ANIMAL PROTEIN
All eggs
Beef / veal
Mutton / Lamb
Pork
Venison/game
Ostrich
All Poultry:
Chicken
Duck
Turkey
Offal:
Brain
Brawn
Tripe
Trotters
Liver, heart, kidneys
Tongue
Chicken feet/heads/ gizzards
Naturally cured meats and sausage
Bacon
Chorizo
Pancetta
Salami
Sausage

FLAVOURING & CONDIMENTS
All natural herbs and spices are acceptable if they do not contain sugars and chemical additives.
Includes
Aniseed, Basil, Capers, Caraway seed, Cardamom, Chillies, Cinnamon, Coriander, Curry powder, Dill, Fennel, Garlic, Ginger, Horseradish, Marjoram, Masala, Organum, Paprika, Parsley, Pepper, Peppermint, Rosemary Sage, Thyme, Turmeric. Vinegar, including Apple cider.

BEVERAGES
Coffee (100% pure coffee)
Tea- including green tea and Rooibos
Water, soda water, sparkling mineral water.

NUTS & SEEDS
Almond, Brazil nuts, Coconut, Macadamia nut, Pecans, Pine nuts, Pistachio nuts, Walnuts. Chia seed, Flax seed, Linseed, Pumpkin seed, Sesame seed, Sunflower seed
HEBA, Psyllium husk

SWEETENERS
Xylitol granules
Erythritol granules
Stevia powder
NOTE: We do not recommend artificial sweeteners of any kind. It is our opinion that if you want to stay lean and healthy for the rest of your life you need to avoid all foods that taste sweet. The desire to eat sweet foods is the addiction that drives poor food choices leading to obesity and ill health.

VEGETABLES
Amaranth/ marog
Artichokes - globe
Asparagus
Aubergine
Broccoli
Brussels sprouts
Cabbage
Calabash / gourd
Cauliflower
Celery
Chives
Collards
Cucumber
Endive
Gherkins (dill, sugar free)
Green beans
Kale
Kohlrabi
Leek - boiled
Lettuce
Mixed frozen vegetables (cauliflower, carrot, green beans)
Mushrooms
Okra
Onion
Pepper- green, red, yellow
Pumpkin
Radish
Sauerkraut
Seaweed
Sousou/ chayote
Spinach
Spring onion
Squash - gem, hubbard.
Squash – baby marrow
Sugarsnap peas
Tomato
Turnip
Waterblommetjies
Wild rocket

FRUITS
Avocado
Olives

THE GREEN LIST

THE GREEN FOOD LIST IS THE ONLY LIST THAT YOU CAN EAT FROM ON A DAILY BASIS. THESE ARE THE FOODS THAT ARE NUTRITIOUS, LOW IN CARBS PER PORTION AND EXTREMELY HEALTHY. PRACTICING PORTION CONTROL IS STILL IMPORTANT WHEN EATING FROM THIS LIST.

For a more extensive list of foods, including the macro nutrient breakdown, please refer to our book The Banting Pocket Guide.

THE BANTING POCKET GUIDE QUICK REFERENCE LISTS