EACH DAY EAT:

Allowable Food List

shake it
Professional Weight Management
Feel Great, Be Healthy

RECOMMENDED VEGETABLES
3 handfuls (raw) per meal

Alfalfa sprouts
Artichokes
Asian greens
Asparagus
Baby spinach
Bamboo shoots
Bean sprouts
Bok Choy
Broccoli
Broccolini
Brussels sprouts
Cabbage
Capsicum
Cauliflower
Celery
Chard
Coleslaw, dry
Cucumber
Eggplant
Endive
Fennel
Garlic
Green beans
Kale
Kohlrabi
Leeks
Lettuce – all types
Mushrooms
Okra
Olives
Onions
Radicchio
Radish
Rocket
Sea Vegetables e.g. kelp, kombue, wakame, avame
Snow peas
Spinach
Sprouts
Squash
Tomato
Turnip
Water chestnuts
Water cress
Zucchini

VEGETABLES TO LIMIT
Limit to one handful (raw) daily (total)

Avocado
Beetroot
Carrots
Corn
Parsnip
Peas
Pumpkin
Turnip

VEGETABLES TO AVOID

Potato
Sweet potato
Canned vegetables
Cassava

ALLOWABLE FRUITS
1 handful of allowed fruit can replace 1 handful of vegetables once daily

Apples
Apricots
Blackberries
Blueberries
Cherries
Fresh fig
Grapefruit
Guava
Honeydew melon
Kiwi fruit
Lemons
Limes
Mandarin
Mulberries
Nectarines
Orange
Passionfruit
Paw paw
Peaches
Pears
Pineapple
Raspberries
Rockmelon
Strawberries
Tangerine
Watermelo

RECOMMENDED PROTEIN
1 palm sized portion per meal

Beef
Cheese – low fat
Chicken
Duck
Eggs
Fish
Kangaroo
Lamb
Mussels
Oysters
Pork – including low fat cured meats (e.g. ham, bacon)
Prawns
Scallops
Squid
Turkey
Veal
Tofu or Tempeh*

** Consume 2 palm portions per meal of Tofu and Tempeh*

RECOMMENDED MEAL REPLACEMENTS

Shake It Soup Spring Vegetable
Shake It Vanilla
Shake It Chocolate
Shake It eXtra French Vanilla
Keto Bars (4 flavours)
Keto Crunch Bar

RECOMMENDED SNACKS

1 Soy Keto Bar
½ Keto Bar
½ Keto Crunch Bar
½ serve Shake It Soup
½ serve Shake It Chocolate or Vanilla

NUTS & SEEDS
3 finger portion

Almonds
Brazil Nuts
Coconut Meat
Flax/Linseeds
Hazelnuts
Macadamia Nuts
Nut Butter/Spreads (no added sugar)
Pecans
Pepitas
Pine Nuts
Pistacchio Nuts
Sesame Seeds
Sunflower Seeds
Walnuts

RECOMMENDED CONDIMENTS

Healthy Oils
Limit to 1 to 2 tablespoons per day
Coconut Oil
Flax/Linseed Oil*
Macadamia Oil*
Olive Oil*
Sesame Oil*
Walnut Oil*

**Cold pressed oils are preferable*

Condiments
Soy sauce
All spices
All herbs
Peanuts

Sweeteners
Splenda (sucralose)
Stevia

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