

MEAT

Aim for the 1-2g of protein per 1kg of lean body mass rule.

Grass fed
Organic

Organ meat as well as lean cuts

Processed meat in moderation

POULTRY & EGGS

Free range where possible

- Chicken
- Turkey
- Duck
- Organic Eggs

FISH

Aim for the 1-2g of protein per 1kg of lean body mass rule.

Oily fish for good source of Omega 3 but low in Omega 6

Avoid farmed fish and fish that are high in ocean contaminants

2-3 times a week

- Wild salmon
- Sardines
- Anchovies
- Herring
- Mackerel
- Clams
- Mussels
- Oysters
- (occasional) Tuna

DAIRY

Dairy protein and should be part of the 1-2g/kg rule

Avoid all dairy that is reduced fat

Source from grass fed cattle where possible

Milk is high in lactose (milk sugar) and should be used sparingly.
Try 'A2' milk if intolerant to A1 milk proteins

Dairy products from sheep and goats are better

- Butter
- Ghee
- Cheese
- Cream
- Yoghurt

NEVER Margarine

VEGETABLES

- Broccoli
- Kale
- Cabbage
- Brussels sprouts
- Rocket
- Spinach
- Swiss Chard
- Spring greens
- Garlic
- Shallots
- Leeks
- Onions
- Celery
- Asparagus
- Shitake, oyster + chestnut mushrooms
- Watercress
- Cucumbers
- Courgettes
- Seaweed
- Jerusalem Artichokes
- Radishes

Occasional:

- Tomato
- Aubergine
- Sweet potato
- Beetroot
- Winter squash

FRUITS

- Berries
- Frozen Berries
- Avocado
- Olives
- Coconut

OILS

For cooking:

- Avocado nut oil
- Coconut oil
- Butter
- Lard
- Goose/Duck/Chicken Fat
- Ghee

Raw on salads:

- Extra Virgin Olive Oil

NUTS & SEEDS

Nuts have protein in small to moderate amounts and if eaten in quantity should be part of the 1-2g/kg allowance

- Almonds
- Pecans
- Brazil Nuts
- Macadamia Nuts

- Sesame seeds

SUPPLEMENTS

- Turmeric
- Vitamin D3
- MCT Oils
- Apple Cider Vinegar
- Psyllium husk