REVOLUTION

REAL MEAL THE REAL LISTS WWW.REALMEALREVOLUTION.COM

GREEN EAT TO HUNGER

FRUIT & VEGETABLES

- All green leafy vegetables
- Artichoke hearts (p)
- Asparagus (p)
- Aubergine (n)
- Avocado (p)
- Bean sprouts
- Beans (whole in pods, such as green, runner, broad) (p)
- Broccoli (p)
- Brussels sprouts (p)
- Cabbage (p)
- Cauliflower (p)
- Celery (p)
- Chard (p)
- Courgettes
- Cucumber
- Endive (p)
- Fennel (p)
- Garlic (p)
- Gem squash
- Kale (p)
- Leeks (p) Lemons & limes
- Lettuce
- Mange tout (n)
- Mushrooms
- Olives
- Onions (p)
- Okra
- Palm hearts (p)

Peppers (all kinds) (n)

- Radicchio (p)
- Radishes (p) Rhubarb
- Rocket (p)
- Shallots (p)
- Spinach (p)
- Spring onions
- Sugar-snaps (p)
- Tomatoes (n)
- Turnips
- Watercress (p)

DRINKS

- Caffeine-free herbal teas (with real slices of fruit and herbs)
- Flavoured waters from RMR recipes or other recipes that follow the lists
- Water sparkling or still

Free-range, organic and as natural as possible

- All meats, poultry and game
- All naturally cured meats like pancetta, parma ham, coppa, bacon, salami, biltona, ierky
- All offal (highly recommended)
- All seafood
- Eqas

CONDIMENTS

- All vinegars, flavourings and condiments are okay provided they are free from sugar, gluten, preservatives or vegetable oils
- Tamari/fermented soy sauce

FERTILIZERS

- All homemade bone broths
- Coconut yoghurt
- Coconut kefir
- Kefir butter/cheese
- Kimchi
- Milk kefir
- Naturally fermented pickles
- Sauerkraut

- Any rendered animal fat (lard, tallow, duck and bacon fat)
- Avocado oil (cold-pressed is best) (e)
- Butter or ghee
- Coconut oil (e)
- Firm cheeses like cheddar. emmental and gouda
- Hard cheeses like parmesan and pecorino
- Macadamia oil (e)
- Mayonnaise, free from preservatives and seed oil
- Nut oils like groundnut oil (as long as they're not heated during extraction or cooking)
- Olive oil (extra virgin) (e)
- Seeds (p)

ORANGE EXERCISE SELF-CONTROL

NUTS

Closed handful (2 tbp)

- All raw nuts (p)
- Homemade or unprocessed sugar-free nut butters

DAIRY

Unpasteurised is better (1/4 cup)

- Cottage cheese, cream, cream cheese, full-fat voghurt (homemade first. commercial second), sour cream/crème fraîche
- Full-fat cheeses like brie, camembert, gorgonzola, roquefort
- Milk
- Milk substitutes: almond milk, rice milk, coconut milk and hemp milk
- Soft cheeses like mozzarella. feta, ricotta

FRUIT & VEGETABLES

No more than half a closed handful

- Beetroot and golden beets
- Berries blackberries, blueberries, gooseberries, raspberries, strawberries
- Butternut squash
- Calabash
- Carrots (p)
- Casava
- Celeriac
- Corn on the cob, baby corn
- Hubbard squash
- Jicama
- Papava (e)
- Parsnips
- Peas (garden peas and petit (a) (siog
- Pineapple (e)
- Plantain
- Pumpkin
- Rutabagas
- Spaghetti squash (p)
- Sweet potatoes (p)
- Taro

DRINKS

- Tea (caffeinated)
- Coffee

DRIED LEGUMES/PULSES

- All legumes (best prepared soaked before cooked or sprouted)
- Alfalfa (sprouts) (p)
- Beans (cannellini, kidney and black-eyed) (fresh or dried)
- Chickpeas (sprouted or dried)
- Lentils (sprouted or dried)
- Peanuts (raw or in shells only)

FERTILIZERS

- Water kefir
- Kombucha

FRUITS & VEGETABLES

- Apples (p)
- Apricots
- Bananas
- Breadfruit
- Cherries Edamame
- Figs (only fresh)
- Granadilla
- Grapes
- Guavas Jackfruit
- Kiwi fruit
- Kumquats
- Litchis Loquats
- Mangoes Oranges, clementines and
- tangerines
- Peaches and nectarines
- Pears and prickly pears Persimmon
- Plums
- Pomegranates
- Potatoes (n)
- Quinces
- Starfruit
- Tamarind pulp Watermelon

OBSERVATION

RESTORATION

TRANSFORMATION

Since their introduction in *The Real Meal Revolution*, we've continuously fine-tuned our lists by following the latest science, taking on board customer feedback and considering the negative and positive health effects of foods beyond mere carb count. So there may be Green-listed foods with higher carb (and sugar) content than those on the Orange or Red lists, but there is sound dietary and nutritional reasoning for this. For more read *Real Meal Revolution: Banting 2.0.*

- (p) 'prebiotic' or 'high fibre'
- (e) high in digestive enzymes
- (n) Night Shades (see p151)

LIGHT RED HARDLY

VEGETABLE JUICES/ SMOOTHIES

- Fruit or yoghurt smoothies without frozen yoghurt or ice cream
- Vegetable juices with no added fruit juice

TREATS AND CHOCOLATE

- Dates
- Dark chocolate (80% and above)
- Dried fruit
- Honey
- Prunes (e)
- Pure maple syrup

GLUTEN-FREE GRAINS AND GRAIN PRODUCTS

- Amaranth
- Arrowroot
- Buckwheat
- Bran
- Gluten-free pasta
- Millet
- Oats (must be gluten-free)
- Popcorn
- Quinoa
- Rices whole grain, arborio, sushi, jasmine, Thai and rice noodles
- Sorghum
- Tapioca
- Teff

FLOURS

Non-GMO and gluten-free should be a standard rule

- Almond flour
- Coconut flour
- Corn flour
- Chickpea flour
- Maize meal
- Pea flour
- Polenta
- Rice flour

REALLY RED NEVER EVER

GENERAL

- Any food with added sugar
- Crisps
- Fast food (unless you trust the brand and you know the ingredients)
- Sugary condiments like ketchup, marinades and salad dressings unless they are free from sugar and other nasties

SWEET THINGS

- All confectionery and (non-dark) chocolates (including 'protein', 'energy' or 'breakfast'/'snack' bars)
- Artificial sweeteners aspartame, acesulfame K, saccharin
- Agave
- Canned fruit
- Coconut blossom sugar
- Cordials
- Fructose
- Glucose ■ Jam
- Malt
- Rice malt syrup
- Sugar white, caster, icing, light brown, dark brown
- Sugar-cured or commercially pickled foods
- Golden syrup

FOODS CONTAINING GLUTEN

- All flours and all breads made from grains containing gluten
- Barley
- Bulgur
- Couscous
- DurumEinkorn
- Farina
- Graham flour
- Kamut
- Matzo
- Orzo
- RyeSemolina
- Spelt
- Triticale
- Wheat
- Wheat germ

OTHER GRAIN-BASED PRODUCTS

- All commercial breaded or battered foods (breaded chicken nuggets, battered fish, etc)
- All commercial breakfast cereals (muesli, granola, corn flakes, choco pops, cold porridges, etc)
- All crackers and cracker breads

DRINKS

- All energy drinks
- All soft drinks, including diet drinks
- Commercial fruit juices
- Commercial iced teas
- Flavoured milk and milkshakes

DAIRY-RELATED

- Commercial cheese spreads
- Coffee creamers
- Condensed milk
- Ice cream and commercial frozen yoghurt

FATS

- All industrial seed and vegetable oil derivatives
- Butter spreads
- Canola oil
- Cottonseed oil
- Corn oil
- Margarine and shortening
- Rice bran oil
- Sunflower oilSafflower oil

PROTEINS

- Highly processed sausages and luncheon meats like polony
- Meats cured with excessive sugar

GREY IT'S A GREY AREA

TREATS

- Banting baked goods, including cakes, cupcakes or any sugar-free desserts
- Sugar-free ice cream

SWEETENERS

- Erythritol
- Isomalt
- Stevia powder
- Sucralose
- Xylitol

DRINKS

- All alcoholic beverages
- Protein shakes
- Supplements

VEGETARIAN PROTEINS

- Naturally fermented tofu
- Pea protein
- Processed sov

NOTES			