



## 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

### NUTS (2T)

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

### HOT DRINKS (2C)

- 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 tofu
- Pea protein
- Processed soy

### FERTILIZERS (1C)

- Water kefir
- Kombucha

### STARCHY VEGETABLES (2T)

- Beetroot
- Butternut squash
- Baby corn
- Carrots (p)
- Calabash
- Casava
- Celeriac
- Corn on the cob
- Edamame
- Golden beets
- Hubbard squash
- Jicama
- Parsnips
- Peas (p)  
(garden peas and petit pois)
- Potatoes (n) (all Kinds)
- Pumpkin
- Rutabagas
- Spaghetti squash (p)
- Sweet potatoes (p)

### DAIRY

(Unpasteurized is better, 1/4C)

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

### FRUIT (2T)

- Apples (p)
- Apricots
- Bananas
- Blackberries & Blueberries
- Cherries
- Clementines
- Figs (only fresh)
- gooseberries
- Granadilla
- Grapes
- Guavas
- Jackfruit
- Kiwi fruit
- Kumquats
- Litchis
- Loquats
- Mangoes
- Nectarines
- Oranges
- Papaya (e)
- Peaches
- Pears and Prickly Pears
- Persimmon
- Pineapple (e)
- Plantain
- Plums
- Pomegranates
- Quinces
- Raspberries
- Starfruit
- Strawberries
- Tangerines
- Tamarind pulp
- Watermelon

