

## AVAILABLE AS LARGE VIEW PDF

### Wheat & Gluten Free Food List

PROTEINS $\chi$	STARCHES#	VEGETABLES	FRUIT/BERRIES#	FATS	HERBS/SPICES	DAIRY*
Chicken breast	Sweet Potato	Asparagus	Apple	Lard	Basil	<i>Sorted by highest protein to fat ratio</i>
Chicken thigh	Oats*	Avocado	Orange	Coconut oil	Cardamom	
Turkey breast	Quinoa*	Artichoke heart	Banana	Olive oil	Cinnamon	<b>Lower Fat Dairy</b> TOTAL Greek 2% Greek Yoghurt Natural Yoghurt $\chi$ Whole Milk $\chi$
Turkey thigh	Basmati Rice*	Brussels sprout	Strawberry	Macadamia oil	Celery seed	
Whole Egg	White Potato*	Beetroot $\chi$	Blueberry	Avocado oil	Dill	
Trout		Carrot	Raspberry	Walnut Oil	Fenugreek	
Halibut		Tomato	Goji Berry	Cream	Garlic	
Mackerel		Celery	Cherry	Egg Yolk	Ginger	
Bass		Courgette	Pear	Olives	Curry-Red	
Salmon fillet		Kale	Dates	Creamed Coconut	Curry-Green	
Prawns		Lettuce	Red Grapes	Desiccated Coconut	Curry-Yellow	
Mussels		Spinach	Green Grapes	Olive Oil Pesto	Oregano	
Beef Steak		Butternut Squash $\chi$	Kiwi		Nutmeg	<b>Higher Fat Dairy</b> Mozzarella Cheese Halloumi Cheese Feta Cheese Cheddar Cheese
Beef Mince		Yam	Pineapple	<b>FATS</b>	Rosemary	
Topside Beef		Red pepper	Melon	<i>Sorted by highest fat to starch ratio</i>	Thyme	
Pork loin/ribs		Yellow pepper	Mango		Bay Leaf	
Bacon/Gammon		Green pepper			Salt	
Lamb chop		Red cabbage		Walnuts	Chilli powder	
Venison steak		Green cabbage		Brazil Nuts	Paprika	
Ostrich Burger		White Cabbage		Macadamia Nuts	Cumin	
Kangaroo Burger		Watercress		Pistachio Nuts	Black pepper	
Chicken Liver		Broccoli		Almonds		
Ox Heart		Leek		Avocado		
				Cashew Nuts		

Remove foods/columns labelled with a \* for a 'strict paleo safe' food list (NB: some paleo types are allowing white rice & skinless white potato)

Remove foods/columns labelled with a # for a 'very low carb' food list

Foods/columns labelled with  $\chi$  may also need to be limited if the goal of low carb is ketogenesis