

| PROTEINS $\chi$  | STARCHES#  | VEGETABLES  | FRUIT/BERRIES   | FATS   | HERBS/SPICES   | DAIRY*   |
|--|--|---|---|--|--|--|
| Chicken breast<br>Chicken thigh<br>Turkey breast<br>Turkey thigh<br>Whole Egg<br>Trout<br>Halibut<br>Mackerel<br>Bass<br>Salmon fillet<br>Prawns<br>Mussels<br>Beef Steak<br>Beef Mince<br>Topside Beef<br>Pork loin/ribs<br>Bacon/Gammon<br>Lamb chop<br>Venison steak<br>Ostrich Burger<br>Kangaroo<br>Burger<br>Chicken Liver<br>Ox Heart | Sweet Potato<br>Oats*<br>Quinoa*<br>Basmati Rice*<br>White Potato* | Asparagus<br>Avocado<br>Artichoke heart<br>Brussels sprout<br>Beetroot $\chi$<br>Carrot<br>Tomato<br>Celery<br>Courgette<br>Kale<br>Lettuce<br>Spinach<br>Butternut<br>Squash $\chi$<br>Yam<br>Red pepper<br>Yellow pepper<br>Green pepper<br>Red cabbage<br>Green cabbage<br>White Cabbage<br>Watercress<br>Broccoli<br>Leek | Apple<br>Orange<br>Banana<br>Strawberry<br>Blueberry<br>Raspberry<br>Goji Berry<br>Cherry<br>Pear<br>Dates<br>Red Grapes<br>Green Grapes<br>Kiwi<br>Pineapple<br>Melon<br>Mango | Lard<br>Coconut oil<br>Olive oil<br>Macadamia oil<br>Avocado oil<br>Walnut Oil<br>Cream<br>Egg Yolk<br>Olives<br>Creamed<br>Coconut<br>Desiccated<br>Coconut<br>Olive Oil Pesto<br><br><i>Sorted by<br/>highest fat to<br/>starch ratio</i><br>↓<br>Walnuts<br>Brazil Nuts<br>Macadamia<br>Nuts<br>Pistachio Nuts<br>Almonds<br>Avocado<br>Cashew Nuts | Basil<br>Cardamom<br>Cinnamon<br>Celery seed<br>Dill<br>Fenugreek<br>Garlic<br>Ginger<br>Curry-Red<br>Curry-Green<br>Curry-Yellow<br>Oregano<br>Nutmeg<br>Rosemary<br>Thyme<br>Bay Leaf<br>Salt<br>Chilli powder<br>Paprika<br>Cumin<br>Black pepper | <i>Sorted by<br/>highest protein<br/>to fat ratio</i><br><br><i>Lower Fat Dairy</i><br>TOTAL Greek 2%<br>Greek Yoghurt<br>Natural Yoghurt $\chi$<br>Whole Milk $\chi$<br><br><i>Higher Fat Dairy</i><br>Mozzarella<br>Cheese<br>Halloumi Cheese<br>Feta Cheese<br>Cheddar Cheese |

Remove foods/columns labelled with a \* for a 'strict Paleo safe' food list (NB: some Paleo types are allowing white rice & skinless white potato)

Remove foods/columns labelled with a # for a 'very low carb' food list

Foods/columns labelled with  $\chi$  may also need to be limited if the goal of low carb is Ketogenesis

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TO GET IN TOUCH ▶