

# 30 Day Online Wellness Program: Allowed Foods List



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Please eat any food in this list. This is your allowed foods 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 **Wellness 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 Foods 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, 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 Foods List

## **Dairy Alternatives**

Almond milk, Coconut milk, Hazelnut milk, Hemp milk, Oat 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