

THE FOOD GROUPS

Here are the lists of foods by colour category: purple for the free foods, blue for protein, yellow for fats, red for carbs and green for vegetables. Download the lists from www.thenewlowcarbdiet.com, print them out and stick them on the fridge door for easy reference. Once a week, you can treat yourself to a dessert from my recipes, which are formulated not to impact your blood sugar levels.

Free foods

This should become your favourite section since you can basically use these foods wherever you like and add them to any meal. Where the daily maximum quantity is important, that is included.

Flavourings and other foods

- 2 anchovy fillets
- balsamic vinegar
- black pepper
- brewer's yeast spread
- capers
- coffee
- 1 tsp cornflour
- 1 egg white
- fish sauce
- gravy granules
- herbal teas
- herbs and spices
- lemon or lime juice
- low-calorie cooking oil spray
- a dash of semi-skimmed milk
- mint sauce
- miso soup
- mustard
- nori seaweed
- 5 olives

- 1 tbsp oyster sauce
- 1 tbsp passata
- pickled gherkins, onions and cabbage
- 1 tbsp salsa
- shirataki noodles
- soy sauce (reduced salt)
- stock or stock cubes
- 2 sun-dried tomatoes
- tabasco sauce
- tea
- 200g/7oz tinned tomatoes
- 1 tsp tomato purée
- wine or rice vinegar
- Worcestershire sauce
- 2 tsp natural yogurt

Vegetables

- asparagus
- bean sprouts
- beetroot

- broccoli
- cabbage
- carrots
- cauliflower
- celeriac
- celery
- chilli peppers
- cucumbers
- garlic
- green beans
- kale
- lettuce (all varieties)
- onions
- radishes
- rocket
- spinach
- spring onions
- stevia powder
- tomatoes
- turnips
- watercress

Blue – protein

This is the protein section, which should form the centre of your meals. Mix these up and combine them in imaginative ways.

Cheese

- 50g/1¾oz blue cheese
- 60g/2¼oz Brie
- 60g/2¼oz Camembert
- 50g/1¾oz Cheddar cheese
- 200g/7oz cottage cheese
- 50g/1¾oz cream cheese
- 80g/2¾oz feta cheese
- 60g/2¼oz mozzarella cheese
- 40g/1½oz Parmesan cheese
- 80g/2¾oz soft goats' cheese

Dairy and vegetarian

- 2 eggs
- 3 vegetarian sausages (good quality)
- 200g/7oz firm tofu
- 50g/1¾oz (2 scoops) whey protein isolate powder (a dietary supplement made from milk powder)

Fish

- 100g/3½oz oily fish, including mackerel and herring
- 150g/5½oz rainbow trout

- 130g/4½oz salmon
- 160g/5½oz sardines
- 200g/7oz seafood, including crab, prawns and squid
- 100g/3½oz smoked salmon
- 150g/5½oz swordfish
- 150g/5½oz tinned tuna in spring water
- 200g/7oz tuna steak
- 200g/7oz white fish, including cod, haddock, hake, plaice and pollack

Meat and poultry

- 4 slices of bacon
- 100g/3½oz lean beef or minced beef
- 180g/6¼oz chicken breast
- 4 slices of cooked or prepacked chicken or turkey
- 150g/5½oz duck
- 2 slices of ham
- 150g/5½oz lamb fillet
- 10 thin slices of Parma ham or other cured ham
- 70g/2½oz pork

- 70g/2½oz minced pork
- 200g/7oz turkey
- 150g/5½oz minced turkey
- 100g/3½oz lean steak
- 130g/4½oz venison

Nuts and seeds

- 35g/1¼oz/scant ¼ cup almond flour
- 35g/1¼oz/scant ¼ cup nuts, including almonds, raw unsalted peanuts, cashew nuts, pistachio nuts
- 2 tbsp peanut butter (no added sugar) or nutella
- 40g/1½oz/¼ cup sesame seeds
- 35g/1¼oz/heaped ¼ cup sunflower seeds
- 30g/1oz/scant ¼ cup walnuts

Yellow – fats

These foods are rich in fat – good and bad. You need some fat in your diet but try to choose monounsaturated and polyunsaturated fats, and have the unhealthy saturated fats only occasionally (see pages 24–25). If you prefer to weigh the nuts, you are allowed 15–20g/½–¾oz, which is 100kcal.

Cheese and dairy

- 25g/1oz blue cheese
- 1 tbsp butter
- 30g/1oz Brie
- 30g/1oz Camembert
- 20g/¾oz Cheddar cheese
- 100g/3½oz cottage cheese
- 1 heaped tbsp cream cheese
- 2 tbsp crème fraîche
- 2 tbsp double cream
- 40g/1½oz feta cheese
- 40g/1½oz soft goats' cheese
- 200ml/7fl oz/scant 1 cup milk, oat milk, soy milk
- 35g/1¼oz mozzarella cheese
- 20g/¾oz Parmesan cheese
- 3 tbsp soured cream

Meat

- 4 slices of bacon
- 3 slices of Parma ham

Nuts and seeds

- 2 tbsp almonds
- 2 tbsp Brazil nuts
- 2 tbsp cashew nuts
- 2 tbsp flaxseeds
- 2 tbsp hazel nuts
- 2 tbsp macadamia nuts
- 2 tbsp raw unsalted peanuts
- 2 tbsp pine nuts
- 2 tbsp pistachio nuts
- 2 tbsp sesame seeds
- 2 tbsp sunflower seeds
- 2 tbsp walnuts

Sauces, condiments and other foods

- ¼ avocado
- 3 tbsp coconut milk
- 2 tbsp hollandaise sauce
- 2 tbsp horseradish sauce
- 1 tbsp mayonnaise
- 1 tbsp oil, including corn oil, groundnut oil, olive oil, peanut oil, rapeseed oil, sesame oil, sunflower oil
- 100g/3½oz/¾ cup olives
- 1 tbsp peanut butter (no added sugar)
- 1 tbsp pesto
- 1 tbsp tahini
- 3 tbsp white sauce

Who needs additives?

It's actually quite easy to see which foods are not filled with these sneaky little additives that have crept into so many of our foods as colourings, preservatives, flavours and flavour enhancers, sweeteners, texture agents and processing agents. Just glance at the ingredients list on any foods you buy. The longer the list, the more likely the food contains loads of additives that you simply don't need. Put it back and go for the ones with the short list! And if you want to check them out, go to www.thenewlowcarbdiets.com where you will find all the details.

Red – carbohydrates

These are your choices for your breakfast fix of carbohydrate.

Fruit

- 2 apples
- 5 apricots
- 1 banana
- 20 cherries
- 1 grapefruit
- 2 kiwi fruit
- 2 oranges

- 2 peaches
- 2 pears
- 3 plums
- 20 strawberries

Grains

- 2 medium slices of bread, including brown, buckwheat,

- multigrain, oat, pumpernickel, rye, spelt, stoneground, sourdough, wholewheat
- 4 oat cakes
- 50g/1¾oz/½ cup rolled oats
- 1 wholewheat pitta bread
- 50g/1¾oz/¼ cup brown rice
- 70g/2½oz Shredded Wheat

Green – vegetables

Eat generously of this vegetable section. One serving is up to 4 cups and can be mixed. Remember, of course, that many vegetables appear in the free foods section, giving you a huge variety of vegetables to include in your diet.

Vegetables and fruit

- artichokes
- aubergine
- bok choy
- brussels sprouts
- courgettes
- greens
- leeks

- lemons
- limes
- mangetout
- mushrooms
- okra
- peas (1 cup only once a week)
- peppers (sweet)

- peppers (hot, such as jalapeño, etc.)
- swede (1 cup only once a week)
- sweetcorn (1 cup only once a week)
- yellow squash

Remember, at the end of the day, it comes down to basic science of the human body. If you eat fewer calories than your body needs to function, then you will lose weight. Every human's metabolism works in this same way, so if you really want to, you will lose weight on this diet plan. Always bear in mind that you control what food you eat. Food doesn't control you. Good luck.