

## Guidelines

- At each meal, have one serving of protein with one limited serving of fat and unlimited non-starchy vegetables.
- Aim to eat seasonally as much as possible.
- Opt for intermittent fasting of 2 meals a day, by skipping breakfast or dinner each day.
- Follow for 3 weeks on, move to PFC for 1 week and repeat if necessary or advised by your practitioner.

## Protein

(57g - 114g serving)  
organic or grass fed wherever possible

Any red meat  
Any white meat  
Any poultry  
Any shellfish  
Any seafood  
Eggs (2-3)  
Organ meat/offal  
Tofu  
Pea protein powder  
Hemp protein powder  
Rice protein powder  
Bone broth protein powder  
Bone broth  
Marine collagen  
Bovine collagen/gelatin

## Condiments

*to taste*  
Vinegars  
Mustards  
Herbs  
Spices  
Tamari  
Coconut aminos  
Organic ketchup  
Stock cubes  
Stevia

## Fat

(4g/serving)

Bone stock jelly (1T)  
Lard (½ T)  
Dripping (½ T)  
Natural pork scratchings  
(1 per serving)  
Taramasalata (wheat free) (1T)  
Olive oil (1T)  
Grass fed ghee (½ T)  
Avocado

## Drinks

*unlimited drinks:*  
Herbal tea  
Soda water  
(not a replacement for still water)

## Carbohydrate

**non-starchy vegetables** (unlimited) All including:  
Alfalfa sprouts, Beansprouts Green beans, Pak choi  
Cucumber, Lettuce, Courgette, Broccoli, Kale, Spinach,  
Rocket, Celeriac, Greens, Common cabbage, Fennel,  
Turnip, Swiss chard, Radish, Seaweed and nori, Marrow,  
Savoy cabbage, Cauliflower, Sugar snap peas, Asparagus,  
Leeks, Celery, Brussel sprouts, Chicory leaves,  
Artichokes (Jerusalem and Globe), Okra, Shallots,  
Fermented veg such as sauerkraut, Tomato, Peppers,  
Onions, Garlic, All salad leaves



T= tablespoon  
C= cup

## Avoid Fat

All nuts and seeds  
including oils and butters  
Coconut oil  
Coconut cream  
Coconut milk  
Organic mayonnaise  
Avocado  
Tahini  
Hydrogenated oils, such as  
margarine and baked goods

## Dairy

Milk including goats  
Cheese  
Cream  
Yogurt  
Ice cream  
Custard  
Cottage cheese  
Margarine  
Kefir

## Drinks

Coffee  
Tea

## Protein

Tofu (unless vegan)

## Starchy Carbs

### All grains and beans\*

Beans  
Lentils  
Wheat including bulgar wheat  
Rye  
Barley  
Couscous  
Semolina  
Black eyed peas  
Chickpeas  
Kidney beans  
Soybeans  
Oats  
Corn  
Maize  
Millet  
Amaranth  
Spelt and sourdough spelt

### All fruit\*

Apples  
Pears  
Bananas  
Grapes  
Oranges  
Mandarins  
Lemon  
Lime  
Berries  
Strawberries  
Pineapple  
Kiwi  
Rhubarb  
Pomegranates  
Figs  
Prunes  
Plantain  
Dried fruit

Cherries  
Nectarine  
Peach  
Apricots  
Plums  
Mangoes  
Papaya  
Passionfruit  
Grapefruit  
Melon

### All root vegetables\*

Beetroot  
Carrots  
Corn  
Peas  
Potatoes  
Pumpkin  
Squash  
Sweet potato

### other\*

Alcohol  
Chocolate (all)  
Honey  
All sugar substitutes including  
maple syrup and coconut palm sugar  
Processed sugar, including high  
fructose corn syrup

