



The Fat Burning Four

{ F-V-F-P }

1. Fats

Ghee, eggs, nuts, olives, olive oil, homemade mayo, avocado oil, hemp oil, guacamole, avocados, chia seeds, linseed, linseed bread, fatty meats, oily fish, coconut oil, coconut cream, coconut milk, almond butter and other nut butters, cacao butter, MCT oil, cheese, butter and other dairy if tolerated

2. Veggies

All kinds but especially kale, spinach, garlic, onion, chard, lettuce, coriander, basil, cauliflower and sweet potato.

3. Fibre

All the veggies, chia seeds, linseeds, pumpkin or sunflower seeds, all fruit and nuts

4. Protein

High quality grass fed organic chicken, beef, pork, lamb, organic eggs, all types of wild fish and sea food, tempeh (fermented soy), lentils & pulses (if tolerated and kept minimal), meat, fishes, seeds, nuts and dairy - if tolerated