

Guidelines

- At each meal, have one serving of protein with one / two servings of fat, unlimited non-starchy vegetables and one serving of starchy carbs from the starred columns (not one serving from each column).
- For snacks, have half the meal serving size of all macronutrients.
- Aim to eat seasonally as much as possible.
- To keep blood sugars stable have a bedtime snack of fat + carbohydrate 20 mins before you go to sleep.
- If you have too many or 1 extra carb, offset it with an extra fat, i.e glass of wine with nuts.
- Avoid processed food, wheat and refined sugar.
- For yoghurt (if you have been advised to) and houmous – check which is the highest macronutrient value on the label (protein, fat or carb) and assign as such.

T= tablespoon
C= cup

Protein

(57g - 114g serving)
organic or grass fed wherever possible

Any red meat
Any white meat
Any poultry
Any shellfish
Any seafood
Eggs (2-3)
Organ meat/offal
Tofu
Pea protein powder
Hemp protein powder
Rice protein powder
Bone broth protein powder
Bone broth
Marine collagen
Bovine collagen/gelatin

Condiments

to taste
Vinegars
Mustards
Herbs
Spices
Tamari
Coconut aminos
Organic ketchup
Stock cubes
Stevia

Fat

(at least 10g/serving)

All natural nuts
All seeds
Organic cheese (2T)
Coconut oil (1T)
Coconut cream (1T)
Coconut milk (2T - tinned)
Organic mayonnaise (2T)
Olive oil (1T)
Olives (10)
Nut butters (2T)
Butter (1T)
Bone stock jelly
Avocado (½)
Lard (1T)
Dripping/tallow (1T)
Suet
Natural pork scratchings
Taramasalata (wheat free) (2T)
Tahini (2T)

Drinks

Coffee
Tea

unlimited drinks:

Herbal tea
Soda water
(not a replacement for still water)

Carbohydrate

non-starchy vegetables (unlimited) All including:
Alfalfa sprouts, Beansprouts Green beans, Pak choi
Cucumber, Lettuce, Courgette, Broccoli, Kale, Spinach,
Rocket, Celeriac, Greens, Common cabbage, Fennel,
Turnip, Swiss chard, Radish, Seaweed and nori, Marrow,
Savoy cabbage, Cauliflower, Sugar snap peas, Asparagus,
Leeks, Celery, Brussel sprouts, Chicory leaves,
Artichokes (Jerusalem and Globe), Okra, Shallots,
Fermented veg such as sauerkraut, Tomato, Peppers,
Onions, Garlic, All salad leaves, Mushrooms

*Choose 1 item from 1 of the starred columns per meal.
NOT 1 item from each column.

grains and beans*
(½ c. serving or avoid for paleo diet)

Beans
Rye bread
Quinoa
Lentils
Oats, Oat cakes
GF bread
Rice
Rice bread
Rice pasta

root vegetables*
(½ c. serving) All including:

Beetroot
Carrots
Corn (non GMO)
Peas
Potatoes
Pumpkin
Squash, Sweet potato

fruit*
(½ c. serving) All including:

Apples, Pears, Bananas,
Grapes, Oranges, Mandarins,
Lemon, Lime, Berries,
Strawberries, Cherries,
Nectarine, Peach, Apricots,
Plums, Mangoes, Papaya,
Passionfruit, Grapefruit, Melon,
Pineapple, Kiwi, Rhubarb,
Pomegranates, Figs, Prunes,
Plantain and Dried fruit

other*
Small alcoholic drink (125ml)
Dark chocolate (2 squares)
Raw chocolate
Honey (1T)
Maple Syrup (1T)
Coconut palm sugar

Avoid

- Wheat
- Milk (dairy)
- Processed sugar, including high fructose corn syrup
- Hydrogenated oils, such as margarine and baked goods.

How does Blood Sugar work?

- When you eat your blood sugars rise.
- During the hours after eating your blood sugars fall.
- Skipping meals and eating high sugar, processed foods causes a sharp spike and a quick drop resulting in increased inflammation, cravings, fat storage, and more!

The Solution

Eat balanced meals and snacks. Protein, carbohydrate and fat eaten every few hours will promote stable blood sugar, glucagon secretion and hormone which equals healthy weight, healthy body and lots of energy

Balanced eating keeps your Blood Sugar stable all day

Skipping meals and eating too much SUGAR takes you on the blood sugar roller coaster.

Insulin

- When your blood sugar levels are high, the hormone insulin is released.
- Insulin inhibits fat burning.
- With release of insulin, your body enters fat storing mode.
- You can't be fat storing and fat burning at the same time.

Glucagon

- When blood sugars are stable, the hormone glucagon is secreted and your body enters fat burning mode.
- Glucagon moves fat from storage to be used as energy.
- Fat from storage = burned fat = weight loss/stability!