

Broccoli	Green Beans
Bell peppers	Lettuce
Mushrooms	Garlic
Onions	Nuts
Cabbage	Seeds
Spinach	Olives
Cauliflower	Cucumber
Tomatoes	Brussels Sprouts
Cucumber	Radishes
Zucchini (Baby Marrow)	Eggplant
Asparagus	Artichokes
Strawberries	
Blueberries	
Cherries	
Grapefruit	
Avocado	

All-bran	Brown Rice
Oat bran	Buckwheat
Rolled Oats	White long grain rice
Special K	Pearled Barley
Reduced sugar Muesli	Yam
Porridge	Sweet Potatoes
Low GI	Wheat tortilla
Soya and Linseed	Cherries
Wholegrain Pumpnickel	Plums
Heavy Mixed Grain	Grapefruit
Whole Wheat	Peaches
Sourdough Rye	Peach, canned in natural juice
Sourdough Wheat	Apples
Frozen Green Peas	Pears
Frozen Sweet Corn	Dried Apricots
Boiled Carrots	Grapes
Wheat Pasta Shapes	Coconut
Potatoes	Coconut Milk
Meat Ravioli	Kiwi Fruit
Spaghetti	Oranges
Tortellini	Prunes
Egg Fettuccini	Dates



**NO CARDIO**  
Low carb foods



**40 - 60 MINUTES OF CARDIO**  
Low carb and low glycaemic  
Index foods



**NO CARDIO**

Fish and salad



**40 - 60 MINUTES OF CARDIO**

Fish, veg and potatoes



**NO CARDIO**  
Cauliflower rice



**40 - 60 MINUTES OF CARDIO**  
Brown rice



**NO CARDIO**  
Nuts and biltong



**40 - 60 MINUTES OF CARDIO**  
Dried fruits and nuts



**NO CARDIO**  
Omelette



**40 - 60 MINUTES OF CARDIO**  
Banana oats





**NO CARDIO**  
Infused water



**40 - 60 MINUTES OF CARDIO**  
Homemade juice



**NO CARDIO**

Broccoli and cauliflower



**40 - 60 MINUTES OF CARDIO**

Sweet potato



**NO CARDIO**  
Green smoothie



**40 - 60 MINUTES OF CARDIO**  
Fruity smoothie





**NO CARDIO**

Naked (no-bun) burger



**40 - 60 MINUTES OF CARDIO**

Burger



**NO CARDIO**  
Dark chocolate



**40 - 60 MINUTES OF CARDIO**  
Dessert



**NO CARDIO**

Low carbohydrate foods



**40 - 60 MINUTES OF CARDIO**

Low GI Carbohydrates

