







VEGETABLES	PROTEIN	WHAT TO AVOID
Dark green leafy vegetables	Free-range eggs	Butter
Asparagus	Tofu	Cream products
Beetroot	Mixed nuts(almonds, macadamia, walnuts)	Pastries, cakes and biscuits
Carrot	Cheese	Chocolate
Celery		Pre-packaged snacks and meals
Cucumber		Fried takeaway foods
Capsicum		Soft drinks
Onion	DAIRY	
	Fat-free yoghurt	
	Fat-free milk	
FRUITS	CARBOHYDRATES	FATS
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Berries	Wholegrain bread	Sunflower oil
Berries Tomato	Wholegrain bread Wholegrain pasta	
		Sunflower oil
Tomato	Wholegrain pasta	Sunflower oil Cold-pressed olive oil
Tomato Peach	Wholegrain pasta Wholegrain or bran cereal	Sunflower oil Cold-pressed olive oil Sesame oil
Tomato Peach Citrus	Wholegrain pasta Wholegrain or bran cereal Wholegran biscuits	Sunflower oil Cold-pressed olive oil Sesame oil Avocado
Tomato Peach Citrus Apple	Wholegrain pasta Wholegrain or bran cereal Wholegran biscuits Wholegrain crackers	Sunflower oil Cold-pressed olive oil Sesame oil Avocado Nut spreads
Tomato Peach Citrus Apple Apricot	Wholegrain pasta Wholegrain or bran cereal Wholegran biscuits Wholegrain crackers	Sunflower oil Cold-pressed olive oil Sesame oil Avocado Nut spreads Seeds