

THE GREEN

SG SLEEK GEEK

FOOD LIST

Foods to eat more of and more often. Minimally processed healthy whole foods. Better for you and your goals.

QUALITY PROTEIN

Meat

Beef (lean)
Lamb
Pork
Wild game

Poultry & Eggs

Chicken
Duck
Eggs
Ostrich
Turkey

Fish

Bass
Hake
Kingklip
Mackerel (North Atlantic, Chub)
Salmon
Sardines
Snook
Trout
Yellowfish

Seafood and Shellfish

Calamari
Clams and Mussels
Crab
Lobster and Crayfish
Oysters
Prawns and Shrimp

Dairy

Cheese (aged more than 6 months)
Cottage Cheese
Plain Yoghurt / Greek Yoghurt

Plant-Based

Beans
Chickpeas
Lentils
Tofu and Tempeh
Edamame

COLOURFUL VEGETABLES

Red Vegetables

Beetroot
Onions (red)
Peppers (red)
Radishes
Rhubarb
Tomatoes (red)

Yellow / Orange Vegetables

Carrots
Peppers (yellow)
Sweet Corn
Tomatoes (yellow)

White / Tan / Brown Vegetables

Cauliflower
Garlic
Ginger
Mushrooms
Onions (white)

Purple Vegetables

Cabbage (purple)
Carrots (purple)
Eggplant

Green Vegetables

Artichokes
Asparagus
Broccoli
Brussels Sprouts
Cabbage
Celery
Cucumber
Green Beans
Green Peas
Leafy Greens (kale, spinach, collards, etc)
Lettuce
Onions (green)
Peppers (green)
Sugar Snap Peas
Zucchini

SMART CARBS

Starchy Veg

Butternut Squash
Potatoes
Pumpkin
Sweet Potatoes

Whole Grains

Barley
Buckwheat
Oats (steel-cut, rolled, old-fashioned)
Quinoa
Rice (brown, black, wild)
Spelt
Sprouted Grains or Breads

Legumes

Beans
Chickpeas
Lentils
Peas
Pulses
Soy Beans

Fruit (fresh, not dried or canned)

Apples
Apricots
Bananas
Berries
Cherries
Figs
Grapefruit
Grapes
Kiwifruit
Lemons and Limes
Mangoes
Melons
Oranges and Nectarines
Peaches
Pears
Pineapple
Plums
Watermelon

HEALTHY FATS

Cold-Pressed Oils

Avocado Oil
Coconut Oil (extra virgin)
Fish Oil
Flax Seed Oil
Hemp Seed Oil
Olive Oil (extra virgin)
Walnut Oil

Nuts (raw, unflavoured, unsalted)

Almonds
Brazil nuts
Cashews
Hazelnuts
Macadamias
Pecans
Pine Nuts
Walnuts

Seeds (raw, unflavoured, unsalted)

Chia seeds
Flax seeds
Hemp seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds

Other

Avocado
Coconut
Nut Butters (almond, macadamia, etc)
Olives
Peanuts

More info at www.sleekgeek.co.za/REBOOT

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THE ORANGE **SG** SLEEKGEEK FOOD LIST

Foods to eat sometimes in moderation. Neutral or context-dependent foods. Fairly inconsequential for you and your goals.

PROTEIN

Meat

Beef (medium- to high-fat)
 Back Bacon
 Minimally Processed Deli Meats
 Biltong

Poultry

Chicken Sausage
 Chicken Viennas
 Chicken Patties
 Chicken Deli Meat

Fish (Medium Mercury)

Tuna (Skipjack, "Light meat")
 Bass
 Carp

Dairy

Cheese (aged less than 6 months)
 Cream Cheese

Other

Protein Powders
 Protein Bars

VEGETABLES

Starchy Veg

Reminder that "starchy veg" actually falls under the "Smart Carb" category in the Green List.

These are vegetables that are high in starch / carbohydrates compared to other more fibrous veg that are low in carbs.

We do encourage you to eat starchy veg, but please consider them your carb portions.

CARBS

Grains

Rice (white)
 Rice Cakes (plain)
 Oats (instant or flavoured)
 Couscous
 Granola
 Whole Grain Crackers
 Whole Grain Pasta
 Whole Grain Wraps
 Whole Grain Bread

Dairy

Milk

Other

Vegetable Juice

FATS

Oils

Olive Oil (virgin and light)

Nuts and Seeds

Nuts (roasted, salted)
 Seeds (roasted, salted)

Dairy

Butter
 Ghee
 Cream

Other

Non-Dairy Milk (coconut, almond, soy, etc)
 Peanut Butter (plain, no added sugar)
 Dark Chocolate

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THE RED **SG** SLEEK GEEK FOOD LIST

Foods to eat less of and less often. Highly processed food products. Worse for you and your goals.

POOR QUALITY PROTEIN

Meat

Sausages and Viennas
Processed Deli Meats
Dry Wors and Salami Sticks
Deep-Fried Meats

Poultry

Deep-Fried Chicken

Fish (High-Mercury)

Mackerel (Spanish, Gulf, King)
Marlin
Shark
Swordfish
Tuna (Albacore, Yellowfin, Bigeye, Ahi)
Sea Bass

Plant-Based

Tofu and Soy "Products"

VEGETABLES

Notes on Nightshades

Those with auto-immune conditions MIGHT want to avoid nightshade vegetables.

These are a specific group of vegetables that may worsen things like Inflammatory Bowel Disease, "leaky gut", Celiac Disease, Multiple Sclerosis, Rheumatoid Arthritis, etc.

Nightshade Vegetables include:

- Eggplant
- Peppers (sweet, bell, chili, etc)
- Potatoes (not including sweet potatoes)
- Tomatoes

NON-SMART CARBS

Sugar and Sweeteners

Sugar, Molasses, etc
Honey and Syrup
Anything with +10g added sugar per serving

Drinks

Fruit Juice
Soda
Alcohol

Dairy

Flavoured Milk
Flavoured Yoghurt
Ice Cream

Grains

Crackers (non whole-grain)
Pasta (non whole-grain)
Wraps (non whole-grain)
Bread (non whole-grain)
Rice Cakes (flavoured, sweetened)

Other

Chocolates, Sweets, etc
Muffins, Pretzels, Pastries, etc
Donuts, Pancakes, Cake, etc
Biscuits, Cookies, Rusks, etc
Cereal Bars
Fruit Bars
Fruit (dried, canned)

(UN)HEALTHY FATS

Oils

Sunflower Oil
Canola Oil
Soybean Oil
Safflower Oil
Vegetable Oil
Commercial Salad Dressings

Other

Nuts (flavoured, sweetened)
Trail Mix (contains dried fruit)
Fat-rich foods with +10g added sugar

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