

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)
- Courgettes
- Cucumber
- Endive (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

PROTEINS

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

FATS

- Any rendered animal fat (lard, tallow, duck and bacon fat)
- Avocado oil (cold-pressed is best) (e)
- Butter or ghee
- Coconut oil (e)
- Firm cheeses like cheddar, emmental and gouda
- Hard cheeses like parmesan and pecorino
- Macadamia oil (e)
- Mayonnaise, free from preservatives and seed oil
- Nut oils like groundnut oil (as long as they're not heated during extraction or cooking)
- Olive oil (extra virgin) (e)
- Seeds (p)

ORANGE EXERCISE SELF-CONTROL

NUTS

- Closed handful (2 tbp)**
- All raw nuts (p)
 - Homemade or unprocessed sugar-free nut butters

DAIRY

- Unpasteurised is better (1/4 cup)**
- Cottage cheese, cream, cream cheese, full-fat yoghurt (homemade first, commercial second), sour cream/ crème fraîche
 - Full-fat cheeses like brie, camembert, gorgonzola, roquefort
 - Milk
 - 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 handful**
- Beetroot and golden beets
 - Berries - blackberries, blueberries, gooseberries, raspberries, strawberries
 - Butternut squash
 - Calabash
 - Carrots (p)
 - Casava
 - Celeriac
 - Corn on the cob, baby corn
 - Hubbard squash
 - Jicama
 - Papaya (e)
 - Parsnips
 - Peas (garden peas and petit pois) (p)
 - Pineapple (e)
 - Plantain
 - Pumpkin
 - Rutabagas
 - Spaghetti squash (p)
 - Sweet potatoes (p)
 - Taro

DRINKS

- Tea (caffeinated)
- 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

A B

LIGHT RED HARDLY EVER

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
- Teff

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 commercially pickled foods
- Golden syrup

FOODS CONTAINING GLUTEN

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

OTHER GRAIN-BASED PRODUCTS

- All commercial breaded or battered foods (breaded chicken nuggets, battered fish, etc)
- All commercial breakfast 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 milkshakes

DAIRY-RELATED

- Commercial cheese spreads
- Coffee creamers
- Condensed milk
- Ice cream and commercial frozen yoghurt

FATS

- All industrial seed and vegetable oil derivatives
- Butter spreads
- Canola oil
- Cottonseed oil
- Corn oil
- Margarine and shortening
- Rice bran oil
- Sunflower oil
- Safflower oil

PROTEINS

- Highly processed sausages and luncheon meats like polony
- Meats cured with excessive sugar

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
- Xylitol

DRINKS

- All alcoholic beverages
- Protein shakes
- Supplements

VEGETARIAN PROTEINS

- Naturally fermented tofu
- Pea protein
- Processed soy

Key:

- (P) - 'PREBIOTIC' OR 'HIGH FIBRE'
- (E) - HIGH IN DIESTIVE ENZYMES
- (N) - NIGHT SHADES
- (*) - GUT HEALTHY FOODS

Notes:

OBSERVATION

RESTORATION

TRANSFORMATION

PRESERVATION

- EASE IN BY CUTTING OUT REALLY RED, LIGHT RED AND REALLY RED. ↑

- GO KETO: EAT ONLY GREEN AND ORANGE A, CUT OUT ORANGE B. ↑

- CUSTOMISE YOUR DIET BY ADDING BACK ORANGE B AND LIGHT RED WITH CAUTION. ↑

- EAT OFF ANY LISTS WHILE YOU'RE PREPARING TO GET STARTED. ↑

Banting = South African term for Keto. These lists follow the same logic as a traffic light. Green means Go, Orange means 'Be Careful' and Red means 'Stop'. The lines at the bottom indicate which lists you can eat from depending on what you are trying to achieve.

OBSERVATION

(Max one week, while you plan goals, shopping and meal prep)

Create space for yourself to prepare. Set a date to start next week, then spend the week tracking what you eat and journalling how you feel after meals to create a snapshot of your eating. Clear out your cupboards and get prepared for Restoration. Work with a coach to reframe your vision for your health.

RESTORATION

(Max 12 weeks, while you adjust real foods and cutting Really Red)

Cut out the Really Red and Light Red lists and add a daily 'Fertiliser' to your routine. That's hard enough so don't limit carbs or get too technical yet. Start cooking some recipes from our cookbooks or get a meal plan and a shopping list from our online program. Use this time to prepare your body and mind for the next step, Transformation.

TRANSFORMATION

(Until you reach Awesome Weight, maybe forever depending on needs)

Cut out Orange B and follow the portion guidelines on Orange A. This should put you into rapid burning mode without you needing to track, but we recommend tracking intermittently. Keep fertilising. Once you've got it down start optimising by intermittent fasting, exercising, improving your sleep, and begin breaking the rules. Listen to your body.

PRESERVATION

(Forever after, with your own tweaks and preferences)

Continue listening to your body and develop and approach that suits you. Add back the Light Red and Orange B to a degree that will not impact your health. Continue striving for Real Health.

GREEN - EAT TO HUNGER

(Keto, low-carb, gluten-free, sugar-free)

Eat all of these ingredients until satisfied during all phases

ORANGE - EXERCISE SELF-CONTROL

(medium-carb, gluten-free, sugar-free)

ORANGE A:

Eat until satisfied during Observation, Restoration and Preservation. During Transformation follow the limitations for food types and eat only one item per day.

ORANGE B: (Questionable benefits)

Eat until satisfied during Observation, Restoration and Preservation. Prohibited during transformation.

LIGHT RED - HARDLY EVER

(high-carb food, gluten-free grains and natural sugars)

Eat freely during Observation. Prohibited during Restoration and Transformation. Eat sparingly, or as often as your body allows, during Preservation.

REALLY RED - NEVER EVER

(high-carb, high-sugar or ultra-processed)

Eat freely during Observation and then never ever eat them again.

GREY - IT'S A GREY AREA

(not high-carb or low-carb, but matters of personal preference)

The Grey list is made up of foods, drinks and additives that we're neither confident in giving blanket permission nor blanket denial. Each item may have a place in your life or culture but we don't believe they are strictly beneficial to your health. They may, however, be beneficial for your sanity which is equally important – we will leave that decision to you. Eat them and see how you feel. Then make your own decision.



JOIN US ONLINE!



PERSONAL SUPPORT

Upgrade and have a private Certified Banting Coach guide you from day one through to the awesome you.



FIND YOUR SWEET SPOT

Receive your personalised Banting 2.0™ plan which predicts the day you will arrive at your Awesome Weight, based on the time you will spend in each phase.



ENGAGE

a community of like minded people discuss tips, tricks and hacks while helping each other over hurdles along the way.



INDULGE

Indulge in more than 700 delicious recipes and cooking lessons designed to optimise your journey to awesome weight and real health.



MONITOR

Watch your results unfold in front of you by using our state-of-the-art tools to track your success.



RELAX

Enjoy effortless meal times with help from our customised weekly meal plans and shopping list generator.

JOIN ONLINE NOW!



BECOME A COACH!

Get a University Accredited Coaching Qualification



WHY?

- You can do meaningful, fulfilling work that significantly improves the lives of others ●
- Decide how many clients you want, what to charge, and when you meet. ●
- Build a business, or develop an extra income with a strong partner and limited financial risk ●
- Work from anywhere in the world ●

WHAT CAN I DO WITH IT?

- Coach people to freedom from addictive behaviour
- Help clients identify and abolish triggers
- Effectively guide a client for implementing permanent lifestyle change
- Empower clients to change negatives into positives
- Help clients deal with stressful relationships that impact their eating
- Know when to apply a tough love approach
- Become able to confidently challenge clients through difficult topics and set courageous goals
- Help your clients "Face the FACTS" when in denial
- Positively impact their relationships in family and working environment



DOWNLOAD INFO PACK

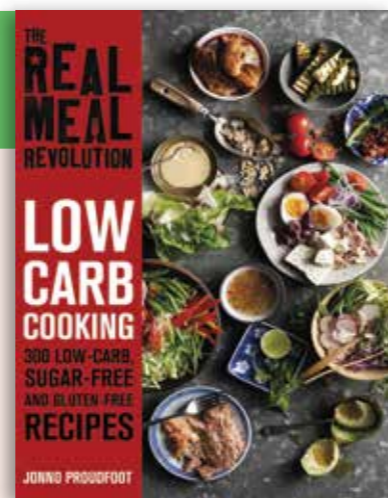
LOW CARB COOKING



MASTER EATING WITHOUT GOING ON A DIET!

Low-carb eating is currently on trend but this is not a book that follows the eating trends of 'right now'. It is a book packed with lessons to last a lifetime. And every single recipe is low carb.

This timeless and comprehensive guide to cooking well and eating healthily showcases classic flavour combinations; foolproof methods to bring out the best in any ingredients; foods that will help to ensure good health for life.



"This is more than just a book of recipes. This book includes proper cooking tips, like - how to butterfly a chicken; caramelisation, blanching, steaming; what does medium rare look like? what are these knives for? I love the simple dishes for time-saving and I love the complex dishes to build my confidence. BEST OF ALL? THE WHOLE BOOK IS BASED ON THE GREEN LIST."

Sam B - Loot.co.za

ORDER NOW!

THE REAL MEAL REVOLUTION



LOSE WEIGHT AND REVERSE YOUR LIFESTYLE DISEASE WITHOUT HUNGER OR EXERCISE!

A scientist, a nutritionist, and two chef-athletes compiled this holy grail of mouth-watering recipes as a result of their experience combined with overwhelming scientific evidence. Prof Tim Noakes, Sally-Ann Creed, Jonno Proudfoot and David Grier have compiled The Real Meal Revolution as cookbook that is part myth-busting scientific thriller and part delightful recipe book.



"A life-changing approach with this fantastic book which not only explains the benefits of low carb and a balanced way of eating, but it is choc-a-bloc with great-tasting recipes!"

Susan - Takealot.com

ORDER NOW!

RAISING SUPERHEROES



GIVE YOUR CHILDREN OPTIMAL NUTRITION WITHOUT PUTTING THEM ON A DIET!

It's time to give our children the best nutrition possible, and the best start in life. Raising Superheroes is not a Banting cookbook, and it doesn't offer no-carb eating for kids. But – in advocating low-sugar, low-refined-carb, "real" food eating – it is the Real Meal Revolution's next step towards changing the world.



"Absolutely love this book and the recipes are easy to prepare with simple ingredients. Would highly recommend this book to anyone who is starting or already on their LCHF journey. Nice to finally understand that my teenager is normal, as he doesn't stop eating. :-D"

Janine - Takealot.com

ORDER NOW!

BANTING 2.0



LOSE WEIGHT AND KEEP IT OFF WITHOUT THE DREADED PLATEAU!

It's time for an overview of what we've learnt from the original Banting revolutionaries. Having collated reams of data and overwhelming quantities of personal feedback from those who've embraced Banting and had their lives changed for the better as a result, the Real Meal Revolution returns to bookstores with a comprehensive, authoritative handbook on the Banting lifestyle, incorporating the latest science on LCHF eating, gut health, gluten sensitivity, fasting and more. The result is the evolution of the revolution: a streamlined, accessible, easy-to-read review of what Banting means and how to approach LCHF eating in the most effective way possible.



"A much more nuanced approach to LCHF/Banting eating, allowing you to find your exact Banting requirements. It's not just about carb-count, though that is obviously still critical. Comprehensive and easy to read and understand."

Tim - Takealot.com

ORDER NOW!

★ REAL MEAL REVOLUTION

REAL HEALTH IN 50 WORDS

**EAT VEGETABLES, MEAT, NUTS, SEEDS,
LITTLE FRUIT AND MINIMAL STARCH.**

EAT REAL FATS.

**AVOID SUGAR, GRAINS, SEED OILS
AND PROCESSED FOOD.
TASTE NEW DISHES. PROTECT YOUR GUT.**

EAT WHEN HUNGRY. DRINK WHEN THIRSTY.

FAST OCCASIONALLY. EXERCISE. SOCIALISE.

RELAX. SLEEP WELL. LISTEN TO YOUR BODY.

ESCAPE ROUTINE. SEEK ADVENTURE.

KEEP IMPROVING.