

## 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 (p)
- 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

### PROTEINS

- Free-range, organic and as natural as possible**
- All meats, poultry and game
  - All naturally cured meats like pancetta, parma ham, coppa, bacon, salami, biltong, jerky
  - All offal (highly recommended)
  - All seafood
  - Eggs

### 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

### FATS

- 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 yoghurt (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
- Papaya (e)
- Parsnips
- Peas (garden peas and petit pois) (p)
- 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
- 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

# A

# B

OBSERVATION

RESTORATION

TRANSFORMATION

PRESERVATION

