

<p>Protein: <i>Approx 20-40g a meal</i></p> <p>Red meat 100g = 30g <i>Eat liver or kidneys once a week</i></p> <p>Poultry 120g = 30g Fish 150-200g = 30g Grain free sausages 1 = 8g Eggs 3 = 21-24g Dairy – Pref raw milk*, yoghurt or other fermented milk*, cheese, cream or butter only. (* include carbs, so limited, see P2) Unsweetened whey protein powder occasionally</p>	<p>Fats: <i>Unlimited, approx 1 Tbs per meal</i></p> <p>Butter or cream. Coconut oil or cream Olive oil, for salad dressings Tallow or lard can be used for cooking Avocado Nuts can be used as snacks, but limit to a small handful a day (see P2)</p> <p>Small amounts as supplements: Fish oil or cod liver oil – up to 2 grams a day Or Flax seed oil – max 1 tsp a day</p>
<p>Non starchy veges: <i>Unlimited, at least 4 cups a day</i></p> <p>Asparagus, Bean sprouts (not alfalfa), Broad beans, Broccoli, Brussels sprouts, Cabbage, Capsicum, Carrot (raw), Cauliflower, Celery, Cucumber, Eggplant, Garlic, Green beans, Kale, Leek, Mushrooms, Onions, Parsley & other fresh herbs, Radish, Tomato, Zucchini</p> <p>Count 1 cup of these as ½ a cup: Lettuce (but pref not iceberg), Mesclun greens, Spinach, Watercress</p>	<p>Starchy Carbs: <i>Include as much as you need, on top of everything else, to feel balanced (also see Metabolic typing fine tuning sheet)</i></p> <p>Sugars:</p> <ul style="list-style-type: none"> ○ Fruit <p>Starches:</p> <ul style="list-style-type: none"> ○ Starchy veges ○ Legumes ○ Grains <p>See P2 for serving sizes</p>
<p>Drinks:</p> <p>Filtered water, unsweetened mineral waters, herb teas, homemade fermented drinks such as kombucha or kvass, green vegetable juices</p>	
<p>Allowed Flavourings/condiments:</p> <ul style="list-style-type: none"> ● Sea salt, herbs and spices, ● Tamari, miso, tempeh ● Lemon juice, vinegars ● Sweeteners – stevia, glycerine 	<p>Foods to avoid permanently:</p> <ul style="list-style-type: none"> ● Any sugars or refined carbs, white flour, white rice, processed foods of any kind ● Unfermented soy products ● “Bad” fats – most vegetable oils, especially those that haven’t been cold pressed, hydrogenated oils, margarines, anything commercially deep fried ● Additives – artificial colours, flavours, sweeteners, and preservatives ● Stimulants – aspartame, MSG, tobacco, recreational or over the counter drugs
<p>Foods to avoid or minimize for now:</p> <ul style="list-style-type: none"> ● Natural sweeteners such as rapadura, honey, maple syrup ● Alcohol, black tea, coffee, chocolate 	

See www.diet.net.nz for more details on whole foods

Carbs

Each of these servings is about 7.5 gms of usable carbs (Total carbs, less fibre). Approx serves per day:

- Transition phase, if you need to ease in gently - 14 serves a day
- Healing phase - 8 serves per day eg. 2 serves (15gms) per meal, 1 serve (7.5gm) per snack
- For bodyfat reduction - you can reduce further, but don't go under 1 serve per meal (3 per day)
- Maintenance – 8-10 serves

Moderate Carb Vegetables

Beetroot – ½ cup
Carrots, cooked – ½ cup
Butternut – ½ cup
Pumpkin – ½ cup
Swede – ½ cup
Turnip - 1 cup

High Carb Vegetables

Artichoke (Jerusalem) – 1/3 cup
Corn cob – ½ cob or 1/5 cup
Green peas – 1/3 cup
Parsnip – 1/3 cup
Potato – ¼ cup
Kumara – 1/3 med
Yams – 1/5 cup

A rough rule of thumb is that 1 cup moderate starch vege; or ½ cup of any cooked whole grain, legume or high starch vegetable will be 2-3 serves ie your maximum for a meal

Fruit

Preferably raw & organic

Apples – ½ small
Applesauce – 3/8 cup
Apricots – 1 medium
Avocado – 1/4
Bananas – ¼ medium (occasionally)
Berries – just under ½ cup
Cherries – ½ cup whole
Dates – 1 medium
Fig, fresh or dry - 1
Grapefruit – ¼ large
Grapes – 8
Kiwifruit – 1/2
Orange – ½
Melon – ½ cup
Nectarine – ½
Passionfruit – 1 ½
Papaya – ¼ cup
Peaches – ½ medium
Pears – ¼ large
Pineapple – 1/3 cup
Plums - 1
Strawberries – ¾ cup
Tamarillo - 2
Watermelon – just over ½ cup

Legumes

2 Tbs – Black beans, Chick peas, Haricot beans, Lima beans
3 Tbs - Aduki beans, Black-eyed peas, Kidney beans, Lentils, Pinto beans, Split peas, White beans

Gluten-free Grains

Amaranth – 3 Tbs
Buckwheat – 3 Tbs
Polenta – 3 Tbs
Quinoa – 2.5 Tbs
Rice, brown – 3 Tbs
Rice crackers - 5
Most breads – ½ slice

Gluten Grains

Oats* (eg. in porridge) – 1/3 cup
Ryvita crackers - 1.5
Vogel Bread (original) – ½ slice
Pasta, wholewheat – 3 Tbs

** Technically gluten free, but often contaminated*

Snacks

These foods also contain some protein and/or fat, so are suitable snacks. 1 serve is approx:

- Nuts & seeds – ½ cup of mixed nuts & seeds
- Dairy – 1 cup Biofarm acidophilus yoghurt, ¼ cup Cyclops green top yoghurt, 2/3 glass full fat milk (pref raw); plus most cheeses are low carb, so make a good snack
- Dips - 1/3 tub hummus, 1 cup guacamole

Alcohol

While it is best to avoid alcohol in the healing phase, there may be special occasions where you want to have a drink or two. Replace 1 or more of your carbs serving for that meal.

- 1 serve approx = ¼ glass beer, 1 glass wine, 1 shot spirits