## **REAL MEAL** REVOLUTION

## **KETO FOOD LISTS** Designed in conjunction with the Real Meal Revolution Program

( **f** ) The Real Meal Revolution

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(P) - 'PREBIOTIC' OR 'HIGH FIBRE'

(E) - HIGH IN DIGESTIVE ENZYMES

(N) - NIGHT SHADES

T - TABLESPOON

t - TEASPOON

U - UNIT/S

(\*) - GUT HEALTHY FOODS

#### **GREEN** Eat to

#### **FRUIT & VEGETABLES**

 All green leafy vegetables Artichoke hearts (p) Asparagus (p) Aubergine (n) Avocado (p) Bean sprouts Broccoli (p) Brussels sprouts (p) Beans (n) (whole in pods, such as green, runner, broad) 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 (n) (all kinds Radicchio (p) Radishes (p) Rhubarb Rocket (p) Shallots (p) Spinach (p) Spring onions Sugar-snaps (p) Tomatoes (n) Turnips

#### CONDIMENTS

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

#### DRINKS

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

#### sparkling or still FFRTII I7FRS\*

#### All homemade bone broths Vegan coconut yoghurt Coconut kefir Kefir butter/cheese Kimchi Milk kefir Naturally fermented nickles Sauerkraut

Any rendered animal fat: lard, tallow, duck and bacon fat Butter or abee Cream Coconut oil (e) Fruit & Nut Oils: cold-pressed extra virgin, macadamia, avocado almond, ground nut & Olive etc. Mavonnaise (free from preservatives and seed oil)

#### PROTFINS

Seeds (p)

 All meats, poultry and game All naturally cured meats: pancetta, parma ham, coppa, bacon, salami, biltong, jerky All offal (highly recommended) All seafood Eaas Cheeses Cottage cheese, cream cheese, brie, camembert, gorgonzola, roquefort, mozzarella, feta,

ricotta, cheddar, emmental,

gouda, parmesan and pecorino

#### ORANGE Exercise control Only 2 of each of the below allocations

NUTS

All raw nuts (p)

HOT DRINKS

• Tea (caffeinated)

**VEGETARIAN PROTEINS** 

cooked or sprouted)

Beans: (fresh or dried)

cannellini, kidney and

Alfalfa (p) (sprouts)

(sprouted or dried)

(sprouted or dried)

Naturally fermented tofu

**STARCHY VEGETABLES** 

Coffee

All legumes

black-eyed

Chickpeas

Pea protein

Processed soy

FERTILIZERS

Water kefir

Kombucha

Beetroot

Baby corn

Carrots (p)

Calabash

Casava

Celeriac

- Edamame

Golden heets

Butternut squash

Corn on the cob

Lentils

Sugar-free nut butters

(Homemade or unprocessed)

#### DAIRY

• Full-fat Yoghurt Milk • Milk substitutes: almond milk, rice milk, coconut milk and hemp milk Sour cream/crème fraîche

#### FRUIT

 Apples (p) Apricots Bananas (best prepared soaked before Blackberries & Blueberries Cherries Clementines • Figs (only fresh) gooseberries Granadilla Grapes Guavas Jackfruit Kiwi fruit Kumquats Litchis I oquats Mangoes Nectarines Oranges • Papaya (e) Peaches Pears and Prickly Pears Persimmon Pineapple (e) Plantain Plums

 Pomegranates Ouinces Raspberries • Starfruit Strawberries Tangerines Tamarind pulp Watermelon

 Hubbard squash licama Parsnips Peas (p) (garden peas and petit pois) Potatoes (n) (all Kinds) Pumpkin

Rutabagas Spaghetti squash (p) Sweet potatoes (p)

### Gluten-free pasta

• Oats (must be gluten-free) Popcorn

LIGHT RED Hardly

All alcoholic beverages

• Fruit or yoghurt smoothies

(with no added fruit juice)

TREATS AND CHOCOLATE

(including cakes, cupcakes

or any sugar-free desserts)

Banting baked goods

(without frozen yoghurt or ice

DRINKS

cream)

Dates

Dark chocolate

Dried fruit

Prunes (e)

Amaranth

Arrowroot

Buckwheat

Bran

Millet

Honey

(80% and above)

Pure maple syrup

Sugar-free ice cream

**GRAIN PRODUCTS** 

**GLUTEN-FREE GRAINS AND** 

Vegetable juices

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

#### SWEETENERS

Erythritol Isomalt Stevia powder Sucralose Xvlitol

### REALLY RED Never

#### GENERAL Any food with added sugar Crisps Fast food (unless you trust the brand and you know the ingredients)

Sugary condiments: 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 Eructose 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 aluten) 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

DRINKS

cereals: muesli, granola, corn flakes, choco pops, cold porridges, etc. All crackers and cracker breads

#### Notes:

C - CUP

Kev:

 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 commercia 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

#### PROTFINS

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



# REAL MEAL REVOLUTION

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(Unparstuerized is better, 1/4C)

almond milk, rice milk, coconut

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#### GREEN Eat to hunger

#### **FRUIT & VEGETABLES**

- All green leafy vegetables
- Artichoke hearts (p)
- Asparagus (p)
- Aubergine (n)
- Avocado (p)
- Bean sprouts
- Broccoli (p)
- Brussels sprouts (p)
- Beans (p) (whole in pods, such as green, runner, broad)
- 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 (n) (all kinds)
- Radicchio (p)
- Radishes (p)
- Rhubarb
- Rocket (p)
- Shallots (p)
- Spinach (p)
- Spring onions
- Sugar-snaps (p)
- Tomatoes (n)
- Turnips

#### CONDIMENTS

- All Vinegars

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

#### DRINKS

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

#### FERTILIZERS\*

- All homemade bone broths
- Vegan 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
  Butter or ghee
- Cream
- Coconut oil (e)
- Fruit & Nut Oils:
- cold-pressed extra virgin, macadamia, avocado, almond, ground nut & Olive etc.
- Mayonnaise
- (free from preservatives and seed oil)
- Seeds (p)

#### PROTEINS

- All meats, poultry and game
- All naturally cured meats: pancetta, parma ham, coppa, bacon, salami, biltong, jerky
- All offal
- (highly recommended) • All seafood
- Eggs
- Cheeses:
- Cottage cheese, cream cheese, brie, camembert, gorgonzola, roquefort, mozzarella, feta,
- ricotta, cheddar, emmental, gouda, parmesan and pecorino

#### **ORANGE** Exercise control Only 2 of each of the below allocations

DAIRY

Milk

fraîche

FRUIT

• Apples (p)

Apricots

Bananas

Cherries

Clementines

gooseberries

Granadilla

Grapes

Guavas

Jackfruit

Kiwi fruit

Litchis

Loguats

Mandoes

Oranges

Peaches

Plantain

Ouinces

Starfruit

Raspberries

Strawberries

Tamarind pulp

Tangerines

Watermelon

• Plums

Papaya (e)

Persimmon

Pineapple (e)

Pomegranates

Pears and Prickly Pears

Nectarines

Kumquats

• Figs (only fresh)

Full-fat Yoghurt

Milk substitutes:

milk and hemp milk

Blackberries & Blueberries

Sour cream/crème

### NUTS

- All raw nuts (p)
- Sugar-free nut butters (Homemade or unprocessed)

### HOT DRINKS

- Tea (caffeinated)
- Coffee

## **VEGETARIAN PROTEINS** (1/2C)

- All legumes
- (best prepared soaked before cooked or sprouted)
- Alfalfa (p) (sprouts)
- Beans: (fresh or dried) cannellini, kidney and black-eyed
- Chickpeas (sprouted or dried)
- Lentils (sprouted or dried)
  - Naturally fermented tofuPea protein

**STARCHY VEGETABLES** 

Processed soy

#### FERTILIZERS

Water kefir
 Kombucha

Beetroot

Baby corn

Carrots (p)

Calabash

Casava

Celeriac

Edamame

Jicama

Parsnips

Peas (p)

Pumpkin

Rutabagas

Golden beets

Hubbard squash

(garden peas and petit pois)

• Potatoes (n) (all Kinds)

• Spaghetti squash (p)

Sweet potatoes (p)

• Corn on the cob

Butternut squash

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Notes:

(\*) - GUT HEALTHY FOODS

Key:

C - CUP

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## LIGHT RED Hardly

#### DRINKS

- All alcoholic beverages
- Fruit or yoghurt smoothies (without frozen yoghurt or ice cream)
- Vegetable juices (with no added fruit juice)

#### **TREATS AND CHOCOLATE**

- Banting baked goods (including cakes, cupcakes or any sugar-free desserts) Dates
- Dark chocolate (80% and above)
- Dried fruit
- Honey
- Prunes (e)
- Pure maple syrup
- Sugar-free ice cream

#### **GLUTEN-FREE GRAINS AND GRAIN PRODUCTS**

- Amaranth
- Arrowroot
- Buckwheat
- Bran Gluten-free pasta
- Millet
- Oats (must be gluten-free)
- Popcorn
- Ouinoa
- Rices:
- whole grain, arborio, sushi, jasmine, Thai and rice noodles
- Sorahum
- 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

#### SWEETENERS

- Erythritol
- Isomalt
- Stevia powder Sucralose
- Xylitol

## **REALLY RED** Never

#### **GENERAL**

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

Coffee creamers

Condensed milk

frozen yoghurt

Butter spreads

Cottonseed oil

• Rice bran oil

Sunflower oil

Safflower oil

PROTEINS

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Canola oil

Corn oil

• All industrial seed and

vegetable oil derivatives

• Margarine and shortening

• Highly processed sausages

Meats cured with excessive

and luncheon meats

FATS

• Commercial cheese spreads

• Ice cream and commercial