



FAST MAMA FOOD LIST

Fats

Avocado Oil
Coconut oil
Extra Virgin Olive Oil
Ghee
Rendered animal fat

Condiments

Apple Cider Vinegar
Balsamic Vinegar
Bullion stock cubes (no sugar)
Fish Sauce
Red Wine Vinegar
Soy sauce
White Wine Vinegar

Meat, Poultry & Seafood

All seafood including:
Anchovies
Salmon
Sardines
All meats, poultry and game including:
Beef
Chicken
Lamb
Pork
All offal - liver, heart, kidneys
Eggs

Beans & Legumes

Black Beans
Black Eyed Peas
Broad beans
Butter Beans
Cannellini Beans
Chickpeas
Haricot Beans
Hummus
Kidney Beans
Lentils
Pinto beans
Split peas
White beans

Herbs & Spices

Basil
Bay leaves
Cinnamon
Cilantro
Cloves
Coriander
Cumin
Dill
Ginger
Mint
Oregano
Paprika
Parsley
Pepper
Red Pepper Flakes
Rosemary
Saffron
Sage
Turmeric
Thyme

Full Fat Dairy

Butter
Cottage Cheese
Cream
Feta Cheese
Full fat milk
Goats Cheese
Greek and Greek Style
Yoghurt - unflavoured
Sheeps milk yogurt
Mozzarella
Parmesan
Ricotta

Canned Items

Capers
Coconut Milk
Coconut Cream
Olives
Salmon
Sardines
Tomatoes
Tomato paste
Tuna

Vegetables

Artichokes
Asparagus
Avocado
Beets
Bell Peppers
Broccoli
Broccolini
Tender Stem Broccoli
Broccoli Rabe
Brussel Sprouts
Cabbage
Capsicum
Carrots
Cauliflower
Celery
Celeriac
Corn*
Cucumber
Courgette
Eggplant
Fennel
Garlic
Green Beans
Leeks
Mushrooms
Okra
Olives
Onions
Peas*
Peppers
Pumpkin*
Radishes
Red Onion
Spring onions
Squash
swede
Sweet potatoes*
Tomatoes
Turnips
Zucchini

Leafy Greens

Argula/Rocket
Beet Greens
Bok Choy
Collard Greens
Dandelion Greens
Endive
Kale
Lettuce
Mesclun Mix
Mustard Greens
Ridicchio
Spinach
Turnip Greens
Watercress

Nuts and Seeds

Almonds
Brazil
Cashews
Chia seeds
Flaxseed
Hazelnuts
Hemp Seeds
Linseed
Macadamia
Nut Butters
Pecans
Pinenuts
Pistachios
Pumpkin Seeds (Pepitas)
Sesame Seeds
Sunflower Seeds
Walnuts

Drinks

Almond milk
Bone broth
Coconut Water
Coffee
Herbal/fruit teas
Soy milk
Tea
Water still/sparkling

Fruits

Apples
Apricots
Bananas
Blackberries
Blueberries
Boysenberries
Cherries
Coconut
Grapefruit
Grapes
Honeydew
Kiwi
Lemons
Limes
Mango
Melon - any type
Nectarines
Olives
Oranges
Peaches
Pears
Plums
Rhubarb
Strawberries
Raspberries
Watermelon

Grains

Barley*
Brown and wild rice*
Bulgar*
Couscous*
Gluten free pasta such as pea / lentil*
Konjac noodles
Oats*
Oatmeal*
Pasta*
Polenta*
Quinoa
Rye bread/brown sourdough (1-2 slices per week)*

*may increase blood sugar and stall weight loss