

Recommended weight management food list

Protein	Chicken (skinless) Cod Eggs Hake Halibut Miso Pollock Snapper Sole Tempeh Tofu Trout Turkey Veal Venison Salmon.
Nuts & seeds	1 x 25g serving per day) no more than a small handful Almonds Black Sesame Seeds Brazil nuts Cashews Chia seeds Coconut (unsweetened, grated) Flax seeds Hazelnuts Hemp Seeds Macadamia nuts Nut butter Pecans Pine nuts Pumpkin seeds Sunflower seeds Tahini Walnuts.
Fruits	Apple Apricots Avocado Blackberries Blueberries Cherries Cranberries Grapefruit Kiwi Lemon Lime Nectarine Pears Pomegranate Raspberries Strawberries Tangerine.
Grains & Pulses	<i>(1x 50g (uncooked weight) serving per day)</i> Grains: Amaranth Buckwheat grains Millet Oats Quinoa Rice (basmati or brown) Wild rice Pulses: Cooked dried peas, beans or lentils. Bean soups Edamame Hummus or other bean dips.
Oils Plant oils:	Avocado Flaxseed oil Olives Olive oil (extra virgin) Walnut oil Cooking oils: Coconut oil (virgin organic) Groundnut Oil Olive oil (extra virgin) Sesame Oil.
Drinks	2 litres purified distilled water Dandelion leaf tea Dandelion root tea green tea Lemon/lime water Nettle tea Peppermint tea Rooibos tea Vegetable juice.
Dairy alternatives	Almond milk (unsweetened) Coconut milk Hazelnut milk Hemp milk (unsweetened)
Miscellaneous	Baking Powder (aluminium free) Baking Soda Balsamic Vinegar Dijon Mustard Gluten free soy sauce (tamari) Tomato Puree Vegetable Stock Cube Wheat-free vegetable bouillon powder.
Vegetables	Artichoke Asparagus Aubergine Bean Sprouts Beetroot Bell peppers Bok choy Broccoli sprouts Brussels sprouts Butternut Squash Cabbage

	Carrots Cauliflower Celery Chard Chili Pepper Collard greens Courgette Cucumber Fennel Fermented vegetables green beans Horseradish Kale Leeks Lettuce Mushrooms Mustard greens Onions Peas Peppers Radishes
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