

HAVE THIS...



INSTEAD OF THIS...

BREAKFAST

Eggs – any way you like them

Fish – e.g. salmon or sardines

Bacon or sausages – go for butcher-made sausages with minimal fillers, and limit processed meat to not more than once per week.

Always add **plenty of vegetables** to your protein – e.g. broccoli, kale, spinach, tomato or avocado

Plain rolled oats with unflavoured, unsweetened plain **yoghurt**, small quantity of **berries** and **raw nuts** or seeds (you'll need to add some extra protein to make a full breakfast)

Add to your low carb breakfast if you need more energy:

- a single piece of **wholegrain bread** or some **plain yoghurt**

Toast – with or without fruit juice

Fruit juice (sweetened or unsweetened)

Processed breakfast drinks (e.g. Up and Go)

Any cereal-based processed '**breakfast food**'

Commercial breakfast cereal, including bran-based cereal (it's high in sugar despite its 'healthy' claims)

LUNCH

Protein source with salad – plenty of non-starchy vegetables and pulses (chickpeas, black beans, lentils); dress with nuts or seeds, and home-made salad dressing

Protein source with roast vegetables – carrots, pumpkin, beetroot, swede, cauliflower and Brussels sprouts; dress with home-made salad dressing. Small quantities of roast potato, sweet potato, sweet corn or beetroot are also fine

If you're looking for crunch with your salad, use a sprinkle of mixed nuts and seeds: pepitas, sunflower kernels, and a few pine nuts makes a delicious mix. (Forget the crispy noodles, they're full of carbs and Omega-6 in the form of highly processed vegetable oil).

Sandwiches

Wraps

Pasta – or **white rice** based meals (including **sushi**)

Anything **shallow** – or **deep-fried**

Anything **battered**

Anything in a **pastry shell**

Noodles with your salad or veg

DINNER

Poached, baked, casseroled or stir-fried meat, poultry, seafood, tofu, tempeh or pulses with **mixed non-starchy vegetables** (roasted, steamed, fried or raw, and/or as a salad)

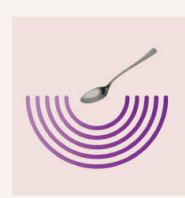
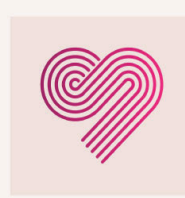
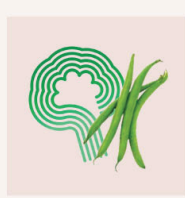
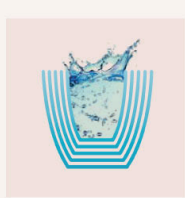
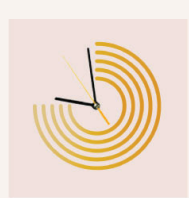
Pasta – or **rice-based meal**

Pasta, rice, bread or **potatoes** as **side dish**

Anything **shallow** – or **deep-fried**

Anything **battered**

Anything in a **pastry shell**



HAVE THIS...



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SNACKS (find recipes on the Five for Life website)

Canned fish

Raw nuts or seeds

Half an **avocado**

Grain-free seed crackers

Home-made dips – hummus, baba ghanoush, tzatziki, carrot and cashew dip, cannellini bean dip, avocado dip with **vegetable sticks**

Lower sugar fruit such as berries, citrus, kiwifruit or watermelon, add some plain yoghurt for a more substantial snack

Dark chocolate (plain and very dark – at least 75% cocoa). Small piece only; 25 – 30 g max per day

Meat jerky (check sugar content, as sometimes it's been cured in sugar before drying). Go for grass-fed beef or kangaroo, as they contain more Omega-3 oils

Trail mix (yes you can add a small amount of 75% minimum cocoa dark chocolate, but limit quantity)

Roasted chickpeas or **fava beans** (watch out for sugar and vegetable oils; best make them yourself), **seaweed** wafers

Hard boiled eggs – my favourite! Sanitary, safe, no mess, no cutlery required, shells can be dug into soil

Peanut butter celery sticks

Cottage cheese (plain or savoury – check label for unwanted additives)

Home-made protein bar or balls (limit quantity)

Edamame beans (fresh or frozen)

Plain yoghurt – mix with nuts, shredded dried coconut (unsweetened) and small quantity of berries

Commercially-made dips – French onion dip, cashew dip, pesto dip etc

Biscuits (savoury, for cheese or dips)

Potato crisps

Muesli bar

Chips

Cake

Biscuits (sweet)

Muffin (sweet or savoury)

Protein balls (unless home-made, low sugar)

Confectionary

Dried fruit

Most types of chocolate

Any **processed snacks**

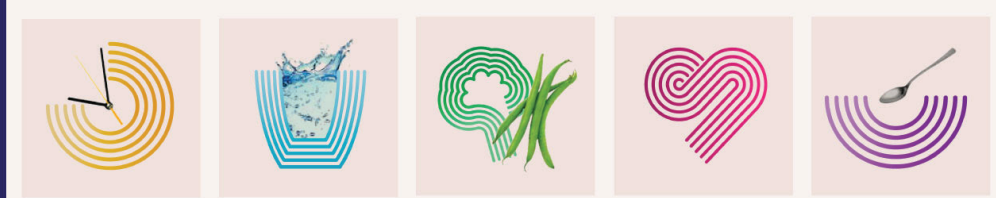
BAKING

Generally, make baking a special occasion thing only

Reduce carb content of cake by:

- reducing sugar to about half what the ingredients say (it doesn't affect the outcome, except for meringue)
- use recipes that use low-carb flour alternatives such as almond meal or coconut flour

Cake with wheat or gluten-free flour and sugar


FOOD

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BREAKFAST CEREAL

Plain rolled oats or a **low-sugar, oat-based muesli** (but note that even with plain yoghurt, oats for breakfast does not have enough protein to form a meal)
Limit oats and muesli to 35 g per serve

Everything else

CHEESE

Cottage cheese, small quantities of soft cheese (e.g. brie, camembert), **cheddar** or **hard cheese**. Be aware of high fat (energy) content

Flavoured and **processed cheese** (e.g. cheese spread, flavoured cream cheese)

CRACKERS / BISCUITS

Seed crackers made with psyllium husk

Biscuits made from refined grain flour; **any sweet biscuit**

FAT

Unprocessed plant fats and **cold-pressed oils** – avocado, olives, coconut, raw nuts and seeds
Unprocessed animal fats – butter, cream, cheese (*limit quantities: saturated fats are likely to be more fattening than unrefined mono- and polyunsaturated fats*)

Refined and **processed fats** – margarine, hydrogenated vegetable oil, processed lard, trans fats, superheated or repeat-heated fats (e.g. from deep-fryers)

FRUIT

Low-sugar fruit, especially berries

Frequent serves of **high sugar fruit** such as grapes, cherries, pears, figs, bananas, mango; dried fruit

MEAT

Unprocessed meat from any source

Processed meat from any source

MILK

Full fat or reduced fat. Be aware of high energy content of full cream milk

Flavoured milk

OIL

Cold-pressed natural vegetable oils – e.g. olive oil, coconut oil, macadamia oil, avocado oil

Processed vegetable oils such as sunflower, safflower, canola, and grapeseed oils

VEGETABLES

All vegetables (*Limit quantities of starchy vegetables*)
Fermented vegetables including sauerkraut, kimchi, other fermented vegetables
Vegetables preserved in salt brine

Starchy vegetables processed with fats – e.g. frozen chips and nuggets, potato chips and crisps

VINEGAR

All vinegar, especially long-fermented, unfiltered vinegar like apple cider vinegar, aged rice vinegar or malt vinegar

Balsamic glaze – balsamic vinegar mixed with sugar or malt
Shop-bought salad dressings

YOGHURT

Plain unflavoured yoghurt – full fat or fat reduced

Flavoured yoghurt or yoghurt drinks
Check the label on non-dairy yoghurts. These are often highly processed, with added ingredients that aren't included in plain, unflavoured yoghurt made from fermented dairy milk