

Week 1 Lose Weight Fast Academy

Allowable Foods

Remember all foods must be fresh, whole, natural and organic and must not contain any other ingredients.

Meat	Poultry	Seafood
<ul style="list-style-type: none"> • Beef • Bison • Lamb • Pork • Rabbit • Venison • Wild game <p>Essential the below foods come from organic sources otherwise they will be very toxic</p> <ul style="list-style-type: none"> • Heart • Kidney • Liver 	<ul style="list-style-type: none"> • All eggs • Chicken • Duck • Game birds • Goose • Pheasant • Quail • Turkey 	<ul style="list-style-type: none"> • Cat fish • Cod • Crab • Crayfish • Flounder • Haddock • Halibut • Herring • Lobster • Mackerel • Mussel • Oyster • Salmon • Sardines • Scallop • Sea bass • Shrimp (prawns) • Squid • Shark • Swordfish • Turbot • Tuna • Trout • Whitefish

Low starch vegetables	High starch vegetables	Low Starch Fruit	High Starch Fruit
<ul style="list-style-type: none"> • Asparagus • Avocado • Beetroot • Broccoli • Brussels sprouts • Bamboo shoots • Cabbage • Cauliflower • Celery • Corn • Cucumber • Dill • Eggplant • Fennel • Garlic • Ginger root • Ginseng • Green bean • Green pea • Kale • Kohlrabi • Lettuce • Mushroom • Mustard collard • Okra • Onion • Parsley • All peppers • Radish • Rocket • Shallot • Spinach • Tomato • Watercress 	<ul style="list-style-type: none"> • Artichoke • Aubergine • Carrot • Courgette • Leek • Olives • Parsnip • Potato (including sweet) • Pumpkin • Squash • Swede • Turnip 	<ul style="list-style-type: none"> • Apple • Blackberry • Blueberry • Boysenberry • Cherry • Gooseberry • Grapefruit • Lemon • Lime • Loganberry • Pear • Raspberry • Strawberry 	<ul style="list-style-type: none"> • Apricot • Banana • Cantaloupe • Coconut • Cranberry • Elderberry • Fig • Grape • Guava • Kiwi fruit • Mango • Melon • Nectarine • Orange • Papaya • Passion fruit • Peach • Pineapple • Plum • Pomegranate • Raisin • Red-current • Rhubarb • Satsuma • Star fruit • Tangerine

Legumes	Nuts and Seeds	Oils and fats	
Adzuki beans Black beans Black eyed peas Butter beans Chickpeas Fava beans Great north beans Kidney beans Lentils Lima beans Mung beans Navy beans Pink beans Pinto beans Red beans Tempeh White beans	Almond Beech nut Brazil nut Cashew nut Chestnut Flex Hazelnut Hickory Macadamia Peanuts Pecans Pine nut Pistachio Poppy seeds Pumpkin seeds Sesame seeds Sunflower seeds Walnut	Oil/Fat	Uses
		Almond oil	Salad dressings, sauces, sautéing,
		Canola oil	Baking, sautéing, sauces, salad dressings.
		Extra virgin coconut oil	Baking, frying,
		Coconut butter	Baking, frying,
		Flaxseed oil	Can be used for salad dressings.
		Extra virgin olive oil	Salad dressings, marinades, sautéing.
		Palm kernel oil	Baking and frying.
		<p>The best oil for cooking is extra virgin coconut oil as it contains the most nutrients for your body and the oil doesn't change its structure when heated unlike many other oils. You will struggle to find extra virgin coconut oil in supermarkets so will need to order it off the internet.</p> <p>When buying oil make sure you choose glass bottles rather than plastic as plastic leaks chemicals and contaminates the oil.</p>	

Herbs and spices

Use of all herbs and spices is allowed as long as they don't contain additives and preservatives. Make sure you use organic fresh herbs and spices wherever possible, however, dried may also be used. All herbs and spices have numerous benefits, however, remember to add garlic, ginger, cinnamon and cayenne pepper to your diet as they all help with fat loss.

Herbs	Spices
Anise	Black pepper
Basil	Cardamom
Bay leaf	Cayenne
Caraway	Chilli
Chervil	Clove
Dill weed	Coriander
Fennel seed	Cumin
Fenugreek	Mace
Garlic	Nutmeg
Marjoram	Paprika
Oregano	Saffron
Peppermint	Cinnamon
Rosemary	Ginger
Sage	Mustard seed
Spearmint	Parsley
Tarragon	
Thyme	

Beverages

Fresh pure water

Herbal tea (must be caffeine free)

Green tea