

Based on 3 x meals + 2 x snack choices per day

Treat Foods

(1 – 3 meals per week)

Pasta

Bread/Wraps

Rice

High Sugar

Flour/Wheat

White Potatoes

High Sugar Cereal/Yogurt

Portion Controlled

(1-2 small serves per day)

Quinoa, Lentils, Almond Meal, Chick-Peas

Oranges, Kidney Beans, Bananas, Pineapple, Grapes, Apples, Beetroot, Cherries, Sweet Potato, Corn, Brown

Rice (1/4 cup), Dark Chocolate (70%), Nuts, Butter, Peanut Butter, Cereal (low sugar/high fibre), Mountain

Bread, Cheese, Wholegrain Crackers, Falafel

UNLIMITED

(Majority Meals)

Eggs, Avocado, Natural Greek Yogurt, Salsa, Tzatziki, Olive Oil, Tomatoes, Green Beans, Cauliflower, Pumpkin, Leek, Brussel Sprouts, Raspberries, Strawberries, Blueberries, Watermelon, Spinach, Zucchini, Cucumber, Broccoli, Kale, Rocket, Lettuce, Capsicum, Fennel, Onion, Pickles, Mustards, Capers, Capsicum, Asparagus, Celery, Carrots, Mushrooms, Lemons, Limes