

# Low Carb Programme

## Meal Planning Guide

Is it important that you eat adequate amounts of healthy protein, vegetables and natural fats at each meal in order to fill you up and help avoid unplanned unhealthy snacking. Use the guide below, alongside our low carb food list on the next page, to help you plan your meals. Be aware that many processed foods and ready meals will be low on protein, fibre and natural fats, and high in sugar and starchy carbohydrates. Choose unprocessed real foods where possible.



**Pick a Protein**  
for satiety and to build and repair

### Meat

All types of meat including beef, pork, lamb, duck.

### Poultry

Chicken, turkey



### Fish

All types of fish including fresh, frozen and canned.

### Eggs

Cook them the way you like them.



### Dairy

Full fat milk, yogurt, cheese \*



### Plant based protein

Beans and pulses  
Tofu  
Quorn  
Nuts and seeds



**Pick some low carb Veggies**  
for fibre and micronutrients

Fill up on vegetables from the green zone. Add in additional veggies from the amber zone to eat instead of higher carb foods.



**AVOID** potatoes and sweet potatoes where possible.



**Note:** Some plant-based protein foods such as beans, nuts and seeds also provide a good source of fibre.

**Add Fat**  
for flavour, satiety and to absorb fat soluble vitamins

Add fats from the green zone, including olive oil, butter, coconut oil and cream.

**And/or include** protein foods that are also good sources of natural fat including oily fish, nuts and seeds, dairy foods such as yogurt milk and cheese, eggs, meat as well as avocado pears.



Include non-sugary dressings and sauces such as mayonnaise and pesto.

**AVOID** margarine and vegetable seed oils.



# Red, Amber and Green foods & drinks

**Green foods** are things that you can have as much of as you like

## Vegetables

- Asparagus
- Aubergine
- Avocado
- Broad beans
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celeriac
- Celery
- Courgettes
- Cucumber
- Green beans
- Green leaves (any type)
- Kale · Leeks · Lettuce
- Mange tout
- Mushrooms
- Olives
- Onion
- Pak Choi
- Pepper
- Radish
- Spinach
- Swiss chard
- Tomatoes
- Watercress



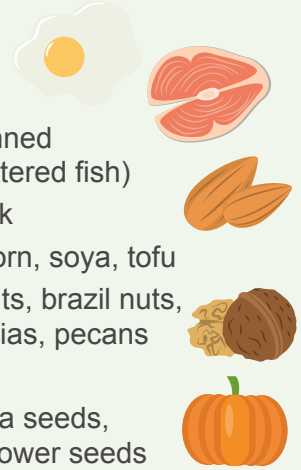
## Fruit

- Berries
- blueberries, raspberries, cranberries, strawberries, blackberries
- Blackcurrants and redcurrants
- Coconut
- Grapefruit
- Rhubarb



## Protein

- Eggs
- Fish: fresh, frozen, tinned (avoid breaded or battered fish)
- Meat: beef, lamb, pork
- Meat substitutes: Quorn, soya, tofu
- Nuts: almonds, walnuts, brazil nuts, hazel nuts, macadamias, pecans
- Poultry
- Seeds: flaxseeds, chia seeds, pumpkin seeds, sunflower seeds



## Fat

- Butter
- Cream
- Olive oil
- Coconut oil



## Dairy

- Full fat milk
- Full fat plain yogurt
- Full fat cheese



## Drinks

- Water
- Soda water
- Coffee
- Tea



## Other

- Fermented vegetables (ie sauerkraut)
- Herbs and spices
- Almond flour, coconut flour and gram flour
- Marmite
- Sauces such as mayonnaise and pesto



# Amber foods are foods which are ok in moderation

## Vegetables

- Butternut squash
- Parsnips
- Peas
- Swede
- Sweetcorn
- Turnip



## Fruit

- Apples
- Cantaloupe melon
- Cherries
- Figs
- Galia melon
- Honeydew melon
- Kiwi
- Melon
- Nectarine
- Orange
- Pears
- Plums
- Watermelon



## Protein

- Beans and pulses: Lentils, kidney beans, chickpeas, black eyed beans etc
- Nuts: cashews, pistachios, chestnuts
- Processed meats: bacon, ham, sausages



## Dairy and milk substitutes

- Coconut milk, almond milk and soya milk (choose unsweetened versions)



## Drinks

- Diet drinks
- Red or white wine
- Spirits with diet mixers
- Cocoa



## Other

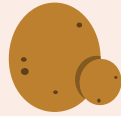
- Dark chocolate (min 80% cocoa)
- Sweeteners: Stevia, erythritol, xylitol



# Red foods are foods to avoid as much as possible

## Vegetables

- Potatoes
- Sweet potatoes



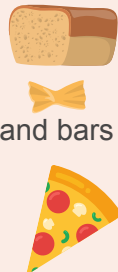
## Fruit

- Bananas
- Dried fruit
- Fruit juice
- Grapes
- Mango
- Pineapple
- Tinned fruit in syrup or juice



## Starchy carbohydrates

- Bread
- Cereal: Weetabix, cornflakes, granola etc
- Cous cous
- Pasta
- Rice
- Rice based products: rice cakes and bars
- Wheat based products: wraps, pitta bread, flat bread, pizza
- Wheat flour



## Fat

- Vegetable seed oils: rapeseed, sunflower, cottonseed, Canola
- Margarine
- Low fat spreads
- Low fat cooking spray

## Dairy and milk substitutes

- Low fat cheese
- Low fat milk
- Low fat yogurt
- Fruit yogurt containing sugar or sweeteners
- Rice milk and oat milk

## Drinks

- Beer
- Cider
- Cordials
- Fizzy drinks
- Fruit juice
- Sports drinks



## Sweet and processed foods

- Biscuits
- Breadsticks
- Cakes
- Chips
- Crackers
- Crisps
- Honey
- Ice cream
- Jam
- Maple syrup
- Milk chocolate
- Milkshake
- Pies and sausage rolls
- Protein bars
- Sugary sauces
- Sugary drinks
- Sweeteners (apart from those listed in the amber zone)
- Sweets

