

# WHAT CAN I EAT?

## YES

### MEAT

As far as possible, choose grass fed or organic meats. Enjoy the fat and the skin!

- Bacon. Try to find American Bacon, if possible without nitrites and nitrates, and with the lowest salt content (which means the best option)
- Beef
- Chicken
- Duck
- Game
- Lamb
- Otter
- Pork
- Turkey

• All cured meats cured with the best amount of sugar and without strange chemicals you don't recognize

• All sausages containing only meat and spices – avoid sausages with fillers like gluten, milk, eggs, sugar and so on

### EGGS

Any which way you like, for breakfast, lunch and dinner. Real organic eggs are definitely best, if you can find them.

### FRUIT\*

- Berries
- Coconut

### FISH/SEAFOOD

(see the SASSI green list, if unsure!)

The silver the better!

- Anchovies
- Angel fish
- Catfish
- Cornish
- Halibut
- Hake
- Tautog
- Mackerel
- Mussels
- Prawns
- Salmon
- Sardines
- Scallops
- Snook
- Squid
- Trout
- Tuna
- Walrus!

### DRINKS

- All tea (not with milk)
- Coffee (with cream or butter, not milk)
- Sparkling water
- Water

### VEGGIES

Rule of thumb here is, if it grows above ground, it's OK.

- Asparagus
- Artichokes
- Aubergine (brinj, eggplant)
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Cucumber
- Green beans
- Kale

- Lettuce
- Marrows
- Mushrooms

- Olives
- Onions
- Peppers
- Pumpkin
- Radishes
- Spinach
- Sugar snap/peas
- Tomatoes

### SWEET THINGS

- Erythritol
- Xylitol
- Stevia

### FATS

- Animal fats
- Avocado Oil
- Beef tallow
- Butter
- Coconut cream
- Coconut milk
- Coconut oil
- Droppings
- Duck fat
- Extra virgin olive oil
- Ghee
- Heavy cream
- Lard
- Macadamia nut oil
- Mayonnaise (homemade, make sure you use the right oils)

### SEEDS

- Chia Seeds
- Flax Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds

### FLOUR

- Almond flour
- Coconut flour
- Hazelnut flour
- Other nut flours

### NUTS\*

- Almonds
- Brazil
- Hazelnuts
- Macadamias
- Peanuts
- Pistachios
- Walnuts

### DAIRY\*

(all full fat)

While you are trying to lose weight, it may be better to cut out all dairy other than unsalted butter – which, by the way, is delicious to enjoy!

- Blue cheeses
- Butter
- Cream
- Cream cheese
- Feta cheese
- Ghee
- Greek yogurt
- Parmesan cheese
- all other high fat cheeses

If you're eating all the right things and still not losing weight, you may be eating too many nuts, too many berries or too much dairy or protein. Try cutting back on those and see how it goes.

These lists are always a work in progress – please feel free to share with us any new discoveries you make on your Banting/LCHF journey!

## SOMETIMES

### ALCOHOL

- Brandy
- Champagne
- Dry red wine
- Dry white wine
- Rum
- Sparkling wine
- Tequila
- Vodka
- Whisky

### SWEET THINGS

- Black chocolate (80% and above cocoa content – and only very occasionally)
- Honey (no more than 1 teaspoon daily, very occasionally). Use honey strictly for cooking, otherwise it will make you feel like sugar cravings in no time!

### NUTS

- Cashews

### FRUIT

- All fruit other than berries

### VEGGIES

- Butternut
- Carrots
- Sweet potato

### SOYA

- Organic soy sauce (only occasionally and only a tiny bit when cooking!)

## NEVER

### ALCOHOL

- Anything labeled 'low'
- Beer
- Cider
- Cocktails
- Sugar liquors

### STARCHES

- Bannocks
- Bread
- Crackers
- Chickpeas
- Dried Beans
- Lentils
- Peas
- Potatoes
- Pasta
- Porridge
- Pottage
- Potatoes
- Rice

### NUTS

- Peanuts (they're not really a nut!)

### SWEET THINGS

- Agave
- Any artificial sweeteners
- Biscuits
- Cakes
- Chocolate
- Energy drinks
- Fatty drinks
- Frostings
- Fruit juices
- MFC's
- Ice cream
- Malt
- Pastries
- Sugar
- Sweets
- Syrup
- Veggie juices

### MEATS

- Lunch meats
- Processed meats
- Vienna sausages

### GRAINS

- All whole grains
- Amaranth
- Barley
- Breakfast cereals
- Bulgur wheat
- Corn
- Couscous
- Millet
- Millet
- Oats
- Quinoa
- Rice
- Rice
- Spelt
- Wheat

### DRIED FRUIT

- All of it

### SOYA

- Edamame beans
- Tofu
- Any soya fake foods – sausages etc

### FATS

- Canola oil
- Cottonseed oil
- Flaxseed oil
- Grapeseed oil
- Hemp oil
- Margarine
- Sesame oil
- Flaxseed oil
- Soybean oil
- Sunflower oil

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### **Table of Contents Tim Noakes Diet Plan Pdf Download**

1. Understanding the eBook Tim Noakes Diet Plan Pdf Download
  - The Rise of Digital Reading Tim Noakes Diet Plan Pdf Download
  - Advantages of eBooks Over Traditional Books
2. Identifying Tim Noakes Diet Plan Pdf Download
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Tim Noakes Diet Plan Pdf Download
  - User-Friendly Interface
4. Exploring eBook Recommendations from Tim Noakes Diet Plan Pdf Download
  - Personalized Recommendations
  - Tim Noakes Diet Plan Pdf Download User Reviews and Ratings

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- 5. Accessing Tim Noakes Diet Plan Pdf Download Free and Paid eBooks
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  - Tim Noakes Diet Plan Pdf Download Budget-Friendly Options
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  - Tim Noakes Diet Plan Pdf Download Enhanced eBook Features
- 7. Enhancing Your Reading Experience
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  - Highlighting and Note-Taking Tim Noakes Diet Plan Pdf Download
  - Interactive Elements Tim Noakes Diet Plan Pdf Download
- 8. Staying Engaged with Tim Noakes Diet Plan Pdf Download
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Tim Noakes Diet Plan Pdf Download
- 9. Balancing eBooks and Physical Books Tim Noakes Diet Plan Pdf Download
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Tim Noakes Diet Plan Pdf Download
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Tim Noakes Diet Plan Pdf Download
  - Setting Reading Goals Tim Noakes Diet Plan Pdf Download
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Tim Noakes Diet Plan Pdf Download
  - Fact-Checking eBook Content of Tim Noakes Diet Plan Pdf Download
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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