

Food List

Protein

High Calorie Carbohydrates

Low Calorie Carbohydrates

Fat

Beef
Chicken
Lamb
Pork
Turkey
Venison
Snapper
Tuna
Salmon
All Fish
Crayfish
Shrimps
Prawns
Oysters
Mussells
Cockles
All Shellfish
Eggs
Nuts & Seeds
Pea Protein Shakes
Protein Cookies
(home made)

Potato
Kumara
Yam
Pasta
All grains
Brown Rice
White Rice
Oatmeal
Baked Beans
Corn
Banana
All Fruit
Brown Bread
White Bread
Cream Cheese
Low fat milk
Yoghurt
Honey
Cakes
Biscuits
Chocolate
Sugar

Broccoli
Asparagus
Lettuce
Carrots
Cauliflower
Green Beans
Mushrooms
Peppers
Spinach
Tomato
Peas
Brussel Sprouts
Cabbage
Cucumber
Celery
Onions
Pumpkin
Blueberries
Blackberries
Raspberries

(1 cup of Broccoli = 8 calories)

Good Fats

Extra Virgin Coconut Oil
Coconut Milk
Coconut Cream
NZ Butter
Lard
Duck Fat
Extra Virgin Olive Oil
Nuts
Avocado
Animal Fat

Bad Fats & Foods

Most Vegetable Oils
Canola Oil etc
Margarine
Protein Bars
All Processed Food
Milk & Cheese
(Pasteurised)

(1 Cup of potato = 120 calories)

A typical New Zealand eating habit

Time	Meal	Carb Servings	Protein servings
7.00 am	Cornflakes & Canned fruit	4	0
10.00 am	Muesli Bar & Coffee (no sugar)	2	0
12.30 pm	Sandwich & an Apple	3	0
3.00 pm	Muffin & Cuppa (2 sugars)	3	0
6.30 pm	Meat & 3 Veges.	4	3
8.30 pm	Milo & Biscuit	2	0
Total		18	3
<p>* Each meal has more carbohydrates (energy) than you need. Extra energy gets stored as body fat. * All meals include processed high calorie carbs which trigger the release of too much insulin. * Insulin turns excess energy (carbohydrates) into body fat. * Weight gain, low energy, hard to concentrate, crave sweet things and get drowsy in the afternoon.</p>			

Nourishment for Fat Loss and Energy

Time	Meal	Carb Servings	Protein servings
6.00 to 9.00 am	Cuppa or Water	0	0
10 am to 12.00 pm	Chicken Salad	0.5	1
2.00 to 4.00 pm	1-2 boiled eggs	0	1
6.00 to 8.00 pm	Steak and Low Cal. Veges.	1	2
Total		1.5	4
<p>* Plan your meals the day before & only eat when you get hungry * Low carb meals keep blood sugar balanced so you will not get hungry very often * Don't snack - we snack to kill time or to get a feel good - if you really are hungry have a nourishing meal * Protein and the fat that comes naturally with it provide all nutrients required for good health * Fat loss, more energy, better concentration, no cravings and more productive afternoons.</p>			