Perimenopause Programme Allowed Foods List

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Please eat any food in this list. This is your allowed foods list for the Perimenopause Programme.

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 **The 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.

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: Anchovies, Buffalo, Chicken, Clam, Cod, Crab, Eggs (pasture-raised), Flounder, Grass-fed beef, Hake, Halibut, Herring, Lamb, Liver (organic), Lobster, Mackerel, Miso, Mussels, Oyster, Pollock, Pork (free-range), Sardines, Scallops, Seabass, Shrimp, Snapper, Sole, Squid (calamari), Tempeh, Tiapia, Tofu, Trout, Tuna, Turkey, Veal, Venison, Wild Salmon, Wild game

Nuts & Seeds (max 3 handfuls a day): Almonds, Sesame seeds, Brazil nuts, Cashews, Chia seeds, Coconut (unsweetened), Flaxseeds/Linseeds, Hazelnuts, Hemp seeds, Macadamia nuts, Nut butter (not peanut), Pecans, Pine nuts, Pumpkin seeds, Sesame seeds, Sunflower seeds, Tahini, Walnuts

Fruits: Avocado, Apple, Blackberries, Blueberries, Clementine, Cherries, Lemon, Lime, Nectarine, Peach, Pomegranates, Raspberries, Strawberries, Tangerine

Grains & Pulses (max 50g per day): **Grains**: Amaranth, Buckwheat, Millet, Oats (gluten free), Quinoa, Rice (GABA, basmati, brown or red), Wild rice, **Pulses**: Chickpeas, Cooked dried peas, beans or lentils, Bean soups, Edamame, Hummus or other bean dips

Oils & Fats: Grass-fed butter, full fat coconut milk, coconut cream, cream (grass fed organic), lard, MCT, tallow, Plant oils: Avocado, Cold-pressed seed oils, Flaxseed oil, Olives, Olive oil (extra virgin), Walnut oil, Cooking oils: Coconut oil (virgin organic), Groundnut oil, Olive oil (extra virgin), Sesame oil, Grass fed butter, Ghee.

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Drinks (max 2 cups per day of coffee or black tea): 2 litres purified water, fresh coffee, black tea, Chamomile tea, Dandelion tea, Green tea, Homemade smoothie, Herbal teas, Kombucha, Kefir, Lemon/lime water, Nettle tea, Peppermint tea, Rooibos tea, Sparkling water, Vegetable juice (green veg)

Milk 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 choi, Broccoli, Broccoli sprouts, Brussels sprouts, Butternut squash*, Cabbage, Carrots*, Cauliflower, Celeriac*, Celery, Chard, Chilli pepper, Collard greens, Courgette, Cucumber, Fennel, Fermented vegetables, Garlic, Green beans, Horseradish, Kale, Kimchi, Leeks, Lettuce, Mushrooms, Mustard greens, Onions, Peas, Peppers, Radishes, Sauerkraut, Sea vegetables, Shallots, Spinach, Spring onions, Sweet potatoes*, Squash*, Tomatoes (fresh & tinned), Water chestnuts, Watercress (*eat in small portions as they are starchy)

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

Cheese (max one serving a day if tolerated): Full fat cheeses from grass-fed animals, preferably organic

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Misc: Apple cider vinegar (raw), Baking powder (aluminium free), Baking soda, Balsamic vinegar, Dijon mustard, Dark chocolate (must be at least 85% cocoa), Gluten free soy sauce (tamari), Organic bone broth, Tomato puree, Vegetable stock cube (gluten free), Wheat-free vegetable bouillon powder, Cacao powder