

Week 2 Lose Weight Fast Academy

Allowable Foods

Remember all foods must be fresh, whole, natural and organic and must not contain any other ingredients.

Meat	Poultry	Seafood
<ul style="list-style-type: none"> • Beef • Bison • Lamb • Pork • Rabbit • Venison • Wild game <p>Essential the below foods come from organic sources otherwise they will be very toxic</p> <ul style="list-style-type: none"> • Heart • Kidney • Liver 	<ul style="list-style-type: none"> • All eggs (only for breakfast this week) • Chicken • Duck • Game birds • Goose • Pheasant • Quail • Turkey 	<ul style="list-style-type: none"> • 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

Low starch vegetables

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| <ul style="list-style-type: none">• Asparagus• Avocado• Beetroot• Broccoli• Brussels sprouts• Bamboo shoots• Cabbage• Cauliflower• Celery• Corn• Cucumber• Dill• Eggplant• Fennel• Garlic• Ginger root• Ginseng• Green bean• Green pea• Kale• Kohlrabi• Lettuce• Mushroom• Mustard collard• Okra• Onion• Parsley• All peppers• Radish• Rocket• Shallot• Spinach• Tomato• Watercress |
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Oils and fats

Extra virgin coconut oil

Coconut butter

Extra virgin olive oil

Herbs and spices

Use of all herbs and spices is allowed as long as they don't contain additives and preservatives. Make sure you use organic fresh herbs and spices wherever possible, however, dried may also be used. All herbs and spices have numerous benefits, however, remember to add garlic, ginger, cinnamon and cayenne pepper to your diet as they all help with fat loss.

Herbs	Spices
Anise	Black pepper
Basil	Cardamom
Bay leaf	Cayenne
Caraway	Chilli
Chervil	Clove
Dill weed	Coriander
Fennel seed	Cumin
Fenugreek	Mace
Garlic	Nutmeg
Marjoram	Paprika
Oregano	Saffron
Peppermint	Cinnamon
Rosemary	Ginger
Sage	Mustard seed
Spearmint	Parsley
Tarragon	
Thyme	

Beverages

Fresh pure water