

FOOD LIST

PROTEINS

Beef (no fat)

- Chicken (no skin)
- Fish, tinned (in brine or springwater) or fresh
- Lamb (lean cuts)
- Lean pork cuts
- Tofu

VEGETABLES

Eat Freely:

- Asparagus
- Artichoke
- Bok Choy
- Broccoli
- Brussell Sprouts
- Cauliflower
- Celery
- Capsicum
- Cucumber
- Eggplant
- Green beans
- Lettuce
- Mushrooms
- Onions
- Pak choy
- Peas
- Radishes
- Spinach
- Spring onion
- Tomato

CONDIMENTS

- Fresh Herbs
- Chilli
- Garlic
- Ginger
- Tabasco
- Shiracha
- Fish sauce
- Tamari (or soy sauce)
- Mustard
- Vegetable or olive oil and lemon or lime juice (for dressings)

