

30 Day Online Weight Loss Course Allowed Food List



Jo Rowkins, Nutritional Therapist, Awakening Health

30 Day Online Weight Loss Course Allowed Food List

Please eat any food in this list. This is your allowed food list for the 30 day program.

It has been formulated to be low-allergenic, anti-inflammatory, low-carbohydrate and supportive of the body's blood sugar regulation and hormonal response.

You may choose to make your own recipes using the foods listed here, or you may choose to follow the Weight Loss Recipes during the 30 days.

Please feel free to share any delicious recipes with us using the allowed foods.

Try to eat as many vegetables and salads as you can alongside a protein source, making the vegetables the majority of your plate.

Snack on raw vegetables, dips, fruits, nuts & seeds as listed. If you have a juicer, drink a raw vegetable juice as a snack.

If you don't usually make all your meals from scratch, take your time, follow the recipes step by step and enjoy getting back in touch with your food again.

If you eat out, follow the allowed foods list for guidance. Try to cook as much of your own food as you can, as these 30 days are all about nurturing a healthy relationship with your food again.

Most of all, be kind to yourself and enjoy the process.

Allowed Food List

Protein

Buffalo, Chicken (skinless), Cod, Eggs, Flounder, Hake, Halibut, Lamb (lean), Mackerel, Miso, Pollock, Sardines, Sea bass, Snapper, Sole, Tempeh, Tofu, Trout, Turkey, Veal, Venison, Salmon, Wild game

Nut & Seeds *(1 x 25g serving per day)*

Almonds, Black sesame seeds, Brazil nuts, Cashews, Chia seeds, Coconut (unsweetened), Flaxseeds, Hazelnuts, Hemp seeds, Macadamia nuts, Nut butter (not peanut), Pecans, Pine nuts, Pumpkin seeds, Sesame seeds, Sunflower seeds, Tahini, Walnuts

Fruits

Apple, Apricots, Avocado, Blackberries, Blueberries, Cherries, Cranberries, Grapefruit, Kiwi, Lemon, Lime, Nectarine, Pears, Pomegranates, Raspberries, Strawberries, Tangerine

Grains & Pulses *(1 x 50g serving per day)*

Grains: Amaranth, Buckwheat, 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 water, Dandelion tea, Green tea, Lemon/lime water, Nettle tea, Peppermint tea, Rooibos tea, Vegetable juice

Allowed Food List

Dairy Alternatives

Almond milk, Coconut milk, Hazelnut milk, Hemp milk (all unsweetened)

Vegetables

Alfalfa sprouts, Artichoke, Asparagus, Aubergine, Bean Sprouts, Beetroot, Bell peppers, Bok choy, Broccoli, Broccoli sprouts, Brussels sprouts, Butternut squash, Cabbage, Carrots, Cauliflower, Celery, Chard, Chilli pepper, Collard greens, Courgette, Cucumber, Fennel, Fermented vegetables, Green beans, Horseradish, Kale, Leeks, Lettuce, Mushrooms, Mustard greens, Onions, Peas, Peppers, Radishes, Sea vegetables, Shallots, Spinach, Spring onions, Tomatoes (fresh & tinned), Turnips, Watercress

Herbs & Spices

Allspice, Basil, Bay leaf, Black pepper, Caraway seed, Cardamom, Cayenne pepper, Chervil, Chilli powder, Chives, Cinnamon, Cloves, Coriander, Cumin, Curry paste/powder, Dill, Fennel seed, Fenugreek, Garlic cloves, Garlic powder, Ginger, Lemon thyme, Mace, Marjoram, Mint, Nutmeg, Oregano, Paprika, Parsley, Rosemary, Saffron, Sage, Salt (sea or Himalayan), Star anise, Tarragon, Thyme, Turmeric, Vanilla

Misc

Apple cider vinegar (raw), 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