CONTROL

Unpasteurised is better (1/4

Closed handful (2 tbp)

All raw nuts (p)

- Cottage cheese, cream, cream cheese, full-fat voghurt (homemade first. commercial second), sour cream/crème fraîche
- Full-fat cheeses like brie, camembert, gorgonzola, roquefort
- Milk

NUTS

- Milk substitutes: almond milk, rice milk, coconut milk and hemp milk
- Soft cheeses like mozzarella, feta, ricotta

FRUIT & VEGETABLES

No more than half a closed

- Beetroot and golden beets
- blueberries, gooseberries, raspberries, strawberries
- Butternut squash
- Calabash
- Celeriac
- Corn on the cob, baby corn Hubbard squash
- Jicama
- Papaya (e)
- Parsnips
- Peas (garden peas and petit pois) (p)

- Rutabagas
- Spaghetti squash (p)
- Taro

Coffee

DRIED LEGUMES/PULSES

- All legumes (best prepared soaked before cooked or sprouted)
- Alfalfa (sprouts) (p)
- Beans (cannellini, kidney and black-eyed) (fresh or dried) Chickpeas (sprouted or dried)
- Lentils (sprouted or dried)
- Peanuts (raw or in shells only)

FERTILIZERS

- Water kefir Kombucha
- FRUITS & VEGETABLES
- Apples (p) Apricots
- Bananas
- Breadfruit
- Cherries Edamame
- Figs (only fresh)
- Granadilla
- Grapes
- Guavas Jackfruit
- Kiwi fruit
- Kumquats Litchis
- Loquats Mangoes
- Oranges, clementines and tangerines
- Peaches and nectarines
- Pears and prickly pears
- Persimmon
- Plums Pomegranates
- Potatoes (n) Quinces
- Starfruit ■ Tamarind pulp
- Watermelon

RED HARDLY

VEGETABLE JUICES/ **SMOOTHIES**

- Fruit or yoghurt smoothies without frozen yoghurt or ice cream
- Vegetable juices with no added fruit juice

TREATS AND CHOCOLATE

- Dates
- Dark chocolate (80% and above)
- Dried fruit Honey
- Prunes (e)
- Pure maple syrup

GLUTEN-FREE GRAINS AND GRAIN PRODUCTS

- Amaranth
- Arrowroot
- Buckwheat ■ Bran
- Gluten-free pasta Millet
- Oats (must be gluten-free)
- Popcorn Quinoa
- Rices whole grain, arborio, sushi, jasmine, Thai and rice noodles
- Sorghum
- Tapioca ■ Toff

FLOURS

Non-GMO and gluten-free

- should be a standard rule Almond flour
- Coconut flour
- Corn flour ■ Chickpea flour
- Maize meal ■ Pea flour
- Polenta ■ Rice flour

REALLY RED NEVER EVER

GENERAL

- Any food with added sugar
- Crisps Fast food (unless you trust
- the brand and you know the ingredients) Sugary condiments like

ketchup, marinades and salad dressings unless they are free from sugar and other nasties

SWEET THINGS All confectionery and (non-dark) chocolates (including 'protein', 'energy' or 'breakfast'/'snack' bars)

Artificial sweeteners -

- aspartame, acesulfame K, saccharin
- Agave Canned fruit
- Coconut blossom sugar
- Cordials ■ Fructose
- Glucose Jam
- Malt Rice malt syrup Sugar - white, caster, icing,
- light brown dark brown Sugar-cured or

Golden syrup

commercially pickled foods

FOODS CONTAINING GLUTEN

- All flours and all breads made from grains containing gluten
- Barlev
- Bulgur
- Couscous Durum ■ Finkorn
- Farina
- Graham flour Kamut
- Matzo ■ Orzo Rye
- Semolina Spelt ■ Triticale ■ Wheat

■ Wheat germ

OTHER GRAIN-BASED

■ All commercial breaded or

■ All commercial breakfast

PRODUCTS

- battered foods (breaded chicken nuggets, battered fish,
- cereals (muesli, granola, corn flakes, choco pops, cold porridges, etc)

All crackers and cracker breads

- DRINKS All energy drinks All soft drinks, including diet drinks
- Commercial fruit juices Commercial iced teas ■ Flavoured milk and
- DAIRY-RELATED
- Commercial cheese spreads

frozen yoghurt

milkshakes

■ Coffee creamers ■ Condensed milk ■ Ice cream and commercial

- FATS All industrial seed and
- vegetable oil derivatives ■ Butter spreads
- Cottonseed oil
- Corn oil Margarine and shortening ■ Rice bran oil

■ Canola oil

■ Sunflower oil ■ Safflower oil

PROTEINS

sugar

 Highly processed sausages and luncheon meats like polony

GREY IT'S A GREY AREA

TREATS

- Banting baked goods, including cakes, cupcakes or any sugar-free desserts
- Sugar-free ice cream

SWEETENERS

- Erythritol
- Isomalt
- Stevia powder ■ Sucralose

■ Protein shakes

■ Xvlitol DRINKS

■ Supplements

■ All alcoholic beverages

- VEGETARIAN PROTEINS ■ Naturally fermented tofu
- Pea protein ■ Processed soy
- **NOTES**

- Meats cured with excessive

OBSERVATION

RESTORATION

TRANSFORMATION