

LWFA Muscle Burner Food List

Protein

Beef, Lamb, Pork, Rabbit, Venison, Wild Game, Heart, Kidney, Liver

Chicken, Duck, Game Birds, Goose, Pheasant, Quail, Turkey, All eggs

Cat Fish, Cod, Crab, Crayfish, Flounder, Haddock, Halibut, Herring, Lobster, Mackerel, Mussel, Oyster, Salmon, Sardines, Scallop, Sea Bass, Shrimp (prawns), Squid, Shark, Swordfish, Turbot, Tuna, Trout, Whitefish

Fibre carbs

Vegetables

When it comes to the following vegetables, eat as many of them as you wish. Salad greens, tomatoes, herbs, and some other vegetables can be enjoyed raw, but others are best when steamed or roasted. Keep vegetables cut up and ready for snacking and cooking.

Arugula, Asparagus, Avocado, Bamboo shoots, Bean sprouts, Beet greens, Bell peppers (red, yellow, green), Broad beans, Broccoli, Brussels sprouts, Cabbage, Carrots, Cassava, Cauliflower, Celery, Chayote fruit, Chicory, Chives, Collard greens, Coriander, Cucumber, Dandelion greens, Eggplant, Endive, Fennel, Garlic, Ginger root, Green beans, Hearts of palm, Jalapeño peppers, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard greens, Onions, Parsley, Radishes, Snap beans, Snow peas, Shallots, Spinach, Spaghetti squash, Summer squash, Swiss chard, Tomatoes, Turnip greens, Watercress

Fruit

As a muscle burner, you can eat unlimited quantities of all fruits. Enjoy fresh fruit whenever possible.

Apples, Apricots, Bananas, Berries (blackberries, blueberries, boysenberries, gooseberries, loganberries, raspberries, strawberries), Cherries, Grapes, Grapefruit, Kiwi fruit, Lemons, melons, Limes, Mango, Nectarines, Oranges, Papaya, Passion fruit, Peaches, Pineapple, Pears, Plums, Pomegranates, Tangerines, Watermelon,

Starchy Carbohydrate Choices

As a *muscle* burner, you may have 7-15 bites of one of the following starches at each major meal, but preferably not at snacks.

Vegetables which are not on your vegetable list above these include – Artichokes, Aubergine, Corn, Courgette, leeks, Lima beans, Okra, Olives, Potatoes, Pumpkin, Squash (acorn, butternut, pumpkin), Swede, Turnip,

Nuts and seeds – Almond, Beech nut, Brazil nut, Cashew nut, Chestnut, Flex, Hazelnut, Hickory, Macadamia, Peanut, Pecan, Pine nut, Pistachio, Poppy seeds, Pumpkin seeds, Sesame seeds, Sunflower seeds, Walnut

Legumes – Black beans, adzuki beans, chickpeas, cowpeas, Great Northern beans, kidney beans, lentils, mung beans, navy beans, pinto beans, split peas, white beans
Grains: Barley, brown rice, buckwheat groats (kasha), bulgur (tabouleh), millet, polenta, steel cut oats, tapioca

Notice that this list only includes certain vegetables, legumes, beans and nuts. There are no “white” starches such as rice, oats, cookies, sweets, and other processed foods. The reason is that these foods should be limited as much as possible. There are also no foods containing wheat. This is because a lot of people are intolerant to wheat.

You may use the following oils and fats for cooking.

Almond oil, Canola oil, Extra virgin coconut oil, Coconut butter, Flaxseed oil, Extra virgin olive oil, Palm kernel oil,

You may use the following herbs and spices

Anise, Basil, Bay leaf, Caraway, Chervil, Dill weed, Fennel seed, fenugreek, Garlic, Marjoram, Oregano, Peppermint, Rosemary, Sage, Spearmint, Tarragon, Thyme,

Black pepper, Cardamom, Cayenne pepper, Chilli, Cinnamon, Clove, Coriander, Cumin, Ginger, Mace, Mustard seed, Nutmeg, Paprika, Parsley, Saffron,